



KAT'S RECOMMENDED AND APPROVED FOODS TO LOOK (AND FEEL) GREAT NAKED!

This list is an extract from my new book, the [Woman Incredible Look Great Naked Eating Plan](#). The full book includes ideal options (5 each) for each meal, snack and exceptions, some of my favourite recipes, my favourite supplements, and a print-out shopping list template. It also has additional tips and tidbits relevant to each food section.

MEAT, POULTRY AND FISH

Some basic rules

- Certified organic or biodynamic food is the best choice for meat, eggs, dairy and poultry – from grass fed animals. Ask your butcher whether it is 100% grass fed, as opposed to partially.
- If you can't get organic, make sure your meat and poultry is free-range and still grass-fed
- Fish can't be organic; there is no such thing. Fish is fish, but pay attention to the recommended fish that I list. Those left off the list are deliberately done so due to mercury content being too high. Mercury is toxic, can slow your thyroid and metabolism and affect your memory.



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Your choices



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- **Beef:** porterhouse, scotch fillet, rump, eye fillet, beef strips, mince meat.
- **Rabbit**
- **Duck**
- **Quail**
- **Goat**
- **Venison**
- **Kangaroo**
- **Veal**
- **Wild meats if you can get them!** Bison, buffalo, crocodile, kudu
- **Jerky:** best not to buy unless you have no other options; very high in added rubbish, unless you choose to make your own!
- **Chicken:** breast or thigh, thigh is better if it's organic otherwise choose breast
- **Lamb:** back-straps, roast lamb, strips, chump chops, loin chops
- **Sausages:** check what they are 'filled' with. Rice flour is okay, but I would not eat sausages more than 1-2 times per week unless they are 100% organic and 100% meat, no fillers added. Be wary of sausages like 'kanga bangas' which are filled with a LOT of chemicals and unidentifiable stuff. It's not the end of the world to have those sort of things now and then – maybe once a fortnight – but not as a staple grocery item.
- **Fish:** Basically all small and medium fish are better than any of the bigger fish. This is because big fish eat little fish and therefore are higher in mercury! Some of your best options include blue mackerel, herring, John dory, ocean trout (yum!), salmon, sardines (try them fresh, grilled in a little coconut oil. Probably one of the cheapest protein



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- sources you'll find. Add sea salt to taste), silver trevally, silver warehou, anchovy, blue-eyed cod, bream, flathead, garfish, mullet, snapper and whiting.
- **Fish to avoid:** aside from bigger fish in general, avoid billfish, flake, orange roughy, catfish, barramundi, gemfish, ling, all tuna, halibut, mahi mahi, pike, ray, seabass, tilefish, walleye and white croaker.
- **Other proteins:** anything that was once living in a field, swimming through the ocean (exceptions aside!) or flying through the air. If there is something you're not sure of just [hop onto Facebook](#) and ask 😊

DAIRY AND EGGS

Some basic rules

All dairy products should be organic and full fat. You can buy organic dairy even at Coles or Safeway, so no excuses unless you are in some very remote place – in which case try and go direct to a farm. Do some research if needed to find good quality foods.

I recommend full fat because low fat products tend to be higher in sugar and/or artificial sweeteners. Even if they're not, your body cannot understand low fat – it's not a whole food. Full fat products, when they are real foods, keep you full for longer and help you to burn *stored* fat!

Dairy is something you need to test in your diet. Some people are fine with it and it doesn't impact body fat, while for others it can affect everything from fat loss, to general health, to skin, to digestion. If you suspect dairy may be an issue for you, cut it out *completely* for 2 weeks and see what changes you notice.



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If you are okay with dairy, milk is generally still not great for fat loss. This includes all milks, even dairy free. Cream and butter are 100% fat, and they are both great for fat loss as they have zero sugar in them.

Cheese is fine every so often, i.e. 2-3 times a week in a small amount. That's if you tolerate dairy well. Softer cheeses are much healthier choices than hard cheeses.

Your choices

- **Parmesan cheese**
- **Ricotta**
- **Shredded cheddar cheese**
- **Mozzarella cheese**
- **Bocconcini**
- **Goats cheese or goats/sheeps fetta**
- **Goats or sheeps yoghurt**
- **Soft cheeses**
- **Organic sour cream**
- **Organic unhomogenised milk:** usually available in the supermarket
- **Organic Yoghurt:** Jalna Biodynamic is a great supermarket brand, otherwise any brand. In glass is great if you can get it
- **Full-fat Greek yoghurt**
- **Coconut yoghurt:** as a treat (I know this isn't dairy but it is still relevant here!) – make sure you buy the one that doesn't have any sugar or anything else added
- **Organic cream**
- **Goats milk**



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GRAINS

Some basic rules

If getting lean is your top priority – don't eat grains!

