

PHASE 3 SHOPPING

The following is purely a suggestion to help make your shopping for Phase 1 simple and easy. You DO NOT need to purchase everything on the list. Please make selections according to your tastes and preferences.

Proteins

- | | | | | | |
|----------------------------------|---|--------------------------------------|--|---|----------------------------------|
| <input type="checkbox"/> Bacon | <input type="checkbox"/> Cottage Cheese | <input type="checkbox"/> Ham | <input type="checkbox"/> Pork | <input type="checkbox"/> Salmon - <i>canned, smoked</i> | <input type="checkbox"/> Tripe |
| <input type="checkbox"/> Beef | <input type="checkbox"/> Crocodile | <input type="checkbox"/> Kangaroo | <input type="checkbox"/> Protein Powder | <input type="checkbox"/> Sausages | <input type="checkbox"/> Tuna |
| <input type="checkbox"/> Brains | <input type="checkbox"/> Duck | <input type="checkbox"/> Kidney | <input type="checkbox"/> Quail | <input type="checkbox"/> Seafood | <input type="checkbox"/> Turkey |
| <input type="checkbox"/> Cheese | <input type="checkbox"/> Eggs | <input type="checkbox"/> Lamb | <input type="checkbox"/> Rabbit | <input type="checkbox"/> Shellfish | <input type="checkbox"/> Veal |
| <input type="checkbox"/> Chicken | <input type="checkbox"/> Fish | <input type="checkbox"/> Liver | <input type="checkbox"/> Salami | <input type="checkbox"/> Tofu | <input type="checkbox"/> Venison |
| <input type="checkbox"/> Chorizo | <input type="checkbox"/> Goat | <input type="checkbox"/> Minced Meat | <input type="checkbox"/> Salmon - <i>fresh</i> | | |

Fats

- | | | | | | |
|--------------------------------------|--|---|---|---|--|
| <input type="checkbox"/> Almond Meal | <input type="checkbox"/> Chia Seeds | <input type="checkbox"/> Creme Fraiche | <input type="checkbox"/> Linseeds, LSA | <input type="checkbox"/> Pecans | <input type="checkbox"/> Sesame Seeds |
| <input type="checkbox"/> Almonds | <input type="checkbox"/> Coconut | <input type="checkbox"/> Duck Fat, lard, Tallow | <input type="checkbox"/> Macadamia Nuts | <input type="checkbox"/> Pesto | <input type="checkbox"/> Sour Cream |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Coconut Cream | <input type="checkbox"/> Dukkah | <input type="checkbox"/> Macadamia Oil | <input type="checkbox"/> Pine Nuts | <input type="checkbox"/> Sunflower Seeds |
| <input type="checkbox"/> Avocado Oil | <input type="checkbox"/> Coconut Milk | <input type="checkbox"/> Extra Light Olive Oil | <input type="checkbox"/> Mayonnaise | <input type="checkbox"/> Pistachio Nuts | <input type="checkbox"/> Tahini |
| <input type="checkbox"/> Brazil Nuts | <input type="checkbox"/> Coconut Oil | <input type="checkbox"/> Ghee | <input type="checkbox"/> Nut Butters | <input type="checkbox"/> Poppy Seeds | <input type="checkbox"/> Vinaigrette |
| <input type="checkbox"/> Butter | <input type="checkbox"/> Cream | <input type="checkbox"/> Hazelnuts | <input type="checkbox"/> Olive Oil | <input type="checkbox"/> Pumpkin Seeds | <input type="checkbox"/> Walnuts |
| <input type="checkbox"/> Cashews | <input type="checkbox"/> Cream Cheese | <input type="checkbox"/> Hummus | <input type="checkbox"/> Peanuts | <input type="checkbox"/> Sesame Oil | |

Low Carb Veggies

- | | | | | | |
|--|---|--|--|---|---|
| <input type="checkbox"/> Alfalfa Sprouts | <input type="checkbox"/> Broccoli | <input type="checkbox"/> Chillii Peppers | <input type="checkbox"/> Leafy Greens | <input type="checkbox"/> Squash - <i>buton, scallop</i> | <input type="checkbox"/> Rocket |
| <input type="checkbox"/> Artichoke | <input type="checkbox"/> Brussels Sprouts | <input type="checkbox"/> Choko | <input type="checkbox"/> Leek | <input type="checkbox"/> Sugar Snap Peas | <input type="checkbox"/> Seaweed - <i>raw</i> |
| <input type="checkbox"/> Asian Greens | <input type="checkbox"/> Cabbage | <input type="checkbox"/> Cucumber | <input type="checkbox"/> Lettuce | <input type="checkbox"/> Swede | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Capsicum | <input type="checkbox"/> Endive | <input type="checkbox"/> Mung Bean Sprouts | <input type="checkbox"/> Tomato | <input type="checkbox"/> Silver Beet, Chard |
| <input type="checkbox"/> Baby Corn | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Fennel | <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Turnip | <input type="checkbox"/> Snow Peas |
| <input type="checkbox"/> Bean Sprouts | <input type="checkbox"/> Celeriac | <input type="checkbox"/> Green Beans | <input type="checkbox"/> Onion | <input type="checkbox"/> Water Chestnuts | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Broad Beans | <input type="checkbox"/> Celery | <input type="checkbox"/> Kale | <input type="checkbox"/> Radish | <input type="checkbox"/> Zucchini | <input type="checkbox"/> Spring Onion |

