

GREEN VEGETABLES

Asparagus  
Beans  
Bok choy  
Brussel Sprouts  
Cabbage  
Celery  
Choy sum  
*Kale*  
Leeks  
Lettuce  
Olives  
Okra  
Parsley  
Pak choy  
Rocket  
Silverbeet/Spinach  
Shallots/spring onions  
Snow Peas  
Wombok cabbage

OTHER VEGETABLES

Avocado  
Beetroot  
Bitter Melon  
*Broccoli*  
Button Squash  
*Capsicum*  
Carrot  
Cauliflower  
Corn  
Cucumber  
Eggplant  
Fennel  
Globe Artichoke  
Mushroom all  
*Onion*  
Parsnip  
Peas  
Potato  
Pumpkin  
Swede  
Sweet Potato  
Tomato  
Turnip  
Zucchini

MEATS

Bacon  
Beef  
Chicken  
Duck  
Emu  
Ham  
Kangaroo  
Lamb  
Pork  
Turkey  
Venison

SEEDS

Chia  
Linseed/flax/oil  
Poppy  
Pumpkin/Pepitas  
Sesame  
Sunflower

FRUIT

Apples  
Apricot  
Banana  
Cherries  
Dates  
*Fig*  
Grapefruit  
Grapes  
Honeydew Melon  
Kiwifruit  
Lemon  
Limes  
Lychee  
Mandarine  
Mango  
Nectarine  
Oranges  
Passionfruit  
Pawpaw  
Peaches  
Pears  
Pineapple  
Plums  
Prunes  
Raisins / Sultanas  
Rockmelon  
Watermelon

OILS / FATS

Avocado Oil  
Coconut Oil  
Ghee  
Grape Seed Oil  
Macadamia oil  
Olive Oil  
Rice Bran Oil  
Sesame Oil  
Sunflower Oil

SEAFOOD

Calamari  
Fish ( white)  
Salmon  
Sardine in oil  
*Shellfish (All)*  
Tuna

BERRIES Fresh/ Frozen

Blackberry  
Blueberry  
Raspberry  
*Strawberry*

SPROUTS

Alfalfa sprouts  
Mung Beans  
Snow pea sprouts

NUTS

Almonds  
Brazil  
Cashews  
Hazel  
Macadamia  
Pecans  
Pine Nuts  
Pistachio  
Walnut

ALCOHOL

Beer  
Bourbon  
Brandy  
Cider  
Gin  
Kahlua  
Rum  
Tia Maria  
*Vodka*  
Whiskey  
Wine Red  
Wine White/champagne

DAIRY Products

Butter  
Cream (All types)  
Cheese Cows (All)  
Cheese Fetta (goat)  
Cheese Sheep  
Margarine (All)  
*Milk A2*  
*Milk Full Cream*  
*Milk Skim*  
Milk Carnation  
Milk Goats  
Mayo (All)  
Mayo Organic  
Yoghurt Cows Greek/plain  
Yoghurt Sheep

LACTOSE FREE Products

Butter Coconut  
Butter Almond  
Biocheese Vegan  
LF Cheese Liddells  
LF Cream Zymil  
LF Milk Liddells  
LF Milk Zymil  
Soy Mayonnaise  
Vegenaise  
Tempeh  
Tofu  
Yoghurt Coconut (All)

MILK Alternative

Almond milk  
Almond Activ Pure Harvest  
Coconut milk  
Oat milk  
Rice milk  
*Soy milk*

EGGS

Duck eggs  
*Eggs*  
Eggs(Organic)  
Orgran No Egg  
Quail eggs

FERMENTED

Kefir(All)  
Kimchi (All)  
Kombucha (All)  
Sauerkraut(All)

SOFT DRINKS

Cola (All)  
Fanta(All)  
Ginger Ale(All)  
Lemonade(All)  
Soda water  
Tonic water

BEVERAGES

Caro  
Coffee (All)  
Chai Tea (All)  
Milo  
Ovaltine  
Rooibos Tea  
Tea (black all)

