

Vegetables

Artichoke
Asparagus
Avocado
Bok Choy
Broccoli
Cabbage
Capsicum
Cauliflower
Celery
Cress
Cucumber
Daikon
Eggplant
Fennel
Garlic
Green Beans
Kale
Leek
Lettuce
Okra
Olives
Onions
Pumpkin
Radishes
Rocket
Rutabaga
Shallot
Snow Peas
Yellow Baby squash
Spinach
Spring Onion
Sprouts (all)
Tomatoes
Turnip
Water Cress
Zucchini

Meats:

(Preferably Organic)

Beef
Lamb
Pork
Chicken
Duck
Turkey
Quail
Organ Meats
Veal

Seafood:

Salmon wild caught
Fresh Fish
Anchovies
Prawns
Squid
Tuna
Sardines
Scallops
Sashimi
Oysters
Sea Vegetables

Eggs Organic

Chicken
Goose
Duck

Dairy

Organic Butter
Cream

Fats & Oils

Extra Virgin Olive Oil (cold pressed)
Coconut Oil (extra virgin)
Seed & Nut Oils
Grapeseed Oil

Nuts and Nut Butters

Hazlenut
Brazil
Macadamia
Pecan
Walnut
Almond
Pumpkin Seeds

Flours and Baking

Almond Flour
Coconut Flour
Buckwheat Flour
Quinoa
Buckwheat
Millet
Amaranth
Baking Powder (gluten and additive free)
Bi Carb of Soda

Herbs/Spices

Basil

Rosemary
Oregano
Coriander
Parsley
Sage
Thyme
Tarragon
Chives
Ginger, Nutmeg, Cinnamon

Condiments

Mustard Powder
Ocean Sea Salt
Pepper
Wheat Free Tamari Sauce
Apple Cider Vinegar
Stevia drops
Stevia Powder
Tahini

Fruits

(Low in fructose)
Lemons
Limes
Berries
Stone Fruits
All other fruits in moderation

Supplements

Calcium
Magnesium
Probiotics
Cod Liver Oil
Nutritional Yeast Flakes
Vitamin C Vitamin E

Beverages

Decaf Coffee/Tea
Herbal Tea
Mineral Water
Soda Water

Healthy Home

Epsom Salts
White Vinegar
Eucalyptus Oil
Lemon Juice
Tea Tree Oil