

IMMUNE - BOOSTING FOODS

MEATS - Organic where possible

Beef, Lamb, Goat, Venison, Buffalo, Rabbit,
Cornish Hens, Pheasant, Partridge, Pigeon, Quail
ONLY ORGANIC Chicken and Turkey

FISH

Organically Farmed Salmon, Trout
Cod, Coley, Hake, Haddock, Halibut, Pilchards, Pollack, Sardines,
Smelt, Whitebait, occasional Mackerel

DAIRY - Organic only

Eggs
Look for UNPASTERISED Sheep and goat cheeses
Goat cheese - occasionally
Sheep Cheese - occasionally Buffalo cheese - occasionally

VEGETABLES - Organic where possible

All Green Leafy veg : - All Kales, All Chards, All Spinach,
All Broccoli, All Cauliflower, All Cabbage - Green, White, Red,
All Beans :- Green, Yellow, Broad, Runner, Fennel, Kohl Rabbi,
Mange Tout, Snap Peas, Asparagus, Artichokes, Avocado, Brussels Sprouts, Celeriac, Garlic,
Onions, Leeks. Spring Greens, Jicama,
All Salad Leaves, Radishes, Lettuces, Spring Onions, Cucumber, Courgettes
Water Chestnuts, Bamboo Shoots, Hearts of Palm
All Sprouted Seeds and Beans
Bell Peppers, Aubergines, Tomatoes, if tolerated

GRAINS - Soak before cooking (6 - 8 hrs)

Spelt, Millet, Quinoa, Buckwheat (green and roasted), Amaranth
Barley (in moderation) Brown Basmati Rice, Sago, Tapioca

FLOUR

Spelt, Quinoa, Buckwheat, Rice. Gram. Arrowroot
Nut Flours - e.g. Finely Ground Almonds, Chestnut, Coconut

FLAKES

Spelt, Millet, Quinoa, Buckwheat, Rice, Barley

COUSCOUS

Spelt, barley

PASTA

Spelt, Buckwheat, Millet, Rice, Kamut, Quinoa, Hemp

BEANS

Aduki, Black Beans, Blackeyed Beans, Butter Beans, Borlotti, Canellini, Chickpeas, Fava,
Flageolet, Kidney, Mung, Refried Beans

NUTS AND SEEDS - Keep In Freezer/Fridge

Almonds (take off skins) Brazils, Cashews, Coconut, Chestnuts Hazels, Macadamia, Pecan,
Pistachio, Pine Nuts, Walnuts Hemp, Pumpkin, Sunflower, Sesame
Make Crispy Nuts

OILS

Extra Virgin Cold Pressed Olive Oil in dark bottle
Walnut Oil Brazil nut Oil Coconut Oil, Sesame Oil,
Frying Sunflower Oil
Ghee (Indian clarified butter)
(no oils in clear plastic glass bottles please!)

FRUIT

Lemon, Lime, Avocado, Tomato

DRINKS

Green, White, Red Tea, Herb Teas
Coffee substitutes :- Dandelion. Chicory
(Read labels on ready prepared jars!)

WATER - Filtered or Bottled (Min 2 litres per day)

MILKS

Oat, Homemade Nut and Seed Milk, Rice Dream

SWEETENER

Xylitol :- Perfect Sweet

HERBS AND SPICES

All herbs and spices, including Asafoetida, Tamarind, Sumac
Lemon Grass, Ras Al Hanout
Hemp Sauce (similar to soy sauce) - Liquid Aminos - Braggs

THICKENERS

All flours, including arrowroot, kudzu, agar agar, psyllium husk

SALT

Naturally air dried sea salt, Herb Salt, Gomasio, Himalayan Salt, Sole Danival

PROPORTIONS:- All meals to be 80% protein and vegetables, 20% carbohydrates e.g. grains