

The Harcombe Diet®

www.theharcombedietclub.com

Phase 1 Summary.

- 1) **Eat real food.** We have included many examples on the 'allowed' list below.
Fish swim in the sea; fish fingers don't – you'll get the idea.
- 2) **Eat three times a day.** *Ideally* get into the habit of eating three (or two) main meals a day, with snacks only if you are genuinely hungry.
- 3) **Eat as much as you need from the allowed list.** Don't eat anything that is not on this list – no fruit, no other grains, no milk, no cheese etc.

Phase 1 Allowed List.

Vegetables & Salads. Alfalfa, Artichoke, Asparagus, Aubergine, Bamboo shoots, Bean sprouts, Beetroot, Broccoli, Brussels sprouts, Bok choy, Cabbage (any), Carrots, Cauliflower, Celeriac, Celery, Chicory, Chillies (any), Courgettes, Cucumber, Dandelion, Endive, Fennel, Garlic, Green beans, Kale, Leeks, Lettuce (any), Mange tout, Marrow, Mustard greens, Okra, Onions, Parsnip, Peas, Peppers (any), Pumpkin, Radish, Rocket, Salsify, Shallots, Sorrel, Spinach, Spring onions, Squashes, Swiss chard, Swede, Turnip, Watercress, Water chestnuts.

Herbs & Spices. Basil, Bay leaves, Caraway, Cardamom, Chervil, Chives, Cinnamon, Cloves, Coriander, Cumin, Dill, Ginger, Marjoram, Mint, Nutmeg, Oregano, Paprika, Parsley, Pepper, Rosemary, Saffron, Sage, Salt, Tarragon, Thyme, Turmeric.

White Fish. Cod, Haddock, Halibut, Plaice, Turbot, Whiting.

Seafood. Clams, Crab, Lobster, Mussels, Oysters, Prawns, Winkles.

Oily Fish. Anchovies, Mackerel, Pilchards, Salmon, Tuna, Trout.

White Meat & Birds. Chicken, Duck, Goose, Guinea Fowl, Pheasant, Quail, Rabbit, Turkey.

Red Meat. Bacon, Beef, Gammon, Ham, Lamb, Pork, Veal, Venison.

Other. Eggs, Natural Live (Bio) Yoghurt, Tofu.

Misc. Butter, Olives, Olive oil, Tomatoes.

Drinks. Water, Herbal teas, Decaf tea & coffee.



The only food limited in quantity is brown rice/quinoa/plain oats of which you can have 50g dry weight or 150g if you are vegetarian, per day.

If you are allergic or intolerant to any 'allowed' foods, clearly avoid these.

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