

flex

FITNESS AUSTRALIA



Allowed Foods List

Your food bible for your 8 Week Challenge. Here is everything you can have while completing your 8 Week Challenge!

PROTEIN

These should all be lean cuts

As per your meal plan:

Beef Mince	Steak
Diced	Beef
Pork Mince	Pork Steak
Pork Cutlets	Diced Pork
Lamb Mince	Lamb Steak
Lamb Cutlets	Diced Lamb
Kangaroo Meat	Turkey Mince
Turkey Breast	Chicken Mince
Veal Mince	Chicken Breast
Chicken Breast	Chicken Thigh

White Fish
Tuna
Prawns
Calamari



VEGETABLES

Steamed, baked, fresh, boiled, pan fried, BBQ

UNLIMITED:

Spinach	Lettuce
Rocket	Leafy Greens
Broccoli	Cabbage
Green Beans	Asparagus
Brussel Sprouts	Kale
Bok Choy	Celery
Chard	Sugar Snap Peas
Zucchini	Cucumber
Capsicum	Spring Onions
Cauliflower	Mushrooms
Beetroot	Radish
Onions	Carrot
Leek	Eggplant
Tomatoes	Peas

VEGETABLES

Steamed, baked, fresh, boiled, pan fried, BBQ

1-2 TIMES PER DAY:

Pumpkin	Parsnip
Swede	Corn
Squash	Turnip



DRINKS + FLAVOURINGS

UNLIMITED:

Black Coffee	Water
Soda Water	Herbal/Fruit Tea
Black Tea	Fresh Herbs
Dried Herbs	Salt/Pepper
Mingle Seasoning	Lemon/Lime
Ginger	Chili
Coconut Aminos	Sauerkraut
Garlic	Spices
Barleans Greens	Balsamic/Red Wine Vinegar
Fruit Flavored Tea (made from tea bags not bottled)	Sugar Free Electrolytes
Tabasco/Hot Sauce	Curry Powder
Taco Seasoning	

DRINKS + FLAVOURINGS

3-5 TIMES PER WEEK:

Green Tea X50 or similar

Keep in mind this has caffeine in it so don't over do it!

3-5 TIMES PER WEEK:

Stock/Bone Broth (high in sodium)	Capers
Nutritional Yeast	Rice Wine Vinegar
Vegemite	Passata (99% tomatoes)

0-2 TIMES A WEEK:

Use these sparingly

Soy Sauce	Tomato Paste
Worcestershire	Cacao Powder
Fish Sauce	Sesame Oil
Sugar Free Maple Syrup	Mustard
Miso Paste	

NUTS

Must be raw - no salted/roasted/flavoured

As per your meal plan:

Any nuts (except peanuts)

