

<b>Vegetables</b>			<b>Protein</b>			<b>Nuts and seeds</b>		
Artichokes	snow peas	Cherries	eggs		Almonds	Ginger		
Arugula (rocket)	Spinach - English	Dates	Low fat cottage cheese		Brazil nuts	Mustard seeds		
Asparagus	Sprouts	Grapes	Cottage cheese		Cashews	Nutmeg		
Bok Choy	Squash - yellow	Figs	Ricotta cheese		Flaxseeds	Oregano		
Broccoli	Swiss chard	Honeydew			Macadamias	Paprika		
Cabbage (purple)	Tomatoes	Kiwifruit			Peanuts	Parsley		
Cabbage (regular)	Zucchini	Mango	<b>Dairy</b>		Pine nuts	Peppermint		
Capsicum - red		Nectarines	Low fat natural yoghurt		Pistachio nuts	Rosemary		
Capsicum - green		Olives	Natural yoghurt		Pumpkin seeds	Sage		
Cauliflower	<b>Fungi</b>	Peaches	Skim milk		Sesame seeds	Spearmint		
Celery	Mushrooms	Pears	Low fat milk		Sunflower seeds	Thyme		
Chives*		Pineapple*	Milk		Walnuts	Tumeric		
Choko	<b>Fruit</b>	Plums				Vanilla		
Collard greens	Apples	Prunes						
Choy sum	Apricots	Rockmelon			<b>Herbs and spices</b>	<b>Extras</b>		
Cucumber	Avocado	Watermelon	<b>Legumes</b>		Basil	Green tea		
Eggplant	Acai Berries		Red Kidney beans*		Bay leaves	Honey		
Endive	Blackberries		Black beans*		Black pepper	Leggos Tomato Paste		
Green beans	Blackcurrants	<b>Grains</b>	Lentils*		Chilli	Maple Syrup		
Kale	Blueberries	Rolled Barley*	Chickpeas*		Cinnamon	Olive oil		
Lettuce	Cranberries	unpearled barley*	peas		Coriander	Sea salt		
Pumpkin	Gogi berries	Hulled Barley*	Navy beans*		Cumin	Vinegar-Balsamic		
rhubarb	Raspberries	Buckwheat*	Pinto Beans*		Dill	Vinegar-White		
Silverbeet	Strawberries	Corn*	Lima beans*		Fennel seed	Vinegar-Malt		
					Garlic*	Vinegar-Apple Cidar		
<b><u>Allergy to</u> : Onions, Citrus fruit (Oranges, Lemons, Mandarins etc.), Wheat, Soy.</b>								
<b><u>Cannot eat due to Haemochromatosis</u> : Animal flesh including seafood due to the MFP factor found in all animal flesh</b>								
<b><u>Sensitive to</u> : High starch foods such as potato &amp; rice</b>						<b>*Can eat in small amounts</b>		