

Fat Loss

Nutrient Optimiser Food List (Popular)

This food list is designed for someone who is looking for fat loss with high satiety to minimise hunger while eating less.

- sardines

Animal

- egg white
- cottage cheese (low fat)
- beef liver
- Greek yogurt (low fat)
- sirloin steak (fat not eaten)
- chicken breast (no skin)
- lamb liver
- ground pork (lean)
- chicken liver
- chicken thigh
- chicken leg

Seafood

- tuna
- cod
- shrimp
- scallops
- mackerel
- mussels
- salmon
- oysters

Plants

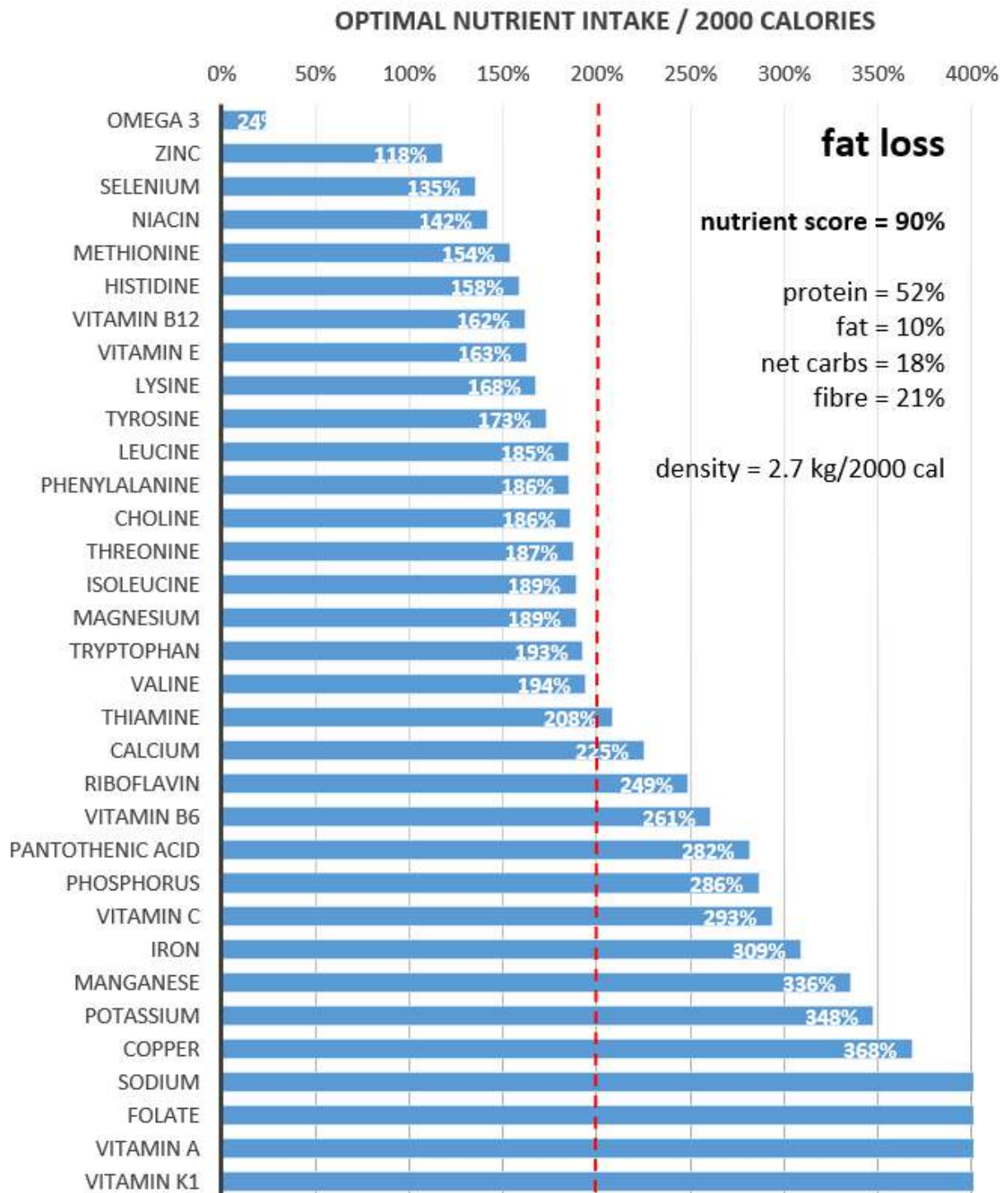
- asparagus
- watercress
- broccoli
- Swiss chard
- chives
- alfalfa sprouts
- endive
- green peas
- nori
- cauliflower
- kale
- parsley
- lettuce
- zucchini
- spinach
- bok choy
- broccoli sprouts
- cabbage
- sauerkraut
- kimchi
- green peppers

- arugula/rocket
- mushrooms
- Rye bread
- onion
- snow peas
- butternut squash
- oranges
- leeks
- raspberries
- kiwifruit
- pears
- cherries
- apples
- Brussels sprouts
- coriander/cilantro
- collards
- cantaloupe
- tossed salad
- cucumber
- garlic
- whole wheat bread
- green beans

Other

- nutritional yeast
- capers
- soy sauce
- beef broth
- whey protein powder
- salsa
- garlic powder
- tea
- coconut water
- collagen peptides
- turmeric
- oregano
- cinnamon
- paprika

Nutrient profile



More info

- NutrientOptimiser.com
- OptimisingNutrition.com