

Oils & Fats	FAST start	Trim-sition	Body-trimming	Serve size	Notes	
Note: No more than 2 serves total of oils and fats per day. No more than 1 serve of coconut oil or butter per day.						
Olive oil	Y	Y	Y	1 tspn (5ml)	Use for cooking & salad dressings.	
Flaxseed oil	Y	Y	Y	1 tspn (5ml)	Use in salad dressings.	
Avocado oil	Y	Y	Y	1 tspn (5ml)	Use for cooking & salad dressings.	
Avocado	Y	Y	Y	1/4 Avocado	Use in salads & meals.	
Coconut oil	N	Y	Y	1 tspn (5ml)	Use for cooking & raw food prep.	
Butter	N	Y	Y	1 tspn (5ml)	Use for cooking & on toast - (Bodytrimming phase only).	
Dairy & Dairy Alternatives (protein source)	FAST start	Trim-sition	Body-trimming	Serve size - Snacks	Serve size - Meals	Servings
Note: No more than 1 serve* of whole fat milk, 1 serve of yoghurt and 1 serve of cheeses per day.						
Milk (Whole milk)	N	Y	Y	1/2 cup (125ml)	1 cup (250ml)	Include in coffee & tea; as snack or protein portion of meal.
Milk (Fat reduced)	N	Y	Y	1/2 cup (125ml)	1 cup (250ml)	Include in coffee & tea; as snack or protein portion of meal.
Soy milk	N	Y	Y	1/2 cup (125ml)	1 cup (250ml)	Include in coffee & tea; as snack or protein portion of meal.
Almond milk	N	Y	Y	N/A	N/A	Include in coffee and tea (is low in protein so not a suitable protein option).
Greek yoghurt	N	Y	Y	1/4 cup (62.5ml)	1/2 cup (125ml)	Protein serve to have with meals or as snack with additional low - starch veg.
Soft cheeses - ricotta & cottage cheese	N	Y	Y	1/4 cup (62.5ml)	1/2 cup (125ml)	Protein serve to have with meals or as snack with additional low - starch veg.
Mild hard cheeses - cheddar & parmesan	N	Y	Y	A couple of thin slices	1/4 cup (62.5ml) shredded or cubed	Protein serve to have with meals or as snack with additional low- starch veg.
Edam cheese	N	Y	Y	A couple of thin slices	1/4 cup (62.5ml) shredded or cubed	Protein serve to have with meals or as snack with additional low- starch veg.
Fish & Shellfish (protein source)	FAST start	Trim-sition	Body-trimming	Serve size - Snacks	Serve size - Meals	Servings
Note: For canned fish choose unflavoured and in springwater. For all shellfish no more than 1 serve* per week.						
Salmon	Y	Y	Y	50g Women -100g Men	100g Women -150g Men	100 -150g = size of palm of hand.
Pilchards or sardines	Y	Y	Y	50g Women -100g Men	100g Women -150g Men	100 -150g = size of palm of hand.
Tuna	Y	Y	Y	50g Women -100g Men	100g Women -150g Men	100 -150g = size of palm of hand.
Barramundi	Y	Y	Y	50g Women -100g Men	100g Women -150g Men	100 -150g = size of palm of hand.
Perch	Y	Y	Y	50g Women -100g Men	100g Women -150g Men	100 -150g = size of palm of hand.
Prawns	Y	Y	Y	50g Women -100g Men	100g Women -150g Men	100g is approximately 5 prawns.
Oysters	Y	Y	Y	50g Women -100g Men	100g Women -150g Men	100g is approximately 6 oysters.
Shrimps	Y	Y	Y	50g Women -100g Men	100g Women -150g Men	100g is approximately 6 shrimps.
Scallops	Y	Y	Y	50g Women -100g Men	100g Women -150g Men	100g is approximately 7 scallops.
Mussels	Y	Y	Y	50g Women -100g Men	100g Women -150g Men	100g is approximately 6 mussels.

Meats (protein source)	FAST start	Trim- sition	Body- trimming	Serve size - Snacks	Serve size - Meals	Servings
Note: Choose lean cuts of meat (minimal visible fat). Make sure you choose a variety of protein from both animal and plant sources.						
Beef - steak, mince, roast cuts	Y	Y	Y	50g Women -100g Men	100g Women -150g Men	100 -150g = size of palm of hand.
Lamb - backstrap, leg and shoulder cuts	Y	Y	Y	50g Women -100g Men	100g Women -150g Men	100 -150g = size of palm of hand.
Pork - leg & shoulder roasts, ham	Y	Y	Y	50g Women -100g Men	100g Women -150g Men	100 -150g = size of palm of hand.
Venison - any cut	Y	Y	Y	50g Women -100g Men	100g Women -150g Men	100 -150g = size of palm of hand.
Poultry & Eggs (protein source)	FAST start	Trim- sition	Body- trimming	Serve size - Snacks	Serve size - Meals	Servings
Note: No more than 6 eggs a week.						
Chicken and turkey	Y	Y	Y	50g Women -100g Men	100g Women -150g Men	100 -150g = size of palm of hand.