OTHER DRINKS

Cranberry Juice  
Coconut water  
Ribena

HERBAL TEAS

Chamomile Tea  
Dandelion Tea  
*Green Tea*  
Peppermint Tea

HERBS dried & fresh

Basil  
Chives  
Coriander  
Lemon Grass  
Mixed Herbs  
Oregano  
Rosemary

SPICE-CONDIMENT

Bay Leaf  
Bi Carb Soda  
Baking Powder  
Cajun Spices  
Cardamom  
*Chilli*  
Cinnamon  
Cloves  
Cream of Tartar  
Cumin  
Curry Powder  
Dill  
Fennel Seeds  
Garam Masala  
Garlic  
Ginger  
Mixed Spice  
Mustard  
Nutmeg  
Paprika  
*Pepper (black&white)*  
Pepper Cayenne  
Salt (refined table)  
Salt Celtic sea salt  
Salt Herb Vege  
Salt Himalayan  
Salt Rock Salt  
Tarragon  
Thyme  
*Turmeric*  
Vanilla (pure)  
Vinegar (all types)  
Vinegar Apple Cider

SAUCES

B.B.Q. sauce(All)  
Fish sauce (All)  
Horseradish  
Macro Organic Passata  
Oyster sauce (All)  
Soy sauce (All)  
Soy Tamari sauce (All)  
Soy Coconut amino non  
Sweet Chilli sauce (All)  
Tomato sauce (All)  
Tomato Paste (All)  
Tom sauce Celebrate Health  
Worcester sauce

DRIED VEGETABLES

*Chick Peas (All)*  
Coconut  
Lentils (All)  
Split Peas

STOCK/GRAVY

Beef stock Aus Own org  
Beef Stock (Massel)  
Beef Stock Campbells  
Bonox  
Chicken Stock Massel  
ChickenStockCampbell  
Vege stock Aus Own org  
Vege Stock Massel  
Gravox (All)  
Gravy mix Massel  
Gravy Mix Orgran  
Miso (All)

SUGARS/ Sweeteners

Erythritol  
Stevia  
Honey  
Honey Manuka  
Mesquite powder  
Sugar Brown  
Sugar Raw  
Sugar White  
Sugar Coconut  
Sugar Palm  
Syrup Agave  
Syrup Coconut  
Syrup Golden  
Syrup Maple  
Syrup Rice malt (All)  
Xylitol

RICE

Orgran Rice Pasta  
Orgran Rice-Corn Pasta  
Rice Brown (All)  
*Rice White (All)*  
Rice noodles

PASTA/PASTRY

GF Pasta Barilla  
GF Buon Tempo  
GF Pasta San Remo  
*Pasta (Durum wheat)*  
*Buckwheat Spirals Orgran*  
Buckwheat San Remo  
Lasagne Sheets Macro Org  
Puff pastry  
Wheat Noodles

CRACKER/CRISP/BREAD

Mary's Gone crackers GF  
Orgran Buckwheat Crisp brd  
Orgran Multi Crisp brd  
Sao  
Rice crackers  
Seaweed crackers  
Vita Weat original

SPREAD/PASTE

St Dalfours GF jam  
Vegemite/ Ozemite

SPREADS continued

ABC spread Melrose  
 Coco Hazlenut Pure Harv  
 Hommus  
*Tahini (All)*  
 Vege spread Freedom

BREAKFAST CEREALS

Cornflakes (All)  
 Goodness Cereals (All)  
*Just Right*  
 Oat Bran  
 Rolled Oats  
*Vita Brits*  
 Weet Bix  
 Special K  
 AB Buckwheat & quinoa  
 Abundant Earth Corn Puff  
*Carmens Muesli*  
 Crunchola Apple & Blue  
 Free & Low Muesli  
 Lowan Rice Porridge  
 Millet Puffs  
 Polenta  
 Oats GF  
 Weet-Bix GF

BREADS Supermarket

*White*  
*Wholemeal*

GRAIN BREAD

*AG Vital bread*  
 Burgen Soy-Lin  
 Macro Ancient grains sprouted  
*Multigrain bread*

SPELT BREAD

Alpine Spelt & Sprout grain  
 Ancient Grain Tigris Spelt  
*Bakers Delight Spelt bread*  
 Bodhi's Dinkle. wholegrain  
*Healthybake WM Spelt*  
 Kamut bread  
 Naturis organic spelt  
 Sprouted Spelt Dinkel.

