

Staples List

Fruit

Pear
Goji
Acai
Blueberries
Raspberries
Strawberries
Banana
Coconut
Lemon
Avocado
Lime
Raisin
Sultanas
Beetroot
Red cabbage
Apple
Green apple
Dried unsweetened
cranberries
Kiwifruit
Pineapple
Pawpaw
Pear
Inca berries
Golden berries
Sumac
Medjool dates
Shredded coconut
Desiccated coconut

Vegetables

Zucchini
Green onions
Green beans
Tomato

Cherry tomatoes
Sun-dried tomato
Asparagus
Baby rocket leaves
Red onion
White onion
Brown onion
Mixed salad leaves
Carrot
Celery stalk
Broccoli
Cauliflower
Golden shallot
Spinach leaves
Baby spinach
Green cucumber
Lebanese cucumber
Leek
Butternut pumpkin
Kent pumpkin
Red capsicum
Chinese cabbage
Eggplant
Cabbage
Kale
Turnip



Parsnip
Button mushrooms
Baby rocket leaves
Potato
Sweet potato
Watercress
Mung bean sprouts

Ginger

Green capsicum

Herbs and spices

Cinnamon

Himalayan rock salt
Dulse flake
Black pepper
Black peppercorn
Garlic
Fresh Basil leaves
Flat-leaf parsley
Dried oregano
Chilli
Green chilli
Ginger
Coriander leaves
Bay leave
Lemongrass stalk
Turmeric root
Lime leaves
Cayenne powder
Cayenne pepper
Curry powder
Jalapeno chilli
Mint leaves
Fresh chives
Cinnamon
Sesame seeds
Dill
Cumin
Paprika
Saffron threads
Tandoori spice mix
Dried thyme
Dried oregano
Dried rosemary
Bird's eye chilli
Sage leaves
Rosemary
Cardamom pods

Nuts and seeds

Chia seeds
Pumpkin seeds
Pepitas
Sunflower seeds
Raw pine nuts
Macadamia
Raw hemp seed
Hulled hemp seed

Walnuts
Chia seeds

Almond
Raw cashews
Caraway seeds
Mustard seeds
Cumin seeds
Linseeds
Fennel seeds

Sweeteners

Raw honey
Maple syrup
Coconut syrup
Brown rice syrup
Agave syrup
Stevia
Vanilla extract

Oil

Olive oil
Coconut oil
Coconut butter
Extra virgin olive oil
Flaxseed oil
Lemon-infused flaxseed oil
Toasted sesame oil
Combination omega oil

Protein

Salmon fillet

Eggs

Blue-eye trevalla fillet
Chicken breast fillet
Tinned salmon
Smoked salmon fillet
Salmon fillet
White fish fillet (such as barramundi or snapper)

Lamb cutlets
Chicken thigh fillets
Chicken tenderloins
Sirloin or rump steak
Chicken carcasses

Lamb bones
Lamb back strap
Lamb shanks
Chicken drumsticks
Turkey drumsticks

Gluten free grains, beans and legumes

Chickpeas
Red lentil
Brown lentil
Yellow lentils
White basmati rice
Brown rice

Quinoa
Pearl barley
Whole mung beans
Buckwheat
Millet
Cannellini beans
Teff

Dairy and milk substitutes

Almond / Hazelnut milk
Soy / Oat milk
Coconut / quinoa milk

Natural sheep's milk yoghurt

Goat milk
Sheep milk
Goat's milk yoghurt
Sheep milk yoghurt
Goat's cheese

Other

Rice bran
Kombu seaweed
Miso paste
Nori sheet
Tamari
Oats
Oat bran
Rice paper sheets
Wasabi
Tomato paste
Raw cacao powder
Raw cacao nibs
Rice flour
Arrowroot
Baking powder
Cream of tartar
Tahini
Wholegrain mustard
Wholegrain spelt flour
Buckwheat flour

Drinks and smoothies

Fermented greens
EFA Oil
Algae / Kelp powder
Psyllium husks
Aloe vera juice
Bentonite clay
Maca powder
Raw apple cider vinegar
Young coconut water

