



Weightless
weightlessprogram.co

GREEN LIGHT FOODS

**Go from overweight and unhappy
to slim and energetic**



GREEN LIGHT FOODS



Bottom Line: Focus on eating high-fat, low carb foods, including meat, fish, dairy, eggs & vegetables

Meat and Poultry

Beef, chicken, turkey and pork.
(If on a budget allows buy organic pasture raised options)



Fish & Shellfish

Fatty fish like salmon, sardines, mackerel & herring. Oysters, prawns and scallops



Eggs

(If on a budget allows buy organic omega-3 enriched eggs)



Full Fat Dairy

Yogurt, butter, ghee, heavy cream and sour cream.
(Check it's sugar free)



Cheese

Brie and camembert, ricotta, cream cheese. Cheddar and goats cheese.
(Check it's sugar free)



Oils and Avocados

Coconut, olive oil.



GREEN LIGHT FOODS

Bottom Line: Focus on eating high-fat, low carb foods, including meat, fish, dairy, eggs & vegetables



Berries

Blueberries, raspberries, blackberries.



Nuts and Nut Butters

Macadamia nuts, almonds, pecans, pistachios, almond butter and peanut butter.



Seeds

Macadamia nuts, almonds, pecans, pistachios, almond butter and peanut butter.



Vegetables

Mushrooms, cauliflower, capsicums, tomatoes. Use fresh or frozen.



Greens

Zucchini, brussels sprouts, broccoli, kale, spinach, pak choy, bok choy, asparagus, and celery.



Condiments

Sea salt, pepper, salsa, herbs, garlic, vinegars, mustard, olives and spices

