

Golo Food List

What You Can Eat

- Chia seeds
- Hemp seeds & oil
- Flaxseed and flax oil
- Olive oil
- Coconut oil
- Walnuts
- Almonds
- Chicken breast
- Sirloin steak
- Lean cuts of pork
- White fish
- Oatmeal
- Brown rice
- Quinoa
- Sweet potato
- Potatoes
- Squash
- Raspberries
- Blueberries
- Blackberries
- Leafy greens
- Broccoli
- Zucchini
- Asparagus

What You Cannot Eat

- Processed and Refined Foods
- Processed meats such as sausage, hot dogs, lunch meat
- Refined foods such as white bread
- Plant-based meat substitutes
- Chips, crackers
- Added Sugars and Sweeteners
- Soda
- Sweetened coffee beverages
- Sports drinks
- Cake, pies, cookies, and candy