RYE BREAD

Bodhi's Wupper  
 Burgen Rye bread  
 Helgas Light Rye  
 King Henry Rye  
 Pumpernickel

SOURDOUGH BREAD

Alpine Spelt & Barley  
 Bill's Org 100% Spelt SD  
 Brasserie Sourdough  
 Coles Laurent sourdough  
 Healthybake FH Rye  
 New Norcia Spelt  
 Strange Grains Buckwheat  
 Zeally Bay Sourdough

SPROUTED BREAD

*Bodhi's mixed grain*  
*Pure Life Sprouted Spelt*  
 ESSENE sprouted bread  
 Pure Life Bio.D. Ezekiel 4:9

GLUTEN FREE BREAD

Abbots Mixed Seeds GF  
 Bodhi's GF Chia Linseed  
 Bodhi's GF Multi Grain  
*Bodhi's GF Yeast free*  
 Bodhi's Lupin loaf  
 Burgen GF Soy Lin  
 Burgen GF sunflower & chia  
 Burgen GF White  
 Country Life gluten & dairy Free  
 Country Life Yeast gluten free  
 Helgas GF bread  
*Moore's GF yeast free*  
 Naturis GF rice loaf  
 Precinct GF Quinoa & Soy  
 Strange Grns GF Sorg.Buckw.

OTHER BREAD

Bakers Delight Low Fodmap  
 Naturis Buckwheat bread  
 Venerdi Paleo Almd. Linseed  
 Venerdi Paleo Super Seed

WRAPS/BASES

Corn tortilla  
 GF wraps  
 Plain wheat wraps  
 Quinoa wraps  
 Rice Thins  
 Rice wraps  
 Spelt wraps

BARS

Carman's Muesli bar  
 Carmens Dark Choc blueberry  
 Go Natural Fruit & Nut bar

FLOURS

Flour Amaranth  
 Flour Arrowroot  
 Flour Banana  
 Flour Barley  
 Flour Besan  
 Flour Buckwheat  
 Cornflour [wheat free]  
 Flour Cassava  
 Flour Coconut  
 Flour GF SR  
 Flour GF Plain  
*Flour Potato*  
 Flour Quinoa  
 Flour Rye  
 Flour Sorghum  
 Flour Spelt  
*Flour Wheat Plain & SR*

CRISPS

Macro org Corn chips  
 Macro Root Vege chips  
 Vege Chips LENTILS

GLUTEN FREE

Orgran Custard powder

CHOCOLATE / SWEETENERS

Cacao Butter  
 Cacao raw powder  
 Carob  
 Chocolate (Lindt)  
 Chocolate (Cadbury)  
 Chocolate (Dove)  
 Chocolate (Haigs SA)  
 Chocolate (Nestle)  
 Chocolate (Sweet William)  
 Frey Dark Choc  
 Green & BlackOrgDarkChoc  
 Liquorice  
 Loving Earth Choc  
 Loving Earth Dk Org Choc  
 Pana Chocolate

HEALTH SHOP Products

Acai powder  
 Bentonite clay  
 Black seed (nigella)  
 Bone broth (All)  
 Beef Gelatin/collagen  
 Barley Grain  
*Bean Adzuki*  
 Bean Borlotti  
 Bean Broad  
 Bean Cannellini  
 Bean Kidney  
*Bean Lima*  
 Blackstrap Molassas  
 Braggs All purpose seasoning  
 Coconut MCT Oil  
 Camu Camu  
 Cous Cous  
 Cranberries Dried  
 Diatomaceous Earth FG  
 Dulce (All)  
 Falafel

HEALTH SHOP Products cont.

