

# OPTIMAL HEALTH & WELLNESS

## shopping list

These are options only. You can choose anything you like from the list.  
Underlined items have a hyperlink to purchase from iHerb

### ANIMAL PROTEIN (MEAT, SEAFOOD & EGGS)

ORGANIC, GRASS FED & FINISHED, FREE RANGE & WILD  
CAUGHT PREFERRED WHERE POSSIBLE

- |                                                                                        |                                           |                                               |
|----------------------------------------------------------------------------------------|-------------------------------------------|-----------------------------------------------|
| <input type="checkbox"/> Abalone                                                       | <input type="checkbox"/> Emu              | <input type="checkbox"/> Prawns               |
| <input type="checkbox"/> Beef                                                          | <input type="checkbox"/> Goat             | <input type="checkbox"/> Quail                |
| <input type="checkbox"/> Bison                                                         | <input type="checkbox"/> Goose            | <input type="checkbox"/> Rabbit               |
| <input type="checkbox"/> Boar                                                          | <input type="checkbox"/> Kangaroo         | <input type="checkbox"/> Scallops             |
| <input type="checkbox"/> Buffalo                                                       | <input type="checkbox"/> Lamb             | <input type="checkbox"/> Snails               |
| <input type="checkbox"/> Chicken                                                       | <input type="checkbox"/> Lobster          | <input type="checkbox"/> Turkey               |
| <input type="checkbox"/> Clams                                                         | <input type="checkbox"/> Moreton Bay Bugs | <input type="checkbox"/> Veal                 |
| <input type="checkbox"/> Crab                                                          | <input type="checkbox"/> Mussels          | <input type="checkbox"/> Venison              |
| <input type="checkbox"/> Crayfish                                                      | <input type="checkbox"/> Ostrich          | <input type="checkbox"/> Any Wild Caught Fish |
| <input type="checkbox"/> Duck                                                          | <input type="checkbox"/> Pork             |                                               |
| <input type="checkbox"/> Eggs (Caviar, Chicken, Duck, Emu, Goose, Ostrich, Quail, Roe) |                                           |                                               |

### CURED MEAT – NATURAL & SUGAR-FREE

- |                                     |                                   |                                     |
|-------------------------------------|-----------------------------------|-------------------------------------|
| <input type="checkbox"/> Bacon      | <input type="checkbox"/> Coppa    | <input type="checkbox"/> Prosciutto |
| <input type="checkbox"/> Beef Jerky | <input type="checkbox"/> Ham      | <input type="checkbox"/> Salami     |
| <input type="checkbox"/> Chorizo    | <input type="checkbox"/> Pancetta | <input type="checkbox"/> Sausages   |

### OFFAL – ORGANIC, GRASS FED & FINISHED, FREE RANGE WHERE POSSIBLE

- |                                      |                                 |                                      |
|--------------------------------------|---------------------------------|--------------------------------------|
| <input type="checkbox"/> Bone Marrow | <input type="checkbox"/> Kidney | <input type="checkbox"/> Sweetbreads |
| <input type="checkbox"/> Heart       | <input type="checkbox"/> Liver  | <input type="checkbox"/> Tongue      |



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### DAIRY

- \*Only Consume If Well Tolerated
- \*\*Always Consume Full-Fat Products
- \*\*\*Grass-Fed & Organic Where Possible

- |                                               |                                                            |                                                              |
|-----------------------------------------------|------------------------------------------------------------|--------------------------------------------------------------|
| <input type="checkbox"/> Butter               | <input type="checkbox"/> Greek Yogurt – Plain, Unflavoured | <input type="checkbox"/> Natural Yogurt – Plain, Unflavoured |
| <input type="checkbox"/> Cottage Cheese       | <input type="checkbox"/> Hard Cheeses                      |                                                              |
| <input type="checkbox"/> Cream & Double Cream | <input type="checkbox"/> Kefir                             | <input type="checkbox"/> Soft Cheeses                        |
| <input type="checkbox"/> Ghee                 | <input type="checkbox"/> Milk                              |                                                              |

