

Triple Switch – Foods To Avoid

Triple Switch is all about eating unprocessed “real” foods that are low in carbohydrates.

If you see any foods on this list or the following that are disallowed (e.g. potatoes), you can assume that similar foods (sweet potatoes) also cannot be eaten.

If it comes in a box, bag, jar or can, there’s a good chance it’s a no food for Triple Switch. Be sure to read the ingredients for all packaged foods, as some form of sugar or carbohydrate is typically added. **Better yet, simply avoid all sugar, heavy carbohydrate, packaged & processed foods and alcohol for three weeks!**

Animal Protein

Sausage containing fillers, pastrami, salami, Pepperoni, jerky, canned meat.

Fish and Seafood

Smoked fish.

Sweets & Deserts

Cake, biscuits, ice cream, muffins, sweets, chewing gum, mints etc.

Canned Vegetables

Read the labels to ensure there is no added sugar.

Below Ground Vegetables

Any kind of potato (sweet or white), turnip, squash, parsnip, beetroot, celeriac, pumpkin, swede.

Beans & Legumes

Beans, lentils, fava beans, peas, chick peas, peanuts.

Processed Fats & Oils

Corn oil, safflower, canola, sunflower, vegetable oils and all their derivatives.

Dairy

Milk, especially semi and skimmed milk, low fat yogurt, Processed cheese (pre-sliced, single serving, Pre-shredded).

All Sugar Products

Anything with honey, agave, fructose, cane, extract, Or syrup in ingredients list.

Non Caloric Sweeteners

Stevia, xylitol, aspartame, erythritol, splenda etc.

Bread & Wheat, Barley, Rye & Grain Derivatives

Any kind, gluten free or otherwise. Pasta, all rice and rice cakes, corn bread & derivatives, quinoa.

Fruits and Berries

Banana, apple, pear, oranges, watermelon, grapefruit, berries, melon, grapes.

Processed & Packaged Foods

Packaged sauces, packaged energy bars and drinks, Packaged condiments (dressings, mayo, ketchup etc.)

Drinks & Beverages

Fizzy drinks, milk shakes, fruit juices, sports drinks, all alcohol.