



EVO-43

Prioritise Your Life

NO MORE GUESSING
***THE ULTIMATE
FAT LOSS FOOD
LIST***

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the foods from your green list are the first on your team sheet. These are the foods that promote health, torch fat, and help you build muscle.

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They're like the green list's cousins—packed with benefits but with a bit more edge.

06 THE RED LIST

These are the foods that taste like heaven, but they're a one-way ticket back to old habits, muffin tops and spare tyre if you lose control of them.

07 THE FISH LIST

Fish and seafood. They're the MVPs of nutrition—hands down, bar none. The health perks?

08 THE SPICE LIST

The biggest diet killer? Boring food. Trust me, there's only so much plain chicken and broccoli you can eat before you're sprinting to the nearest fast-food place.

A top-down view of a wooden table with a Caesar salad, croutons, a bowl of cheese, a bowl of salt, and a hand holding a fork.

Section 01: Lets go

The Fat Loss Food List

Time's Ticking. Your Future Self Awaits,
and It Starts with Smart Nutrition Choices

THE GREEN LIST

FIRST ON THE TEAM SHEET

PROTEIN



Lean cuts of beef
Chicken
Turkey
Lean cuts of pork
Veal
Venison
kangaroo
Buffalo
Ostrich
Crocodile
Springbok
Wild boar
Protein powder



HIGH FIBER: NONSTARCHY VEGGIES

Broccoli
Sprouts
Cauliflower
Asparagus
Green beans
Tomato
Carrots
Radish
Raw beetroot
Ginger root
Peppers
Spinach
Cavolo nero
Mushrooms
Onions
Rocket
Bok Choi
Mangetout
Kale
Cabbage
Courgette
Aubergine

LOW SUGAR FRUIT



Blackberries
Raspberries
Blueberries
Strawberries
Loganberries
Cranberries
Loganberries
Apples
Grapefruit
Pear

THE AMBER LIST

THE SUPPORTING CAST

PROTEIN



Lamb
Fatty cuts of beef
Fatty cuts of pork

DIETARY FATS



Extra virgin olive oil
Grass fed butter
Walnut oil
Coconut oil
MCT oil
Flaxseed oil
Ground flaxseed
Almond butter
Peanut butter
Olives
Avocado
ALL Nuts

STARCHY CARBS & VEGGIES



Sweet potato
White potato
Butternut squash
Basmati rice
Wild rice
Wholegrain rice
Black rice
Oats
Quinoa
Bulgur wheat
Buckwheat
Sourdough bread
Rye bread
Lentils
Split Peas
Black beans
Kidney beans
Chickpeas
Butter beans
Pinto beans
Sweetcorn
Soya beans
Shredded wheat
Weetabix
Granola
Honey

THE AMBER LIST

THE SUPPORTING CAST Cont..

DAIRY



Milk
Yoghurt
Whole Eggs
Cheese
Kefir

HIGH SUGAR FRUIT



Banana
Melon
Grapes
Pineapple
Kiwi
Orange
Cherries
Papaya
Peach
Plum
Apricot

THE BEST OF THE REST



Oat milk
Soya milk
Coconut milk
Tofu

THE RED LIST

THE EVERY *SO OFTEN* TREAT

HIGH SUGAR & HIGH TRANS FAT



*Cookies
Pizza
Chips
Crisps
Meal deal sandwiches
Cakes
Croissants
Chocolate
Sweets
Flap jacks
Doughnuts
Ice cream
Full fat/full sugar fizzy drinks
Alcohol
ALL deep fried junk food
Cereal bars*

HIGH STARCH & LOW FIBER



*Breakfast cereal
White bread
Pretzels
Crackers*

THE FISH LIST

*THE **SUPERHERO** OF FOOD*

OMEGA 3 FISH & SEAFOOD



Smoked Salmon
Tuna Steak
Tuna Fillet
Tilapia Fillets
Cod Loin
Mackerel Fillet
Haddock Fillet
Salmon Fillet
Sea Bass Fillet
Swordfish
Hake Fillet
Pollock
Scallops
Crayfish
Lobster
Trout
Red Snapper
Cod Fillet
Prawns
Muscles
Squid

THE SPICE LIST

ADD *FLAVOUR* TO YOUR MEALS

SPICES & SEASONING



Smoked paprika
Paprika
Ground Cumin
Chilli flakes
Coriander powder
Fresh Coriander
Cloves
Chinese five spice
Turmeric
Garlic powder
Cayenne pepper
Rock salt
Course black pepper
Chilli powder
Chilies (any variety)
Garam masala
Harissa powder
Harissa paste
Sumac
Madras
Onion granules
Ras-El-Hanout
Star aise
Allspice
Nutmeg
Fenugreek
Tandoori masala

SPICES & SEASONING



Basil
Bay leaves
Thyme
Rosemary
Parsley
Nutmeg
Oregano
Cinnamon
Garlic
Chipotle paste
Onion powder
Baharat
Jamaican Jerk Seasoning
All purpose seasoning
Italian seasoning

THE SAUCE LIST

ADD *FLAVOUR* TO YOUR MEALS

CONDIMENTS



White wine vinegar
Balsamic vinegar
Rice wine vinegar
Apple cider vinegar
Lemon juice
Lime Juice
Hot sauce
Honey
Soy sauce
Horseraddish
Tartar Sauce
Tabasco sauce
Salsa
Worcestershire Sauce
Pickles
Tempeh
Miso
Kimchi
Sauerkraut
Organic hummus

BORING, BORING LEGAL STUFF

THIS HAS TO BE HERE, JUST IN CASE

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