

# NOSH ROCKS Food list



## Food list for the RITE stages; RevIew, ImPlement, Transition, Enjoy

As we make our way in life, we usually follow a seamless, step-by-step incremental process; a RITE of passage.

With NOSH ROCKS: Not Only Slim but Healthy, RO's Carb-cutting Keto System, we follow a simple 3 step process to get you from where you are now to where you want to be;

Enjoying your life in Radiant health, simply by eating great food!

1. **R**evIew where you are, define your challenges, prepare a journal, set goals, commit to change.
2. **I**mPlement: Learn what supports your body, start to implement changes; reduce sugar, wheat and processed foods. Introduce pre and pro-biotic food. Eat from green and amber lists.
3. **T**ransition: Turn your body into a lean, mean, fat-burning machine by producing and burning mainly ketones. Eat from the green and amber light lists until you reach your goal.
4. **E**njoy Radiant health for the rest of your life.

The lists can be found below. Focus on the positives. What you can eat 😊  
Remember it is NOT a diet, it is a permanent change of habits.

- 🟢 Green for GO. No restrictions generally; Any stage
- 🟡 Amber light: Portion limitation; Care in Transition stage
- 🟠 Amber dark: Portion limitation; Avoid in Transition stage
- 🔴 Rose Light: Hardly ever; Avoid in Implement and Transition stage
- 🔴 Red for Danger: Never consume if possible: This is the cause of our issues!
- 🟤 Grey area: Exercise caution

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## KEY

- P** Pre-biotic: Better if consumed raw or fermented
- E** High in digestive Enzymes
- P** Pro-Biotic
- S** Solanaceae / Night Shade family; Can be inflammatory to the body



## Green for GO. No restrictions generally; Any stage

### GREEN for GO: Vegetables

All green leafy vegetables (P)	Chard (P)	Okra (S)
Artichoke hearts (P)	Courgettes	Palm hearts (P)
Asparagus (P)	Cucumber	Peppers (all kinds) (S)
Aubergine (S)	Endive (P)	Radicchio (P)
Bean sprouts	Fennel (P)	Radishes (P)
Beans such as green, runner, broad (P)	Garlic (P)	Rhubarb
Broccoli (P)	Gem squash	Rocket (P)
Brussels sprouts (P)	Kale (P)	Shallots (P)
Cabbage (P)	Leeks (P)	Spinach (P)
Cauliflower (P)	Lettuce	Spring onions
Celery (P)	Mange tout (P)	Turnips
	Mushrooms	Watercress (P)
	Onions (P)	

### GREEN for GO: Fruit

Avocado (P) (E)  
Lemons & limes  
Tomatoes (N)

### GREEN for GO: Fats and Oils – 2tbsp per meal during Implement, 1 in Transition

Free-range, organic, cold pressed and as natural as possible

Rendered animal fat (lard, tallow, duck and bacon fat)

Non cream cheese e.g. gruyere, emmental, cheddar,

Hard cheese e.g. parmesan and pecorino

Butter or ghee

Avocado oil (cold-pressed is best) (E)

Coconut oil (E)

Macadamia oil (E)

Nut oils like groundnut oil (as long as they're not heated during extraction or cooking)

Olive oil (extra virgin) (E)

Mayonnaise, made with good oils

Seeds (P)

### GREEN for GO: Protein

Free-range, organic and as natural as possible

All meats, poultry and game

Eggs

All naturally cured meats like pancetta, parma ham, coppa, bacon, salami etc

All offal (highly recommended)

All seafood: **Be aware of mercury contamination**

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## GREEN for GO: Pro-biotics

Coconut yoghurt

Coconut kefir

Kefir butter/cheese

Kimchi

Milk kefir

Naturally fermented pickles

Sauerkraut

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## GREEN for GO: Drinks

All homemade bone broths

Caffeine-free herbal infusions and teas (with real slices of fruit and herbs)

Naturally Flavoured waters with vegetable, fruit or herbs

Water – sparkling or still

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## GREEN for GO: Condiments

Free from gluten, sugar and seed oils

All vinegars but check Balsamic for added sugar. **N.B. Apple Cider Vinegar (E)**

Mustards

Tamari fermented soy sauce



## Amber light: Portion limitation; Care in Transition stage

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### Amber light: Vegetables

Beetroot and golden beets

Butternut squash

Calabash

Carrots (P)

Casava

Celeriac

Corn on the cob, baby

corn

Parsnips

Peas (mange tout, garden

peas and sugar-snaps) (P)

Plantain

Pumpkin

Turnip

Squash (P)

Sweet potatoes (P)

Taro

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### Amber Light: Fruit

Berries – blackberries, blueberries, gooseberries, raspberries, strawberries

Grapefruit (E) ½ per day

Papaya (E)

Pineapple (E)

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## Amber light: Protein

All raw nuts (P): 2 tbsps

Homemade or unprocessed sugar-free nut butters: 2tbsps

DAIRY: (60ml)

Unpasteurised is better

Cottage cheese, cream, cream cheese, full-fat yoghurt (homemade has no added lactose), sour cream/crème fraîche