Even gluten-free. Get your carbs from sweet potato, pumpkin, and occasional low GI fruits like berries (see those sections for ideas on how much and how often).

Otherwise, here is your grain list for treat meals and the like. I do advise keeping treat meals gluten free where possible. In fact, you'll notice that I don't even include grains containing gluten on this list, as I don't consider them either a recommended or an approved food.

Grains do not need to be a staple in the house, and the more you keep them around the more you will eat them. So don't keep them around. Simple.

Your choices

- **Gluten-free breads:** if you are carb-tolerant and happy with your body fat. Keep in mind they are often full of other crap. Read the label and if it looks dodgy it is.
- **Quinoa:** cook it like rice, but soak overnight in water first and then toss that water. This makes it more digestible.
- **Brown or wild rice**
- **Chia seeds:** great for added fiber and a healthy post-workout starch (if you are carb tolerant and lean)
- **Legumes:** can also be used with the same conditions – choose organic, and it's best to soak and then boil them yourself. Don't eat



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tinned legumes. It is so easy to prepare your own, so no excuses!
Legumes count as a carb, not a protein in my opinion.

SPICES AND SEASONINGS

Some basic rules

Most of the spices and seasonings I use are ground, although of course you can get them otherwise if you choose.

You may include spices and seasonings as liberally as you like in every meal, just make sure they are 100%, not combined with sugar or any other junk. I'm talking the 'actual' spice, as opposed to cinnamon sugar for example!

Your choices

- **Cinnamon**
- **Pepper**
- **Sea salt** – must have a colour i.e. pink, grey or black. Otherwise it's bleached.
- **Paprika; sweet paprika**
- **Garlic powder and crushed garlic in a jar**
- **Cloves of fresh garlic**
- **Cumin**
- **Parsley**
- **Dill weed**
- **Basil**
- **Oregano**



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- **Coriander**
- **Chili flakes or fresh chili**
- **Crushed ginger**
- **Chili powder and crushed chili in a jar**
- **Any other spice or seasoning you like!** It's fun to try new tastes in your cooking, so experiment with something you've never tried now and again. [Ask on Facebook](#) if there is something you're unsure of.

OILS/FATS

Some basic rules

As you might notice I do tend to recommend organic food a lot. Based on my education, my personal and professional research, and my tastebuds I think it is better for us a number of reasons.

I also happen to think that buying organic food will in the long run save you money. You feel satisfied on less food, so you eat less and you buy less as a result. You also enjoy better health, which saves money in the short and the long term.

Now. I understand that for your own reasons you might choose to NOT buy all your food organically, but when it comes to oils and fats please consider otherwise. The reason I put a special emphasis on these nutrients is that toxins are stored in fat cells. This means that consuming animal or plant fats that are not organic results in increased toxin intake by you. Which gets stored in your fat cells. And makes them bigger. Simple ☺



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Your choices

- **Extra virgin olive oil**
- **Macadamia nut oil**
- **Flaxseed oil**
- **Tahini**
- **Nut spreads:** almond, cashew, macadamia, brazil nut, walnut and ABC (Almonds, Brazil & Cashew)
- **LSA powder** (linseeds, sunflower seeds, almonds)
- **Coconut oil**
- **Coconut cream**
- **Cheese** (see the dairy section for details on frequency)
- **Organic cream**
- **Organic butter**
- **Ghee**
- **Avocado**
- **Coconut milk**
- **Raw nuts/seeds:** almonds, cashews, walnuts, pecans, pistachios, sunflower, pepitas, sesame seeds
- **[Woman Incredible Cacao Nibs](#)**
- **85%+ dark chocolate:** I love 99% organic dark chocolate! What a treat – but very high in caffeine, so not great at night-time.



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SAUCES/CONDIMENTS

Some basic rules

I am all for making food more interesting and I use a lot of dressings on my foods. But the ones I use regularly and liberally are just basic foods like squeezed lemons or limes, red wine vinegar, oil and so on. Herbs I also use freely to make dressings with.

Avoid all sauces that include sugar as an ingredient – BBQ sauce and ketchup are killers for this, and you tend to overuse them so save them for Australia Day or make your own. You'll notice that some of the choices I list below do have a little sugar in them (i.e. Teriyaki), but these are ones that really would not be used very often.

