

GOLO Diet Food List

Key Aspects:

- Balanced meals with proteins, carbs, and fats
- Whole, unprocessed foods
- Avoidance of added sugars and artificial additives

Foods to Avoid:

- 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:	
<input type="checkbox"/> Chicken breast: Skinless, baked or grilled <input type="checkbox"/> Turkey breast: Lean cuts, ideally roasted <input type="checkbox"/> Lean beef: Grass-fed, like sirloin or tenderloin <input type="checkbox"/> Salmon: Wild-caught, grilled or baked <input type="checkbox"/> Tuna: Fresh or canned in water <input type="checkbox"/> Eggs: Free-range or organic <input type="checkbox"/> Greek yogurt: Unsweetened, low-fat <input type="checkbox"/> Cottage cheese: Low-fat <input type="checkbox"/> Lentils: All varieties	<input type="checkbox"/> Apples: All varieties, preferably organic <input type="checkbox"/> Berries: Strawberries, blueberries, raspberries <input type="checkbox"/> Oranges: Including navel, mandarin <input type="checkbox"/> Grapefruits: All varieties <input type="checkbox"/> Bananas: Ripe, but not overripe <input type="checkbox"/> Pineapple: Fresh or canned in juice <input type="checkbox"/> Watermelon: Fresh <input type="checkbox"/> Kiwi: Green or gold <input type="checkbox"/> Grapes: Red, green, or black, seedless	<input type="checkbox"/> Brown rice: Whole grain <input type="checkbox"/> Oats: Old-fashioned or steel-cut <input type="checkbox"/> Whole wheat bread: High-fiber, low-sugar <input type="checkbox"/> Barley: Pearled or hulled <input type="checkbox"/> Buckwheat: Not just for pancakes <input type="checkbox"/> Quinoa: White, red, or black <input type="checkbox"/> Whole wheat pasta: High-fiber <input type="checkbox"/> Farro: Ancient grain <input type="checkbox"/> Millet: Gluten-free <input type="checkbox"/> Amaranth: High in protein	<input type="checkbox"/> Spinach: Fresh or frozen <input type="checkbox"/> Kale: All varieties <input type="checkbox"/> Broccoli: Fresh or frozen <input type="checkbox"/> Cauliflower: Fresh or frozen <input type="checkbox"/> Bell peppers: All colors <input type="checkbox"/> Tomatoes: Including cherry, grape <input type="checkbox"/> Cucumbers: All varieties <input type="checkbox"/> Carrots: Baby or regular <input type="checkbox"/> Zucchini: Fresh <input type="checkbox"/> Brussels sprouts: Best roasted or steamed

Peaches: Fresh or canned without sugar

Additional Healthy Fats & Condiments:

Healthy Fats	Condiments
<p><input type="checkbox"/> Avocado: Whole or as guacamole</p> <p><input type="checkbox"/> Olive oil: Extra virgin</p> <p><input type="checkbox"/> Coconut oil: Virgin, medium-heat cooking</p> <p><input type="checkbox"/> Almonds: Raw or dry-roasted</p> <p><input type="checkbox"/> Walnuts: For snacking or salads</p> <p><input type="checkbox"/> Chia seeds: For puddings or toppings</p> <p><input type="checkbox"/> Flaxseeds: Ground</p> <p><input type="checkbox"/> Hemp seeds: For smoothies or salads</p> <p><input type="checkbox"/> Natural peanut butter: Without added sugars or oils</p> <p><input type="checkbox"/> Sunflower seeds: Raw or dry-roasted</p>	<p><input type="checkbox"/> Herbs: Basil, parsley, cilantro</p> <p><input type="checkbox"/> Spices: Turmeric, cinnamon, ginger</p> <p><input type="checkbox"/> Vinegars: Apple cider, balsamic</p> <p><input type="checkbox"/> Mustard: Dijon or yellow</p> <p><input type="checkbox"/> Salsa: Fresh or jarred, no added sugars</p> <p><input type="checkbox"/> Lemon/Lime juice: Fresh</p> <p><input type="checkbox"/> Low-sodium soy sauce: Or tamari for gluten-free</p> <p><input type="checkbox"/> Hot sauce: No added sugars</p> <p><input type="checkbox"/> Natural sweeteners: Stevia or honey, in moderation</p>