

# The Harcombe Diet®

[www.theharcombedietclub.com](http://www.theharcombedietclub.com)

## Phase 2 Summary.

- 1) Don't eat processed foods;
- 2) Don't eat fats and carbohydrates at the same meal;
- 3) Don't eat foods that cause your cravings.



### Fat Meals

**Any (unprocessed) Meat** – Bacon, Beef, Chicken, Duck, Gammon, Goose, Guinea Fowl, Ham, Lamb, Pheasant, Pork, Quail, Rabbit, Turkey, Veal, Venison.

**Any (unprocessed) Fish** – Anchovies, Cod, Haddock, Halibut, Mackerel, Plaice, Pilchards, Salmon, Seafood, Trout, Tuna, Whiting etc  
Includes tinned fish in only oil, salt and/or water.

**Eggs** – Chicken, Duck etc.

**Dairy Products** – Cheese, Milk, Butter, Cream, Yoghurt (ideally Natural Live Yoghurt).

### Carb Meals

**All Fruit**

**Whole-grains** – Brown rice, Brown pasta, Brown rice pasta, 100% Whole-wheat bread, Quinoa, Millet etc.

**Whole-wheat Cereal** – Porridge oats, Brown rice cereal, Shredded Wheat, Other sugar-free cereal.

**Beans & Pulses** – Lentils, Broad beans, Kidney beans, Chick peas etc.

**Baked Potatoes** in their skins.

## Eat With Either a Fat or Carb Meal.

**Vegetables & Salads** – See Phase 1 allowed list.

**Tofu/Quorn** – Vegetarian protein alternatives.

**Certain Fruits** – Olives, Tomatoes & Berries.

**Very low-fat dairy products** – Milk, Cottage cheese & Yoghurt.

**Herbs & Spices** – See Phase 1 allowed list.

Further information at:

[www.theharcombedietclub.com](http://www.theharcombedietclub.com)

[www.zoeharcombe.com](http://www.zoeharcombe.com)

The Harcombe Diet® is a registered trademark of Zoë Harcombe

© Zoë Harcombe 2012