Low Carb Fruit

- | | | | |
|--------------------------------|-------------------------------------|--------------------------------------|---------------------------------------|
| <input type="checkbox"/> Lemon | <input type="checkbox"/> Mulberries | <input type="checkbox"/> Raspberries | <input type="checkbox"/> Rockmelon |
| <input type="checkbox"/> Lime | <input type="checkbox"/> Olives | <input type="checkbox"/> Rhubarb | <input type="checkbox"/> Strawberries |

Moderate Carbs

- | | | | | | |
|--|--|---|---------------------------------------|--|---|
| <input type="checkbox"/> Apricots | <input type="checkbox"/> Dragon Fruit | <input type="checkbox"/> Guava | <input type="checkbox"/> Orange | <input type="checkbox"/> Sauerkraut | <input type="checkbox"/> Yoghurt - <i>carb less than 10g per 100g</i> |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Eggplant | <input type="checkbox"/> Lentils - <i>canned or dry</i> | <input type="checkbox"/> Parsnip | <input type="checkbox"/> Seaweed - <i>dry</i> | |
| <input type="checkbox"/> Beetroot - <i>fresh</i> | <input type="checkbox"/> Figs | <input type="checkbox"/> Milk | <input type="checkbox"/> Passionfruit | <input type="checkbox"/> Squash - <i>spaghetti</i> | |
| <input type="checkbox"/> Carrot | <input type="checkbox"/> Goji Berries - <i>dried</i> | <input type="checkbox"/> Nectarine | <input type="checkbox"/> Peas | <input type="checkbox"/> Sweet corn | |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Okra | <input type="checkbox"/> Pomegranate | <input type="checkbox"/> Tamarillo | |

Higher Carbs

- | | | | | | |
|--|-------------------------------------|---|----------------------------------|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> Apple | <input type="checkbox"/> Chick Peas | <input type="checkbox"/> Honeydew Melon | <input type="checkbox"/> Pear | <input type="checkbox"/> Rice Cakes | <input type="checkbox"/> Starfruit |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Custard | <input type="checkbox"/> Mandarin | <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Soy Milk | <input type="checkbox"/> Watermelon |
| <input type="checkbox"/> Boysenberries | <input type="checkbox"/> Feijoa | <input type="checkbox"/> Peach | <input type="checkbox"/> Quince | <input type="checkbox"/> Split Peas | |

Condiments

- | | | | | | |
|--|---|-------------------------------------|---------------------------------------|--|---------------------------------------|
| <input type="checkbox"/> Apple Sauce | <input type="checkbox"/> Dressing - <i>low/no sugar</i> | <input type="checkbox"/> Mint Jelly | <input type="checkbox"/> Sambal Oelek | <input type="checkbox"/> Spirulina | <input type="checkbox"/> Tomato Paste |
| <input type="checkbox"/> Capers | <input type="checkbox"/> Essences | <input type="checkbox"/> Miso Broth | <input type="checkbox"/> Sauces_____ | <input type="checkbox"/> Stock | <input type="checkbox"/> Vegemite |
| <input type="checkbox"/> Curry Paste or Powder | <input type="checkbox"/> Fish sauce | <input type="checkbox"/> Mustard | <input type="checkbox"/> Soy Sauce | <input type="checkbox"/> Stevia, Xylitol | <input type="checkbox"/> Vinegar |
| <input type="checkbox"/> Diet Jelly | <input type="checkbox"/> Gelatine | <input type="checkbox"/> Salsa | | <input type="checkbox"/> Tomari Sauce | <input type="checkbox"/> Wasabi |
| | <input type="checkbox"/> Horseradish | <input type="checkbox"/> Salt | | <input type="checkbox"/> Tomato Passata | |

Herbs & Spices

- | | | | | | |
|---------------------------------------|---|---------------------------------------|---------------------------------------|-----------------------------------|---------------------------------------|
| <input type="checkbox"/> Allspice | <input type="checkbox"/> Cayenne Pepper | <input type="checkbox"/> Cummin | <input type="checkbox"/> Garam Masala | <input type="checkbox"/> Marjoram | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Asafoetida | <input type="checkbox"/> Chilli | <input type="checkbox"/> Curry Leaves | <input type="checkbox"/> Garlic | <input type="checkbox"/> Mint | <input type="checkbox"/> Saffron |
| <input type="checkbox"/> Basil | <input type="checkbox"/> Chinese Five Spice | <input type="checkbox"/> Curry Powder | <input type="checkbox"/> Ginger | <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Sage |
| <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Chives | <input type="checkbox"/> Dill | <input type="checkbox"/> Jalapenos | <input type="checkbox"/> Oregano | <input type="checkbox"/> Spice Blends |
| <input type="checkbox"/> Bouquet Gamu | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Fennel | <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Paprika | <input type="checkbox"/> Tarragon |
| <input type="checkbox"/> Caraway | <input type="checkbox"/> Cloves | <input type="checkbox"/> Fenugreek | <input type="checkbox"/> Lime Leaves | <input type="checkbox"/> Parsley | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Cardamom | <input type="checkbox"/> Coriander | <input type="checkbox"/> Galangal | <input type="checkbox"/> Mace | <input type="checkbox"/> Pepper | <input type="checkbox"/> Turmeric |