

# PHASE 4 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"/> Chilll Peppers | <input type="checkbox"/> Leafy Greens      | <input type="checkbox"/> Squash - <i>button, 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

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|--------------------------------|-------------------------------------|--------------------------------------|---------------------------------------|
| <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

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|----------------------------------------|-------------------------------------|-----------------------------------------|----------------------------------|-------------------------------------|-------------------------------------|
| <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 |                                     |

## Highest Carbs

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|-------------------------------------------|----------------------------------------|---------------------------------------|-----------------------------------------|---------------------------------------|-------------------------------------|
| <input type="checkbox"/> All Bran         | <input type="checkbox"/> Bulgur        | <input type="checkbox"/> Kiwifruit    | <input type="checkbox"/> Papaya, Pawpaw | <input type="checkbox"/> Rice         | <input type="checkbox"/> Ulu        |
| <input type="checkbox"/> Banana           | <input type="checkbox"/> Chestnuts     | <input type="checkbox"/> Kumera       | <input type="checkbox"/> Persimmon      | <input type="checkbox"/> Ryvitas      | <input type="checkbox"/> Vegetarian |
| <input type="checkbox"/> Barley           | <input type="checkbox"/> Couscous      | <input type="checkbox"/> Lychees      | <input type="checkbox"/> Pineapple      | <input type="checkbox"/> Sago         | <input type="checkbox"/> 'meats'    |
| <input type="checkbox"/> Beans            | <input type="checkbox"/> Custard Apple | <input type="checkbox"/> Mango        | <input type="checkbox"/> Plum           | <input type="checkbox"/> Sweet Potato | <input type="checkbox"/> Vitawheat  |
| <input type="checkbox"/> Bread            | <input type="checkbox"/> Dates         | <input type="checkbox"/> Muesli, Oats | <input type="checkbox"/> Polenta        | <input type="checkbox"/> Tangerine    | <input type="checkbox"/> Weet bix   |
| <input type="checkbox"/> Breadfruit       | <input type="checkbox"/> Fuji          | <input type="checkbox"/> Mung Beans   | <input type="checkbox"/> Potato         | <input type="checkbox"/> Tangelo      | <input type="checkbox"/> Wrap       |
| <input type="checkbox"/> Buckwheat Groats | <input type="checkbox"/> Grapes        | <input type="checkbox"/> Pasta        | <input type="checkbox"/> Quinoa         | <input type="checkbox"/> Taro         | <input type="checkbox"/> Yam        |

## Condiments

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

## Herbs & Spices

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|---------------------------------------|---------------------------------------------|---------------------------------------|---------------------------------------|-----------------------------------|---------------------------------------|
| <input type="checkbox"/> Allspice     | <input type="checkbox"/> Cayenne Pepper     | <input type="checkbox"/> Cumin        | <input type="checkbox"/> Garam Masala | <input type="checkbox"/> Marjoram | <input type="checkbox"/> Rosemary     |
| <input type="checkbox"/> Asafoetida   | <input type="checkbox"/> Chili              | <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"/> Cloves             | <input type="checkbox"/> Fennel       | <input type="checkbox"/> Lemongrass   | <input type="checkbox"/> Paprika  | <input type="checkbox"/> Tarragon     |
| <input type="checkbox"/> Caraway      | <input type="checkbox"/> Cinnamon           | <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     |