



FOOD ALLOWED vs FOOD BANNED

Stick this on your fridge. Take it shopping. Or hand it to anyone trying to sabotage your second chance.

FOOD ALLOWED (Your heart says thank you)

- Oats, barley, brown rice - boring but brilliant.
- Leafy greens - spinach, kale, rocket, lettuce. Eat the rainbow (but not the Skittles).
- Berries - sweet, heart-loving, and don't require peeling.
- Fatty fish - salmon, mackerel, sardines. Omega-3 is your new best mate.
- Nuts - in small handfuls, not by the bucket.
- Olive oil - drizzle like a Mediterranean god.
- Legumes - beans, lentils, chickpeas. Yes, they might make you gassy. Still worth it.
- Wholegrain bread and pasta - not the white, fluffy nonsense.
- Avocados - nature's butter, but don't go overboard.
- Garlic and herbs - flavour that doesn't try to kill you.

FOOD BANNED (Your heart just rolled its eyes)

- Processed meats - bacon, ham, salami. Basically anything that comes in a plastic pouch and smells like regret.
- Deep-fried foods - if it's golden, crunchy and delicious, it's probably trying to kill you.
- Butter and cream - tasty heart stoppers (literally).
- Cakes, biscuits, pastries - if it crumbles, it clogs.
- White bread and white rice - the edible equivalent of an empty promise.
- Sugary drinks - your Coke habit needs to go cold turkey.
- Salt-heavy snacks - chips, crackers, instant noodles. Say goodbye to your salt addiction.
- Takeaway burgers and pizzas - treat them like your ex: fun, but toxic.
- Full-fat dairy - switch to lighter options, or your heart might switch you off.

- Anything labelled 'creamy', 'crispy', or 'smothered' - code for 'don't touch with a ten-foot pole'.

Stick to this list like your life depends on it-because it does.