Your choices

- **Fresh limes/lemons:** lowers the blood sugar effect of the meal - a great addition to food or to drinking water!
- **Teriyaki marinade:** may contain sugar, use moderately and infrequently
- **Chili sauce:** may contain sugar, use moderately and infrequently
- **Tomato Salsa:** may contain sugar, use moderately and infrequently
- **Tamari, wheat free:** may contain sugar, use moderately and infrequently
- **Balsamic vinegar/apple cider vinegar:** balsamic vinegar is high in sugar, red wine vinegar or white wine vinegar are much smarter choices.
- **Baking powder/soda**
- **Tomato sauce:** may contain sugar, use moderately and infrequently



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- **Miso paste:** may contain sugar, use moderately and infrequently
- **Fish sauce:** may contain sugar, use moderately and infrequently
- **Dijon mustard/wholegrain mustard – best for BBQ rather than sugar-based sauces like tomato:** still has sugar, or you can make your own with mustard seeds, real salt and vinegar
- **Oyster sauce:** may contain sugar, use moderately and infrequently
- **Hoisin Sauce:** may contain sugar, use moderately and infrequently
- **Pure unsalted butter:** an excellent addition to your veggies and protein, the butyric acid in it helps you burn stored fat, and adding butter to vegetables increases nutrient absorption.
- **Tabasco sauce**
- **Organic stocks, varied:** try to get low or no sodium ones; it's always better to add your own salt so that it's not processed
- **Tomato pasta sauce:** may contain sugar, use moderately and infrequently
- **Red wine vinegar:** this is my favourite for dressing salads, with some oil. It also lowers the blood sugar effect of a meal and helps with fat loss.

SNACK ITEMS/ HEALTHY TREATS

Some basic rules

I recommend keeping any or all of these items both at home and at the office, so you are never in a situation where you have no options and 'need' to buy convenience food. Keep them out of sight though at work – research has shown that food left on your desk is more readily gobbled up!



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You'll notice that some of the items mentioned here are also found in other sections; I'm just putting them here again so that you know these are things I would consider as snacks or healthy treats (which are kind of one and the same to me; when it comes to regular in between meals I recommend just that – an in between meal not a treat every time).

Your choices

- [Woman Incredible Antioxidant Snack](#)
- [Woman Incredible Trail Mix](#)
- **Frozen raspberries:** I don't recommend eating fruit, even berries every day. Fruit is not available daily in nature. If you're going super low-carb, cut it out 100% (with all sugars) for 2 weeks; after that I would say 2-4 times a week is fine as an after-dinner snack, or during the day. I would usually have it with or after some protein and fat; i.e. some berries with cream or yoghurt
- [Raw cacao powder](#) (I mix it with a little coconut oil and eat as a craving-busting treat, or I brew coconut milk hot chocolate with it)
- **85%+ organic dark chocolate:** a couple times a week, stick to 1-2 rows and let it melt in your mouth
- **Greek yoghurt:** yoghurt is fine 2-4 times per week; don't have it daily or you could end up having it instead of enough protein and greens. Also for variety's sake ☺
- **Chia seeds:** mix with yoghurt or add to salads, meals, smoothies
- **Ground flaxseeds:** same!
- **Nuts and seeds:** fine daily, up to 40 nuts or the equivalent of nut butter or seeds. If you tend to overeat them then steer clear or learn to be strict. Nuts can be a blocking factor for fat loss, so if you really think your nutrition is excellent try cutting them out for 2 weeks.



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- **Avocado mashed with lemon:** up to ½ an avo daily is fine
- **Organic cream:** 2-4 teaspoons per day is fine

MISCELLANEOUS AND OTHER PANTRY ITEMS

Some basic rules

Always keep these foods in the house so you never find yourself having to make an 'emergency' 7-Eleven dash! The same principle applies to the above snack section.

Your choices

- **Natural sparkling mineral water, preferably in glass.**
- **Stevia powder:** for sweetening drinks or baked goods naturally
- **Tinned wild salmon and sardines** (for back-ups)
- **Various organic herbal teas, regular tea, green tea.** Yogi brand is my fave.
- **Coffee:** organic
- **Essences:** vanilla, peppermint, orange, coconut. Make creative healthy snacks or add to coffee.
- **Mrs Mays** gluten-free crackers, made from seeds and buckwheat
- **Ground flaxseeds:** great source of fiber, great to add onto things or even in cooking. With yoghurt is yummy!
- **Alcohol:** red wine on occasion (see the treats section in meal plans), and other alcohols for treat meals if so desired. Best NOT to keep in the house though really.



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QUESTIONS?

If you have any questions please ask me on the [Woman Incredible Facebook page](#) or on your forum of course! If you think I have forgotten a food or would like to know what I think about a food that is not mentioned, please also ask me on the Facebook page.

WANT MORE?

This list is a (full) extract from my new book, the [Woman Incredible Look Great Naked Eating Plan](#). The full book includes ideal options (5 each) for each meal, snack and exceptions, some of my favourite recipes, my favourite supplements, and a print-out shopping list template. It also has additional tips and tidbits relevant to each food section.



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