Full-fat cheeses like brie, camembert, gorgonzola, roquefort

Full-fat Milk: raw if possible

Milk substitutes e.g. almond, rice, coconut and hemp. **Ensure no added sugar or seed oils**

Soft cheeses like mozzarella, feta, ricotta



Amber dark: Portion limitation; Avoid in Transition stage

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## Amber Dark: Vegetables

Edamane: young soy pods

Potatoes (N)

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## Amber Dark: Fruit

Apples (P)

Apricots

Bananas (E)

Breadfruit

Cherries

Figs (only fresh)

Granadilla

Grapes

Guavas

Jackfruit

Kiwi fruit

Kumquats

Litchis

Loquats

Mangos (E)

Oranges, tangerines etc

Peaches and nectarines

Pears and prickly pears

Persimmon

Plums

Pomegranates

Quinces

Starfruit

Tamarind pulp

Watermelon

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## Amber Dark: Protein from vegetable sources: Legumes / Pulses

All legumes : soak or sprout before cooking to reduce inflammatory lectins

Alfalfa (sprouts) (P)

Cannellini, kidney and black-eyed (fresh or dried)

Chickpeas (sprouted or soaked)

Lentils (sprouted or soaked)

Peanuts (raw or in shells only)

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## Amber Dark: Pro-Biotics

Water kefir (Pro)  
Kombucha (Pro)

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## Amber Dark: Drinks

Coffee and Tea (caffeinated)



**Rose Light: Hardly ever; Avoid in Implement and Transition**

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## Rose Light: Miscellaneous Treats

Vegetable juices with no added fruit juice  
Vegetable smoothies with low ratio of fruit to vegetables  
Dark chocolate (80% and above) (P)  
Dried fruit – Check the label for seed oils, even bio / organic  
Honey (Pro)  
Pure maple syrup

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## Rose Light: Grains and Flours

Non-GMO and gluten-free should be a standard rule

Amaranth	Rice noodles	Chickpea flour
Arrowroot	Sorghum	Maize meal
Buckwheat	Tapioca	Pea flour
Gluten-free pasta	Teff	Polenta
Millet		Rice flour
Oats (must be gluten-free)	Almond flour	
Quinoa	Coconut flour	
Rice – whole grain arborio, sushi, jasmine,	Corn flour	



## Red for Danger: Never: this is the cause of our issues!

### RED: Fats and Oils – as well as being too high in Omega 6, usually oxidised

All industrial seed and vegetable oil derivatives  
Butter spreads  
Canola oil  
Cottonseed oil  
Corn oil

Lecithins- Soy, sunflower, rapeseed  
Margarine and shortening  
Rice bran oil  
Sunflower oil  
Safflower oil

### RED: Protein and Dairy

Commercial cheese spreads  
Coffee creamers  
Condensed milk  
Flavoured milk and milkshakes  
Ice cream and commercial frozen yoghurt

Highly processed sausages and luncheon meats like polony  
Meats cured with excessive sugar  
Processed Soya

### RED: Sugar and Fast Foods

Any food with added sugar  
Canned fruit  
Crisps  
Fast food (unless you trust the brand and you know the ingredients)  
Ketchups, marinades, mayonnaise and salad dressings unless they are free from sugar, seed oils and additives.  
All confectionery and (non-dark) chocolates (including 'protein', 'energy' or 'breakfast'/'snack' bars)  
Artificial sweeteners – aspartame, acesulfame K, saccharin

Agave  
Coconut blossom sugar  
Cordials  
Fructose  
Glucose  
Golden Syrup / Treacle  
Jam  
Malt  
Rice malt syrup  
Sugar – white, caster, icing, light brown, dark brown  
Sugar-cured or commercially pickled foods

### RED: Products made from or containing gluten

All flours and all breads made from grains containing gluten  
Barley  
Bulgur  
Couscous  
Durum  
Einkorn  
Farina  
Kamut

Matzo  
Orzo  
Rye  
Semolina  
Spelt  
Triticale  
Wheat  
Wheat germ  
All commercial breaded or battered foods (breaded

chicken nuggets, battered fish, etc)  
All commercial breakfast cereals (muesli, granola, corn flakes, choco pops, cold porridges, etc)  
All crackers and cracker breads

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## RED: Drinks

All energy drinks

All soft drinks, including diet drinks – latest research shows that artificial sweeteners negatively impact gut bacteria.

Commercial fruit juices- usually reconstituted with contaminated water

Commercial iced teas



## Grey area: Exercise caution

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### Grey: Treats

Low carb baked goods made with nuts and gluten free flours, including cakes, cupcakes or any sugar-free desserts

Sugar-free ice cream

### SWEETENERS

Erythritol

Isomalt

Stevia powder – **check label for maltodextrin**

Sucralose

Xylitol

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### Grey: Drinks

All alcoholic beverages – Attention with mixers as usually contain high fructose corn syrup

Protein shakes

Supplements

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### Grey: Vegetarian Protein

Tempeh: Naturally fermented tofu

Pea protein