Eggs	Y	Y	Y	1 egg (Women & Men)	2 eggs (Women & Men)	
Legumes & Beans (protein source)	FAST start	Trim- sition	Body- trimming	Serve size - Snacks	Serve size - Meals	Servings
Note: If choosing canned legumes & beans choose reduced salt/sodium options.						
Adzuki beans	N	Y	Y	1/4 cup	1/2 cup	Cooked or canned.
Black beans	N	Y	Y	1/4 cup	1/2 cup	Cooked or canned.
Black eyed beans	N	Y	Y	1/4 cup	1/2 cup	Cooked or canned.
Cannellini beans	N	Y	Y	1/4 cup	1/2 cup	Cooked or canned.
Chickpeas	N	Y	Y	1/4 cup	1/2 cup	Cooked or canned.
Haricot beans	N	Y	Y	1/4 cup	1/2 cup	Cooked or canned.
Lentils	N	Y	Y	1/4 cup	1/2 cup	Cooked or canned.
Red kidney beans	N	Y	Y	1/4 cup	1/2 cup	Cooked or canned.
Soy beans (tempeh)	N	Y	Y	1/4 cup	1/2 cup	Cooked or canned.
Tofu	Y	Y	Y	1/4 cup	1/2 cup	Cubed.
Low-Starch Vegetables	FAST start	Trim- sition	Body- trimming	Serve size - Snacks	Serve size - Meals	Servings
Alfalfa sprouts	Y	Y	Y	Up to 1 cup	1 cup	Chopped, mixed.
Artichoke	Y	Y	Y	Up to 1 cup	1 cup	Chopped, mixed.
Asparagus	Y	Y	Y	Up to 1 cup	1 cup	Chopped, mixed.
Bean sprouts	Y	Y	Y	Up to 1 cup	1 cup	Chopped, mixed.
Broccoli	Y	Y	Y	Up to 1 cup	1 cup	Chopped, mixed.
Cabbage/Brussell Sprouts	Y	Y	Y	Up to 1 cup	1 cup	Chopped, mixed.
Capsicum	Y	Y	Y	Up to 1 cup	1 cup	Chopped, mixed.
Cauliflower	Y	Y	Y	Up to 1 cup	1 cup	Chopped, mixed.
Celery	Y	Y	Y	Up to 1 cup	1 cup	Chopped, mixed.
Cucumber	Y	Y	Y	Up to 1 cup	1 cup	Chopped, mixed.
Eggplant	Y	Y	Y	Up to 1 cup	1 cup	Chopped, mixed.
Kale or asian greens	Y	Y	Y	Up to 1 cup	1 cup	Chopped, mixed.
Leek	Y	Y	Y	Up to 1 cup	1 cup	Chopped, mixed.
Lettuce	Y	Y	Y	Up to 1 cup	1 cup	Chopped, mixed.
Mushroom	Y	Y	Y	Up to 1 cup	1 cup	Chopped, mixed.
Onion	Y	Y	Y	Up to 1 cup	1 cup	Chopped, mixed.
Radish	Y	Y	Y	Up to 1 cup	1 cup	Chopped, mixed.
Spinach	Y	Y	Y	Up to 1 cup	1 cup	Chopped, mixed.
Tomato	Y	Y	Y	Up to 1 cup	1 cup	Chopped, mixed.
Zucchini	Y	Y	Y	Up to 1 cup	1 cup	Chopped, mixed.
Fruit (low- starch carbohydrates)	FAST start	Trim- sition	Body- trimming	Serve size	Servings	
Note: Use fresh fruit as much as possible, if canned choose unsweetened and in natural juices not syrup. No more than 2 serves total fruit per day. No more than 2 serves dried fruit per week.						
Apple	N	Y	Y	1 medium sized		
Apricot	N	Y	Y	2 small or 1 medium sized		
Berries - Blueberries, Blackberries, Goji berries, Mulberries, Raspberries	N	Y	Y	1/2 cup		
Grapefruit	N	Y	Y	1 medium sized		
Lemon	N	Y	Y	1 medium sized		
Lime	N	Y	Y	1 medium sized		
Mandarin	N	Y	Y	2 small or 1 medium sized		
Melon	N	Y	Y	1 medium slice		
Nectarine	N	Y	Y	1 medium sized		
Orange	N	Y	Y	1 medium sized		

Peach	N	Y	Y	1 medium sized	
Pear	N	Y	Y	1 medium sized	
Star fruit	N	Y	Y	1 medium sized	
Dried apricots	N	Y	Y	6 whole dried fruit	
Dried dates	N	Y	Y	2 whole dried fruit	
Starchy Carbs - vegetables					
FAST start	Trim-sition	Body-trimming	Serve size		Servings
Note: Potato & Sweet potato no more than 2 serves a week combined total.					
