

Foods You Can Eat During Rapid Weight Loss

Protein Foods

Chicken (all parts, lose the skin)

Turkey

Super Lean Steak

Lean Pork

White Fish (basically any seafood that's not oily)

Low Fat Cheese (preferably cottage cheese, as this is much less processed than any other type, avoid as much food processing as possible)

Low Fat Greek Yoghurt

Low Fat or skimmed milk

Vegetable foods

Low Starch Veg

Cabbage	Lettuce	Radish	Mange tout	cucumber	Spring greens
onion and spring onion	garlic	aubergine (egg plant)	all types of peppers	mustard	kale
bok choy	cucumber	bamboo shoots	bean sprouts	spinach	chard
mushroom	asparagus	broccoli	cauliflower	collards	squashes
tomatoes	brussel sprouts	Artichokes	Turnips	Pumpkin	Rutabagas
Celery Root (Celeriac)	Raw Carrots	Beetroot			

(that's quite a list, and you should not suffer for taste or variation with this lot!)

And if you need a quick guide (for example if you come across a veg not on the list), the following may help:

Most non-starchy vegetables are very low in carbohydrate -- less than 5 grams for half a cup worth. But there are differences between them, but here is a quick rule, dividing vegetables into four groups, depending on what part of the plant they come from. There are exceptions, but as a general rule, this works pretty well.

1. Leaves have the least amount of carbohydrate, and what little there is is wrapped in so much fiber that there is little, if any, impact on blood sugar (this could be helped by the fact that they all contain enormous amounts of vitamin K). They are also rich in phytonutrients, vitamins and minerals. Examples: lettuce, spinach, Swiss chard, herbs. Also, alfalfa and other fresh sprouts (but once you grind up sprouts, dry them and pack them densely together, as in some types of bread, they become high starch foods).
2. Stems and flowers are next, including asparagus, cauliflower, broccoli, and I would also throw mushrooms in there.
3. Fruits -- and by this I mean the part of the plant that contains seeds. This is botanically the fruit of the plant, although we tend to call it "fruit" only if it's sweet. This includes peppers, squashes of all types, green beans, tomatoes, okra, and eggplant. Avocado is also a fruit, though lower in carbs than the others. Plantains have the most carbs in this category, which makes sense, as bananas are among the highest-carb fruits.
4. Roots and Seeds -- Many roots are very high in carbs, such as parsnips, water chestnuts, potatoes, sweet potatoes and yams. However, some are actually low, such as jicama and radishes. Celery root (celeriac) and carrots are also lowish. Seeds which are vegetables are mainly legumes including peas, and corn.

All herbs and spices are fine.

Fruits

You want to limit your fruits to eat them only immediately post training. And even then, go for some of the following low sugar fruits, as opposed to high sugar fruits.

Fruits Lowest in Sugar

Small Amounts of Lemon or Lime
Rhubarb
Raspberries
Blackberries
Cranberries

Fruits Low to Medium in Sugar

Strawberries
Casaba Melon
Papaya
Watermelon
Peaches
Nectarines
Blueberries
Cantaloupes
Honeydew melons
Apples

Guavas -- Pineapple Guavas (Feijoa) and Strawberry Guavas are probably similar, but information that directly compares them is not available

Apricots

Grapefruit

Fruits Fairly High in Sugar

Plums

Oranges

Kiwifruit

Pears

Pineapple

Fruits Very High in Sugar

Tangerines

Cherries

Grapes

Pomegranates

Mangos

Figs

Bananas

Dried Fruit, such as dates, raisins, dried apricots, and prunes

A quick guide to sugar/calorie density in fruits

Fruits vary widely in the amount of sugar they contain. For example, half a cup of raspberries contains 3.5 grams of net carb, whereas half a cup of raisins contains 61 grams. These categories of fruit are roughly in order from low to high, sugar-wise, though there are some exceptions. Here is the complete fruit list.

1. Berries - Berries are, in general, the fruits lowest in sugar -- and also among the highest in antioxidants and other nutrients.

2. Summer Fruits - Melons, peaches, nectarines, and apricots are next in sugar-order.

3. Winter Fruits - Apples, pears, and citrus fruit are moderate in sugars.

4. Tropical Fruits - Pineapple, pomegranates, mangoes, bananas, and fresh figs are high in sugar (guava and papaya are lower than the others).

5. Dried Fruit - Dates, raisins, apricots, prunes, figs, and most other dried fruits are extremely high in sugar. Dried cranberries and blueberries would be low, except that a lot of sugar is usually added to combat the tartness.

Dehydrated berries and summer fruits, when you can find them, are a good alternative to dried.