

Body Transformation Food List

PROTEIN FOODS - (organic and/or grass-fed whenever possible)

Bacon
Beef (all types)
Boneless Chicken Breasts
Chicken (all cuts)
Eggs (whole)
Fish
Pork (all types)
Steak
Tuna (canned)
Turkey (all cuts)
180 Nutrition protein supplement (Own it Fit can provide you with this)

VEGETABLES

Avocados
Bean Sprouts
Artichoke
Asparagus
Bamboo shoots
Basil
Bok choy
Broccoli
Brussel Sprouts
Butternut squash
Cabbages (red, green, napa)
Capsicum
Cauliflower
Celery
Coriander
Cucumber
Eggplant
Fennel
Garlic
Ginger
Horseradish
Kale
Leeks
Lettuces
Mushrooms
Mustard greens



Phone: 0418 543 827 Email: info@ownitfit.com.au

Okra
Onions
Parsley
Pumpkin
Pigweed
Raddichio
Radishes
Rocket
Salsa
Sauerkraut
Seaweeds
Spaghetti Squash
Spinach
Spring Onion
Sprouts
Summer squashes
Swiss Chard
Tomato
Turnips
Water Chestnuts
Watercress
Zucchini

FATS & OILS

Coconut Oil
Olives
Butter (grass-fed / organic)
Ghee
Avocados
Unheated organic nut oils
Raw Cacao butter
Tahini
Tallow
Egg Yolks

NUTS, SEEDS & BUTTERS

Almonds & Almond Butter
Macadamia Nuts & Butter
Pecans
Pistachios
Chai Seeds
Flax Seeds (ground or whole)
Hazelnuts & Butter
Pumpkin Seeds
Walnuts



Phone: 0418 543 827 Email: info@ownitfit.com.au

NON-DAIRY FOODS - (organic and grass fed whenever possible)

Goats Cheese
Sheep Cheese
Goats/ sheep yogurt
Almond Milk
Coconut Milk
Coconut yogurt

SPICES & HERBS

Allspice
Basil
Black Pepper
Cayenne
Chili Powder
Cinnamon
Cloves
Cumin
Dill
Garlic Powder
Ginger
Italian Seasoning
Nutmeg
Old Bay Seasoning
Onion Powder
Oregano
Paprika
Parsley, Fresh
Salt

FRUITS - (in moderation)

Watermelon (very minimal)
Strawberries
Blueberries
Blackberries
Raspberries
Honeydew
Rock melon

CONDIMENTS/BAKING

Almond Flour
Coconut Flour
Butter (grass fed)
Stevia



Phone: 0418 543 827 Email: info@ownitfit.com.au

Natural Salad Dressings

Cocoa
Dill Pickle Relish
Flax Meal
Garlic
Green Mexican Salsa
Liquid Smoke
Low Carb Bake Mix
Mayonnaise
Mustard, Brown, Yellow And Dijon
Olive Oil
Salsa
Tamari Sauce
Tomato Paste
Unsweetened Coconut
Vanilla
Vinegar

DRINKS

Water
Sparkling / Mineral Water
Teas
Coffee

*****AVOID*****

Sugar
Soda
Diet Soda
Juices
Beer
Alcohol
Milk
Desserts / Cookies / Cakes
Ice Cream
Candy
Flavored Yogurts
Pasta
Bread (all)
Bagels (all)
Tortillas (low carb tortillas are ok)



Phone: 0418 543 827 Email: info@ownitfit.com.au

- Cereal (hot & cold)
- Granola
- Rice (all)
- Beans
- Potatoes
- Grains (all)
- Pretzels
- Popcorn
- Anything Flour Based