

LIST OF 200 NUTRIENT RICH FOODS

FRUIT

Acai Berry

Acerola Fruit

Apples

Apricot

Banana

Blackberry

Blackcurrant

Blueberry

Cherries

Chinese Date/Jujube

Coconut

Cranberries

Currants

Dates

Figs

Goji Berries

Grapefruit

Grapes

Guava

Honey Dew Melon

Kakadu Plum

Kiwifruit

Lemon

Limes

Lychee

Mandarins

Mango

Mulberry

Nectarines

Oranges

Passionfruit

Pawpaw/paypaya

Peaches

Pears

Persimmon

Pineapple

Plums

Pomegranate

Prunes

Raisins

Raspberry

Rockmelon/Cantaloupe

Strawberry

Sultanas

Watermelon

VEGETABLES AND SALADS

Alfalfa Sprouts

Asparagus

Avocado

Beans - Green

Beetroot

Bok Choy

Broccoli

Broccoli Sprouts

Brussel Sprouts

Button Squash

Cabbage - Green

Cabbage - Red

Capsicum

Carrot

Cauliflower

Celeriac

Celery

Choysum

Coconut

Corn

Cucumber

Eggplant

Endive

English Spinach

Jerusalem Artichoke

Kale

Kohlrabi

Leeks

Lentil Sprouts

Lettuce

Mung Bean Sprouts

Mushroom

Olives

Onion

Parsley

Parsnip

Peas

Potato - skin on

Pumpkin

Radish

Radish Sprouts

Rhubarb

Rocket

Shallots/Spring Onions

Shiitake Mushroom

Silverbeet/Swiss Chard

Snow Pea Sprouts

Snow Peas

Split Peas

Swede

Sweet Potato

Tomato

Turnip

Wombok Cabbage

Yams

Zucchini



SEEDS

Chai Seed
Hemp Seed

Linseed/Flaxseed
Pumpkin/Pepitas

Sesame
Sunflower

NUTS

Almonds
Brazil
Cashews
Cedar Nuts

Chestnuts
Hazel/Filbert/Cob
Macadamia
Peanuts

Pecans
Pine Nuts
Pistachio
Walnut

HERBS

Barley Grass
Basil
Chilli
Chives
Chlorella
Cinnamon
Cloves
Coriander

Dill
Fennel
Garlic
Ginger
Korean Ginseng
Nutmeg
Oregano
Rosehip

Spirulina
Tarragon
Thyme
Turmeric
Vanilla Bean
Wheat Grass

OILS

Extra Virgin Cold Pressed
Extra Virgin Cold Pressed

Olive Oil
Hemp Oil

Macadamia Oil
Rice Bran Oil

MEAT (ORGANIC)

Beef
Chicken

Duck
Kangaroo

Lamb
Turkey

DAIRY

Cheese

Fetta Cheese

Yoghurt

SEAFOOD

Calamari
Fish

Oysters
Prawns/Shrimp

Sardines

GRAINS

Amaranth
Barley
Brown Rice
Buckwheat

Kamut
Millet
Quinoa
Rolled Oats

Rye
Wholemeal Spelt Flour
Wholemeal Wheat Flour

MISCELLANEOUS

Black Strap Molasses
Brewers Yeast
Carob
Cocoa

Dark Chocolate (85% Cocoa)
Eggs
Miso
Psyllium

Raw Honey
Tahini – un-hulled
Tempeh
Bee Pollen



DRINKS

Black Tea
Chamomile Tea
Dandelion Tea

Green Tea
Peppermint Tea
Rooibos Tea

White Tea

BEANS, LEGUMES & PULSES

Azdiku Beans
Baked Beans
Black Beans

Chickpeas
Kidney Beans
Lima Beans

Pinto Beans

SEA VEGETABLES

Kelp

Kombu

Nori

