

## Shopping List

Eat daily without restrictions						
<b>Vegetables</b>	<input type="checkbox"/> Artichoke <input type="checkbox"/> Artichoke hearts <input type="checkbox"/> Asparagus <input type="checkbox"/> Baby corn <input type="checkbox"/> Bamboo shoots <input type="checkbox"/> Beans (green, Italian, etc.) <input type="checkbox"/> Beetroot <input type="checkbox"/> Brussels sprouts <input type="checkbox"/> Broccoli <input type="checkbox"/> Cabbage (green, purple, Chinese, bok choy) <input type="checkbox"/> Carrots <input type="checkbox"/> Capsicum <input type="checkbox"/> Cauliflower	<input type="checkbox"/> Celery <input type="checkbox"/> Cucumber <input type="checkbox"/> Eggplant <input type="checkbox"/> Kale <input type="checkbox"/> Leafy salad greens (collard, endive, watercress, mustard greens, rocket) <input type="checkbox"/> Leeks <input type="checkbox"/> Lettuce <input type="checkbox"/> Mushrooms <input type="checkbox"/> Olives <input type="checkbox"/> Onions <input type="checkbox"/> Peas <input type="checkbox"/> Potato (cooked & cooled)	<input type="checkbox"/> Radish <input type="checkbox"/> Spinach <input type="checkbox"/> Spring onions <input type="checkbox"/> Sprouts <input type="checkbox"/> Squash (spaghetti, yellow) <input type="checkbox"/> Sweet potato <input type="checkbox"/> Sugar snap peas <input type="checkbox"/> Tomatoes <input type="checkbox"/> Turnips <input type="checkbox"/> Zucchini	<b>Herbs, spices, sauces, oils &amp; fats</b>	<input type="checkbox"/> Basil <input type="checkbox"/> Chilli powder <input type="checkbox"/> Chillies <input type="checkbox"/> Cinnamon <input type="checkbox"/> Cloves <input type="checkbox"/> Cumin <input type="checkbox"/> Dill <input type="checkbox"/> Garlic <input type="checkbox"/> Ginger <input type="checkbox"/> Fennel seed <input type="checkbox"/> Lemongrass <input type="checkbox"/> Lime leaves <input type="checkbox"/> Marjoram <input type="checkbox"/> Mint <input type="checkbox"/> Oregano <input type="checkbox"/> Parsley <input type="checkbox"/> Pepper <input type="checkbox"/> Rosemary	<input type="checkbox"/> Saffron <input type="checkbox"/> Sage <input type="checkbox"/> Salt (Celtic or Himalayan) <input type="checkbox"/> Tarragon <input type="checkbox"/> Thyme <input type="checkbox"/> Extra-virgin olive oil <input type="checkbox"/> Coconut oil <input type="checkbox"/> Ghee <input type="checkbox"/> Sesame oil <input type="checkbox"/> Flaxseed oil (cold) <input type="checkbox"/> Avocado oil (cold) <input type="checkbox"/> Apple cider vinegar <input type="checkbox"/> Balsamic vinegar <input type="checkbox"/> Vinegar - other <input type="checkbox"/> Soy sauce/tamari <input type="checkbox"/> Tamarind paste
<b>Fruits</b>	<input type="checkbox"/> Apples <input type="checkbox"/> Avocado <input type="checkbox"/> Bananas <input type="checkbox"/> Blackberries <input type="checkbox"/> Blueberries <input type="checkbox"/> Cherries	<input type="checkbox"/> Figs <input type="checkbox"/> Grapes <input type="checkbox"/> Kiwi fruit <input type="checkbox"/> Melon <input type="checkbox"/> Nectarines <input type="checkbox"/> Peaches	<input type="checkbox"/> Oranges <input type="checkbox"/> Pomegranates <input type="checkbox"/> Plums <input type="checkbox"/> Raspberries <input type="checkbox"/> Strawberries	<b>Whole grains, breads &amp; flours</b>	<input type="checkbox"/> Almond meal <input type="checkbox"/> Arrowroot flour <input type="checkbox"/> Banana flour <input type="checkbox"/> Coconut flour <input type="checkbox"/> Rice flour <input type="checkbox"/> Spelt flour <input type="checkbox"/> Tiger nut flour <input type="checkbox"/> Wheat flour (organic)	
<b>Beans, legumes, nuts &amp; seeds</b>	<input type="checkbox"/> Adzuki beans <input type="checkbox"/> Black beans <input type="checkbox"/> Borlotti beans <input type="checkbox"/> Chickpeas <input type="checkbox"/> Dhal <input type="checkbox"/> Fava (broad) beans <input type="checkbox"/> Kidney beans <input type="checkbox"/> Lentils <input type="checkbox"/> Lima beans <input type="checkbox"/> Mung beans <input type="checkbox"/> Peanuts <input type="checkbox"/> Split peas <input type="checkbox"/> Soy beans (incl. tofu, bean curd, miso, tempeh)	<input type="checkbox"/> Almonds <input type="checkbox"/> Brazil nuts <input type="checkbox"/> Cashews <input type="checkbox"/> Coconut <input type="checkbox"/> Hazelnuts <input type="checkbox"/> Macadamia nuts <input type="checkbox"/> Pecan nuts <input type="checkbox"/> Pine nuts <input type="checkbox"/> Pistachio nuts <input type="checkbox"/> Walnuts	<input type="checkbox"/> Chia seeds <input type="checkbox"/> Flaxseed/linseed <input type="checkbox"/> Nigella (black) seeds <input type="checkbox"/> Pepitas <input type="checkbox"/> Poppy seeds <input type="checkbox"/> Pumpkin seeds <input type="checkbox"/> Sesame seeds <input type="checkbox"/> Sunflower seeds	<input type="checkbox"/> Barley <input type="checkbox"/> Buckwheat <input type="checkbox"/> Faro <input type="checkbox"/> Kamut <input type="checkbox"/> Oats <input type="checkbox"/> Quinoa <input type="checkbox"/> Pasta - organic wheat, spelt, (cooked and cooled) <input type="checkbox"/> Rice - basmati, brown, wild <input type="checkbox"/> Rye <input type="checkbox"/> Sourdough bread (e.g. spelt, rye, khorasan) <input type="checkbox"/> Spelt <input type="checkbox"/> Wheat (organic)		