Goji Berries  
Almond Meal  
Hemp seed  
Hemp seed oil  
Hemp Protein powder  
Flaxseed meal  
Maca Powder  
Millet Grain  
Nori  
Nutrition Yeast(All)  
Quinoa Grain  
Wakame Flakes

COMMON SUPPLEMENTS

Aloe Vera  
Barley Green  
Chlorella  
Fish oil (commercial)  
Fish Oil (Practitioner)  
Oregano Oil  
*Krill Oil*  
*Psyllium*  
Slippery Elm Powder  
Spirulina  
Wheat grass

PROTEIN POWDER

Pea Protein powder  
Rice Powder  
Whey concentrate  
Whey Protein Isolate

NATURAL HOME products

A bit hippy bubble bath  
A bit hippy Deodorant  
A bit hippy Eczema Cream  
A bit hippy sham/cond  
Abode bathroom cleaner  
Abode dishwashing liquid  
Abode floor cleaner  
Abode Laund liquid  
Abode laundry powder  
Abode surface spray  
Abode toilet gel  
Abode wool and delicate liquid  
Bodytalk Cleanser envirocare  
Carrot Sun Papaya oil  
Cleopatra Bath Milk  
Dr Bronners shav gel  
Earth choice Dish Liquid  
Earth choice Fabric Softener  
Earth choice Floor-surface  
*Earth choice Laundry liquid*  
Earth choice Multi Purpose spray  
Earth choice Wool Mix  
Ecosense Laundry liquid  
Ecostore Laundry powder

NATURAL HOME products cont.

Ecostore Dish Liquid  
Hurraw Lip Balm  
Jojoba oil  
Lavender oil  
Melrose massage oil  
Moo Goo Conditioner  
Moo Goo Eczema Cream  
Moo Goo Milk Wash  
Moo Goo Shampoo  
Moo Goo Deodorant  
Moo Goo Sunscreen  
Nat Instinct Body wash  
Neem soap  
Org Care Conditioner  
Org Care Shampoo  
Org Care 3 in 1  
Shampoo (Alchemy)  
Soapnuts  
Soleo Sun screen  
Tea tree oil  
Weleda, Everon Lip Balm  
Wotnot SPF 30+

BATH CHEMICALS

Lux Body Wash  
Palmolive Shower Milk  
Shampoo Baby (Johnsons)  
Head & Shoulders  
Shampoo Pantene  
Shampoo Wella Balsam  
Shaving Foam Gillette  
Shaving Gel Nivea  
Soap Pears  
Soap Dove  
Talcum Powder

LAUNDRY Products

Bio Zet  
Bleach  
Cold Power  
Dynamo  
Fabric Softener(all)  
Lux Flakes (laundry)  
*Napisan*  
Omo  
Radiant  
Sard Wonder Soaker  
Wool Mix M.Gardner

KITCHEN Products

Ajax Spray & Wipe  
Exit Mould  
*Insect Spray (All)*  
Jif  
Morning Fresh  
Palmolive Dish Liquid  
Pine-O-Cleen

DEODORANTS

Body Choice Natural  
Crystal Stick  
Dove  
Mum  
Rexona Sport  
Tea Tree Oil Deodorant

SUNSCREEN

Banana Boat Every day  
UV Triplegard  
Coles every day  
Cancer Council

TOOTHPASTE

Colgate (all types)  
McLeans (all types)  
Sensodyne  
Steradent  
Activated Charcoal  
Grants Herbal  
Jack and Jill  
Red Seal  
Silicea silica  
Thieves  
Vicc Herbal

HAIR/FIBRES

Bamboo  
Cotton  
*Mixed Feathers*  
Polyester  
Wool

METALS

Aluminium  
Gold  
Mercury  
Silver

OINTMENTS

Calendula (M&P)  
Comfrey (M&P)  
Sorbolene

PETRO CHEMICALS

*Cigarette Smoke*  
Diesel  
Engine oil  
Kerosene  
Methylated Spirits  
Petrol

MISCELLANEOUS

Special K Gluten Free  
Heinz Baked Beans Tom Sauce  
SPC Baked Beans Tom Sauce  
Lugol  
Inner Health Plus  
Ammodine  
Anchovies  
Octopus  
Sage  
Black Beans  
Broccoli Sprouts  
Carmens Pepita Poppy Crackers  
Edamame beans  
Natures Kit. Meat Free Sausages  
Naturli Plant based mince  
Olina's Seeded Crackers  
Pana Ice cream vanilla  
San Remo Pulse Pasta Red Lentils  
Vege Delights Bacon Style Rashers