

FRUIT

- **All berries**
(fresh, defrosted, and dried without added sugar or sulphites – from Health Food Shops)
- **Blackberries, blueberries, cherries, cranberries, goji, raspberries, strawberries**
- **Apple**
- **Apricots**
- **Banana**
- **Dates**
- **Lemon**
(organic if using the zest)
- **Lime**
- **Nectarine**
- **Orange**
- **Peach**
- **Pear**
- **Plums**

PROTEIN

- **Anchovies**
- **Chicken breast and mini fillets**
- **Cod**
- **Eggs**
- **Pure protein powder rice, hemp, or whey, natural of vanilla flavour**
(Pulsin from Ocado)
- **Lamb**
- **Prawns**
- **Sardines**
canned in tomato sauce
- **Salmon**
fresh fillet, canned, and smoked
- **Sausages**
(chicken, or venison gluten free from local butcher)
- **Venison**
(and other game meat)

PULSES

- **Beans**
- **Black beans**
- **Cannellini beans**
- **Chickpeas**
- **Kidney beans**
- **Hummus**

VEGETABLES

- **All type of salads**
- **Artichoke hearts in oil**
- **Aubergine**
- **Avocado**
- **Broccoli and broccoli rice**
- **Squash**
(Butternut, Pumpkin, etc.)
- **Carrots**
- **Celeriac**
- **Celery**
- **Chicory**
- **Courgettes and courgetti**
- **Cauliflower and cauliflower rice**
- **Garlic**
- **Cucumber**
- **Kale**
- **Lettuce**
- **Mushroom**
- **Onion**
- **Peppers**
- **Rocket**
- **Shallots**
- **Spinach**
- **Spring onions**
- **Sugar snap peas**
- **Sweet potato**
- **Tomato**
(fresh, canned, paste, passata)
- **Watercress**

NUTS & SEEDS

- **All.**
Eat a variety every day
- **100% Nut butters**
(no added sugar.
Best Meridian - Sainsbury's and Ocado sell them)
- **Brazil nuts**
- **Cashew nuts**
- **Chia seeds**
- **Flaxseeds**
- **Pine nuts**
- **Pumpkin seeds**
- **Sesame seeds**

GRAINS & FLOURS

- **Buckwheat flakes**
- **Buckwheat crispbread**
(Amisa)
- **Coconut flour and desiccated flakes**
- **Corn flour**
- **Millet bread**
(Biona)
- **Oats flakes**
- **Quinoa**
flakes, grain, and ready to eat
- **Rye bread**
Sukrin Bread Mix – Sunflower and Pumpkin Seeds (from Health Food Shops)
- **Tapioca flour**

OILS

- **Butter**
(unsalted grass-fed
Kerrygold silver packaging)
- **Coconut oil**
(raw virgin or Biona Cuisine without flavour for cooking – on Amazon)
- **Extra virgin olive oil**

**FRUIT AND VEGETABLES SHOULD BE ORGANIC WHERE POSSIBLE.
FISH AND MEAT AS WELL ORGANIC AND/OR WILD WHERE POSSIBLE.**

HERBS & SPICES

(Fresh and dried)

- Dried onion
- Basil
- Black pepper
- Chives
- Chillli powder
- Chipotle
- Cinnamon
- Coriander
- Cumin
- Oregano
- Mint leaves
- Mixed herbs
De Provence or Italian blend
- Parsley
- Paprika
- Red and green chilli
- Thyme

DAIRY

(Where possible choose Organic Goat, Sheep, or Buffalo milk, yoghurt, and cheese)

- Butter
(Unsalted grass-fed Kerrygold silver packaging)
- Buffalo Mozzarella
- Cottage cheese
- Feta
- Full fat yoghurt
(Sainsbury's and Ocado sell Woodlands Organic Sheep Milk)
- Full fat garlic and herb soft cheese
- Goat soft cheese
- Halloumi
- Parmesan
(try Pecorino as an alternative, it's made from sheep milk)

DAIRY ALTERNATIVES

(All unsweetened)

- Almond Milk
(Best Ecomil sugar-free with Calcium - from Ocado or Health Food Shops)
- Coconut Milk
- Coconut yoghurt
- Hazelnut Milk
- Hemp Milk
- Cashew Milk

DRINKS

- All herbal teas
(Dandelion, Lemon & Ginger, Rooibos, Coconut water)
- Green tea
- Filtered water
- Water with lemon/Lime/Berries, Cucumber and Mint
- Vegetable juices

SWEETENERS

(Optional or in moderation)

- Coconut palm sugar
- Maple syrup
- Pure Stevia
- Raw honey
- Rice malt syrup
- Xylitol

MISC

- Apple cider vinegar
(Biona from Health Food Shops)
- Balsamic Vinegar
- Bicarbonate of soda
- Baking powder
(without aluminium)
- Himalayan or unrefined sea salt
- Capers
- Cacao powder
(no added sugar, 100% pure cacao. E.g. Creative Nature Cacao Powder from Ocado, Health Food Shops, or The Natural Dispensary)
- Chocolate dark
(minimum 70%, better 85%-100%)
- Olives
(Kalamata, green and black)
- Maca powder
- Mayo
(good quality made with olive oil. Ocado sells Biona Organic with Olive Oil)
- Miso paste
(gluten free) and instant Miso soup
- Pesto
- Sundried tomato paste
- Tahini paste
- Tikka curry paste
(from Ocado)
- Vanilla extract
- Vinegar

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