Eat in moderation throughout the week						
<b>Fish &amp; seafood</b>	<input type="checkbox"/> Australian herring (Tommy Ruff) <input type="checkbox"/> Bream <input type="checkbox"/> Cod <input type="checkbox"/> Crab <input type="checkbox"/> Leatherjacket <input type="checkbox"/> Mackerel <input type="checkbox"/> Mullet <input type="checkbox"/> Mussels	<input type="checkbox"/> Octopus <input type="checkbox"/> Oysters <input type="checkbox"/> Prawns <input type="checkbox"/> Salmon <input type="checkbox"/> Sardines <input type="checkbox"/> Scallops <input type="checkbox"/> Squid/calamari <input type="checkbox"/> Trevally <input type="checkbox"/> Tuna <input type="checkbox"/> Whiting	<b>Poultry &amp; eggs</b>	<input type="checkbox"/> Chicken <input type="checkbox"/> Turkey <input type="checkbox"/> Eggs	<b>Dairy</b>	<input type="checkbox"/> Cheese - organic <input type="checkbox"/> Feta cheese <input type="checkbox"/> Greek yoghurt <input type="checkbox"/> Kefir

Only small portions, once or twice a month						
<b>Meat</b>	<input type="checkbox"/> Beef <input type="checkbox"/> Kangaroo <input type="checkbox"/> Lamb	<input type="checkbox"/> Pork <input type="checkbox"/> Veal <input type="checkbox"/> Venison	<b>Sweets</b>	<input type="checkbox"/> Biscuits <input type="checkbox"/> Cakes <input type="checkbox"/> Chocolate <input type="checkbox"/> Custard	<input type="checkbox"/> Donuts <input type="checkbox"/> Ice cream <input type="checkbox"/> Lollies <input type="checkbox"/> Pastries	<input type="checkbox"/> Slices