

# Allowed Extras

Your seven day weekly program includes breakfast, lunch, dinner and one snack per day provided by Be Fit Food. You may select an additional snack each day from the list below, in addition to making a side-salad using the allowed vegetables:



## Snack Options

## Allowed

## Limit (<2tbs)

**Low Starch Vegetables**  
 <50 Calories per serve  
 <10g Carbs per serve  
 Suitable to have as a side with your lunch and dinner

**Females: 1-3 serves/day**  
**Males: 3-5 serves/day**

**Vegetables – 150g raw/75g cooked (1/2 -1 cup)**

- Artichoke
- Asparagus
- Bamboo shoots
- Bok Choy
- Broccoli
- Broccolini
- Brussel sprouts
- Carrot
- Cauliflower
- Eggplant
- Fennel
- Green beans
- Kale
- Leek
- Mushrooms
- Onion
- Parsnip
- Silverbeet
- Squash
- Swede
- Turnip
- Zucchini

**Salad – 1-2 cups per serve**

- Alfalfa sprouts
- Bean sprouts
- Cabbage (red or green)
- Capsicum
- Celery
- Cucumber
- Iceberg lettuce
- Mung beans
- Radish
- Rocket
- Snow peas
- Spinach
- Spring onion
- Tomatoes
- Water chestnuts
- Watercress

**Potato**  
**Sweet Potato**  
**Pumpkin**  
**Green Peas**  
**Corn**  
**Legumes**  
**Lentils**

## Fruit Snacks

<50 Calories  
 <10g Carbs  
 Suitable as a snack

**Females: 0-1 serves/day**  
**Males: 1-2 serve/day**

## 0-5g Carbs

- 2-3 Passionfruit
- 220g Cooked rhubarb
- 30g Grapes
- 3 Small slices (~225g) of watermelon
- ¼ Small banana (firmer bananas will contain less sugar)
- 1 Guava ~90g

## 5-10g Carbs

- 2 Fresh figs
- 2 Medium fresh apricots
- 2 Dates
- 1 Kiwi fruit
- 1 Orange
- 60g Cherries
- 200g Strawberries
- 80g Blueberries (fresh or frozen)
- 100g Raspberries (fresh or frozen)
- 50g Apple (~1/2 medium)
- 50g Pear (fresh or in natural juice, drained)

- 70g Plums
- 3 Prunes
- 4 Wedges of pineapple
- 1 Medium peach
- 1 Small wedge (125g) honeydew melon
- 1 Medium Mandarin
- 3 Tsp Goji Berries (~10g)
- 3/4 Small grapefruit
- 1 Small nectarine (~100g) (white or yellow)
- 130g Papaya



[www.befitfood.com.au](http://www.befitfood.com.au) 1300 263 257

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Your seven day weekly program includes breakfast, lunch, dinner and one snack per day provided by Be Fit Food. You may select an additional snack each day from the list below, in addition to making a side-salad using the allowed vegetables:



<p><b>Protein Snacks</b>          &lt;100 Calories          &lt;10g Carbs          &gt;5g Protein          Suitable as a snack</p> <p><b>Females: 1-2 serves/day</b>  <b>Males: 2-3 serves/day</b></p>	<p>1 Be Fit Food Protein Ball</p> <p><b>General Protein snacks</b></p> <ul style="list-style-type: none"> <li>- 4 egg whites (1 large whole egg)</li> <li>- 100g tuna (tinned) in spring water</li> <li>- 50g skinless chicken, turkey, lean trimmed meats (beef/lamb/pork) including deli</li> <li>- 70g white fish (non-oily - flake, flathead, perch etc. NOT crumbed, battered, with sauce - 50g Oily Fish (salmon, ocean trout)</li> <li>- 50g 5-star pre-cooked lean/diet beefs mince</li> </ul> <p><b>Milk:</b></p> <ul style="list-style-type: none"> <li>- &lt;1 cup low fat, non-fat or soy milk</li> <li>- 1 cup Sanitarium Health and Wellbeing So Good Unsweetened</li> </ul> <p><b>2 Slices cheese</b></p> <ul style="list-style-type: none"> <li>- Bega Super slim</li> <li>- Kraft 97% Fat Free Cheese</li> <li>- Devondale 7's</li> </ul> <p><b>Yoghurt</b>          (~1 cup/200g, all 10+ grams of protein per 100g)</p> <ul style="list-style-type: none"> <li>- Chobani 0.5% Fat Free plain greek yoghurt</li> <li>- YoPro Natural plain yoghurt</li> <li>- ProCal Icelandic SKYR Natural</li> <li>- Rockeby Farms QUARK Natural Yoghurt</li> <li>- Farmers Union Greek high protein 0.2% fat yoghurt</li> <li>- Coles Greek plain yoghurt</li> <li>- Woolworths SKYR yoghurt</li> </ul>
<p><b>Fats</b>          &lt; 50 Calories per serve and &lt;2g Carbs/protein          Suitable in side meals</p> <p><b>Females: 0-1 serves/day</b>  <b>Males: 1-2 serves/day</b></p>	<p><b>Olive oil – 1tsp</b>  <b>Coconut oil – 1tsp</b>  <b>Avocado - 1tbsp</b>  <b>Almonds – x 6</b>  <b>Other nuts x 5</b></p>
<p><b>Herbs and Spices (fresh or dried)</b>          Suitable to add to meals and sides as needed</p>	<p><b>All Spice</b></p> <ul style="list-style-type: none"> <li>- Cloves</li> <li>- Basil</li> <li>- Celery flakes</li> <li>- Chilli</li> <li>- Chives</li> <li>- Cinnamon</li> <li>- Garlic</li> <li>- Coriander</li> <li>- Cumin</li> <li>- Curry powder</li> <li>- Dill</li> <li>- Fennel</li> <li>- Ginger</li> <li>- Mint</li> <li>- Mustard</li> <li>- Nutmeg</li> <li>- Oregano</li> <li>- Paprika</li> <li>- Parsley</li> <li>- Pepper</li> <li>- Rosemary</li> <li>- Sage</li> <li>- Tarragon</li> <li>- Thyme</li> <li>- Turmeric</li> </ul>
<p><b>Sauces and Condiments</b>  <b>Suitable to add to meals and sides</b>          (Consider sodium may be high - use sparingly)</p>	<ul style="list-style-type: none"> <li>- Stock cube (low sodium)</li> <li>- Vegetable soup (made from the above low starch vegetables)</li> <li>- Miso</li> <li>- Bonox</li> <li>- Mustard</li> <li>- Worcestershire sauce</li> <li>- Lemon / lime juice</li> <li>- Salt or Lite Salt (reduced sodium salt)</li> <li>- Pepper</li> </ul>
<p><b>Drinks</b>          Minimum of 2-3 litres of water per day additional to other fluids desired</p>	<ul style="list-style-type: none"> <li>- Water (still or sparkling)</li> <li>- Diet cordial</li> <li>- Diet soft drink</li> <li>- Tea (black)</li> <li>- Coffee (black)</li> <li>- Herbal teas</li> <li>- Kombucha – minimal carbs, however no protein</li> </ul>
<p><b>Others</b>          Not recommended for daily use (sparingly if needed only)</p>	<ul style="list-style-type: none"> <li>- Artificial sweeteners</li> <li>- Unsweetened lollies / gum</li> <li>- Diet jelly</li> <li>- Dash of milk – any type (30ml)</li> </ul>