Beans, green	N	Y	Y	1/2 cup, cooked	
Beetroot	N	Y	Y	1/2 cup, cooked	
Carrot	N	Y	Y	1/2 cup, cooked	
Corn	N	Y	Y	1/2 cup, cooked	
Parsnip	N	Y	Y	1/2 cup, cooked	
Peas	N	Y	Y	1/2 cup, cooked	
Potato	N	Y	Y	1/2 cup, cooked	
Pumpkin	N	Y	Y	1/2 cup, cooked	
Squash	N	Y	Y	1/2 cup, cooked	
Sweet potato	N	Y	Y	1/2 cup, cooked	
Yam	N	Y	Y	1/2 cup, cooked	
Starchy Carbs - fruit					
FAST start	Trim-sition	Body-trimming	Serve size		Servings
Note: Limit 3 per week.					
Banana	N	Y	Y	1/2 cup	1 small sized
Grains (starchy carbohydrates)					
FAST start	Trim-sition	Body-trimming	Serve size		Servings
Note: Serving size for breads = 1 slice; Serving size for cooked grain = 1/2 cup.					
Wheat	N	N	Y	1 slice bread	
Weetbix	N	N	Y	1 biscuit	
Barley	N	N	Y	1/2 cup, cooked	
Oats	N	Y	Y	1/2 cup, cooked, 1/4 cup, uncooked	
Quinoa	N	Y	Y	1/2 cup, cooked	
Brown rice	N	Y	Y	1/2 cup, cooked	
Red rice	N	Y	Y	1/2 cup, cooked	
Black rice	N	Y	Y	1/2 cup, cooked	
Rye	N	Y	Y	1/2 cup, cooked	
Buckwheat	N	Y	Y	1/2 cup, cooked	
Millet	N	Y	Y	1/2 cup, cooked	
Farro	N	Y	Y	1/2 cup, cooked	
Spelt	N	Y	Y	1/2 cup, cooked	
Breads & Pasta (starchy carbohydrate)					
FAST start	Trim-sition	Body-trimming	Serve size		Servings
Bread (wholegrain or wholemeal)	N	N	Y	1 slice	
Wrap (wholegrain or wholemeal)	N	N	Y	1/2 of large or 1 small	
Pita (wholegrain or wholemeal)	N	N	Y	1/2 of pita	
Whole grain Sourdough	N	N	Y	1 slice	
Wholemeal pasta, spelt pasta	N	N	Y	1/2 cup cooked	
Beverages					
FAST start	Trim-sition	Body-trimming	Serve size		Servings
Note: Total limit of 3 coffees a day (includes instant, filter & espresso). No more than 1 milky espresso a day (to be counted as protein snack). No more than 2 standard alcoholic drinks per week (includes Free meal).					
Water	Y	Y	Y		Unlimited.
Mineral water	Y	Y	Y		Unlimited.
Soda water	Y	Y	Y		Unlimited.
Tea	Y	Y	Y		Unlimited.
Herbal teas	Y	Y	Y		Unlimited.
Green tea	Y	Y	Y		Unlimited.
Coffee	Y	Y	Y		Limit 3 a day.
Espresso - Flat white (milky coffee)	N	N	Y	Small size	Limit 1 a day - to be counted as a protein snack.
Espresso - Long black	Y	Y	Y		Limit 3 a day.
White or red wine	N	N	Y	100mL	Limit 2 standard drinks per week (includes Free meal).
Spirits	N	N	Y	30mL	Limit 2 standard drinks per week (includes Free meal).

Nuts & Seeds (protein source)	FAST start	Trim- sition	Body- trimming	Serve size - Snacks	Servings
Note: No more than 1 serve a day of any nuts and seeds.					
Almonds	N	Y	Y	8 nuts	
Brazil nuts	N	Y	Y	3 nuts	
Cashews	N	Y	Y	8 nuts	
Chia	N	Y	Y	1 tspn	
Hazelnuts	N	Y	Y	8 nuts	
Macadamia	N	Y	Y	5 nuts	
Peanut Butter	N	Y	Y	1 tspn	
Pepitas (pumpkin seeds)	N	Y	Y	1 1/2 tspn	
Sunflower seeds	N	Y	Y	1 1/2 tspn	
Tahini	N	Y	Y	1 tspn	
Walnuts	N	Y	Y	4 nuts	
Condiments	FAST start	Trim- sition	Body- trimming	Serve size	Servings
Note: Choose reduced salt/sodium options for sauces. Limit no more than 2 serves a day of any of the below.					
Hoisin sauce	N	Y	Y	1/2 tspn	Can be mixed with oil to make vinaigrette.
Honey	N	Y	Y	1 tspn	
Oyster sauce	N	N	Y	1/2 tspn	
Soy sauce, Tamari	Y	Y	Y	1 tspn	
Tomato paste	N	Y	Y	1/2 tspn	
Vinegar	Y	Y	Y	1 tspn	
Bodytrim Snacks (protein source)	FAST start	Trim- sition	Body- trimming	Serve size - Snacks	Servings
Toffee Bars	N	Y	Y	1 bar	
Fudge Bars	N	Y	Y	1 bar	
Crunch Bars	N	Y	Y	1 bar	
Cookies	N	Y	Y	1 cookie	
Slices	N	Y	Y	1 slice	