

GOLO Diet Food List

Key aspects		Foods to avoid	
<ul style="list-style-type: none"> Balanced meals with proteins, carbs, and fats Whole, unprocessed foods Avoidance of added sugars and artificial additives 		<ul style="list-style-type: none"> Processed meats (e.g., sausages, deli meats) Refined carbohydrates (e.g., white bread, pastries) High-sugar snacks (e.g., candy, cookies) Sweetened beverages (e.g., soda, energy drinks) Artificial sweeteners and additives 	
Proteins	Carbohydrates		Vegetables
	Fruits	Whole grains	
<ul style="list-style-type: none"> Chicken breast: Skinless, baked or grilled Turkey breast: Lean cuts, ideally roasted Lean beef: Grass-fed, like sirloin or tenderloin Salmon: Wild-caught, grilled or baked Tuna: Fresh or canned in water Eggs: Free-range or organic Greek yogurt: Unsweetened, low-fat Cottage cheese: Low-fat Lentils: All varieties 	<ul style="list-style-type: none"> Apples: All varieties, preferably organic Berries: Strawberries, blueberries, raspberries Oranges: Including navel, mandarin Grapefruits: All varieties Bananas: Ripe, but not overripe Pineapple: Fresh or canned in juice Watermelon: Fresh Kiwi: Green or gold Grapes: Red, green, or black, seedless Peaches: Fresh or canned without sugar 	<ul style="list-style-type: none"> Brown rice: Whole grain Oats: Old-fashioned or steel-cut Whole wheat bread: High-fiber, low-sugar Barley: Pearled or hulled Buckwheat: Not just for pancakes Quinoa: White, red, or black Whole wheat pasta: High-fiber Farro: Ancient grain Millet: Gluten-free Amaranth: High in protein 	<ul style="list-style-type: none"> Spinach: Fresh or frozen Kale: All varieties Broccoli: Fresh or frozen Cauliflower: Fresh or frozen Bell peppers: All colors Tomatoes: Including cherry, grape Cucumbers: All varieties Carrots: Baby or regular Zucchini: Fresh Brussels sprouts: Best roasted or steamed

Additional healthy fats & condiments

Healthy fats	Condiments
<ul style="list-style-type: none">■ Avocado: Whole or as guacamole■ Olive oil: Extra virgin■ Coconut oil: Virgin, medium-heat cooking■ Almonds: Raw or dry-roasted■ Walnuts: For snacking or salads■ Chia seeds: For puddings or toppings■ Flaxseeds: Ground■ Hemp seeds: For smoothies or salads■ Natural peanut butter: Without added sugars or oils■ Sunflower seeds: Raw or dry-roasted	<ul style="list-style-type: none">■ Herbs: Basil, parsley, cilantro■ Spices: Turmeric, cinnamon, ginger■ Vinegars: Apple cider, balsamic■ Mustard: Dijon or yellow■ Salsa: Fresh or jarred, no added sugars■ Lemon/Lime juice: Fresh■ Low-sodium soy sauce: Or tamari for gluten-free■ Hot sauce: No added sugars■ Natural sweeteners: Stevia or honey, in moderation