### VEGETABLES – ORGANIC WHERE POSSIBLE

- |                                              |                                           |                                       |
|----------------------------------------------|-------------------------------------------|---------------------------------------|
| <input type="checkbox"/> Alfalfa Sprouts     | <input type="checkbox"/> Daikon           | <input type="checkbox"/> Pak Choy     |
| <input type="checkbox"/> Artichokes          | <input type="checkbox"/> Dandelion Greens | <input type="checkbox"/> Parsnips     |
| <input type="checkbox"/> Asparagus           | <input type="checkbox"/> Eggplant         | <input type="checkbox"/> Pumpkin      |
| <input type="checkbox"/> Bean Sprouts        | <input type="checkbox"/> Endive           | <input type="checkbox"/> Radicchio    |
| <input type="checkbox"/> Bok Choy            | <input type="checkbox"/> Fennel           | <input type="checkbox"/> Radishes     |
| <input type="checkbox"/> Broccoli            | <input type="checkbox"/> Garlic           | <input type="checkbox"/> Rocket       |
| <input type="checkbox"/> Broccolini          | <input type="checkbox"/> Green Beans      | <input type="checkbox"/> Shallots     |
| <input type="checkbox"/> Brussels Sprout     | <input type="checkbox"/> Jicama           | <input type="checkbox"/> Silverbeet   |
| <input type="checkbox"/> Butternut Squash    | <input type="checkbox"/> Kale             | <input type="checkbox"/> Snap Peas    |
| <input type="checkbox"/> Cabbage (Drum, Red) | <input type="checkbox"/> Kohlrabi         | <input type="checkbox"/> Snow Peas    |
| <input type="checkbox"/> Capsicum            | <input type="checkbox"/> Leeks            | <input type="checkbox"/> Spinach      |
| <input type="checkbox"/> Carrot              | <input type="checkbox"/> Lettuce          | <input type="checkbox"/> Spring Onion |
| <input type="checkbox"/> Cauliflower         | <input type="checkbox"/> Mushrooms        | <input type="checkbox"/> Sprouts      |
| <input type="checkbox"/> Celeriac            | <input type="checkbox"/> Mustard Greens   | <input type="checkbox"/> Turnips      |
| <input type="checkbox"/> Celery              | <input type="checkbox"/> Okra             | <input type="checkbox"/> Watercress   |
| <input type="checkbox"/> Chili               | <input type="checkbox"/> Olives           | <input type="checkbox"/> Wombok       |
| <input type="checkbox"/> Cucumber            | <input type="checkbox"/> Onion            | <input type="checkbox"/> Zucchini     |



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### FRUIT – ORGANIC WHERE POSSIBLE

- \*Berries Preferred Fruit Choice
- \*\*Avoid Dried Fruit

- |                                        |                                         |                                       |
|----------------------------------------|-----------------------------------------|---------------------------------------|
| <input type="checkbox"/> Apples        | <input type="checkbox"/> Grapefruit     | <input type="checkbox"/> Pears        |
| <input type="checkbox"/> Apricot       | <input type="checkbox"/> Grapes         | <input type="checkbox"/> Persimmons   |
| <input type="checkbox"/> Avocado       | <input type="checkbox"/> Guava          | <input type="checkbox"/> Pineapple    |
| <input type="checkbox"/> Banana        | <input type="checkbox"/> Honeydew Melon | <input type="checkbox"/> Plums        |
| <input type="checkbox"/> Blackberries  | <input type="checkbox"/> Kiwifruit      | <input type="checkbox"/> Pomegranate  |
| <input type="checkbox"/> Blueberries   | <input type="checkbox"/> Lemon          | <input type="checkbox"/> Quince       |
| <input type="checkbox"/> Boysenberries | <input type="checkbox"/> Lime           | <input type="checkbox"/> Raspberries  |
| <input type="checkbox"/> Cherries      | <input type="checkbox"/> Mandarins      | <input type="checkbox"/> Rockmelon    |
| <input type="checkbox"/> Coconut       | <input type="checkbox"/> Mango          | <input type="checkbox"/> Star Fruit   |
| <input type="checkbox"/> Cranberries   | <input type="checkbox"/> Nectarine      | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Figs          | <input type="checkbox"/> Oranges        | <input type="checkbox"/> Tangerines   |
| <input type="checkbox"/> Goji Berries  | <input type="checkbox"/> Passion Fruit  | <input type="checkbox"/> Tomato       |
| <input type="checkbox"/> Gooseberries  | <input type="checkbox"/> Pawpaw         | <input type="checkbox"/> Watermelon   |
|                                        | <input type="checkbox"/> Peaches        |                                       |



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### NUTS & SEEDS

- |                                             |                                           |                                                 |
|---------------------------------------------|-------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> <u>Almonds</u>     | <input type="checkbox"/> <u>Hempseeds</u> | <input type="checkbox"/> <u>Pine Nuts</u>       |
| <input type="checkbox"/> <u>Brazil Nuts</u> | <input type="checkbox"/> <u>Macadamia</u> | <input type="checkbox"/> <u>Psyllium Husks</u>  |
| <input type="checkbox"/> <u>Chia Seeds</u>  | <input type="checkbox"/> <u>Pecans</u>    | <input type="checkbox"/> <u>Sesame Seeds</u>    |
| <input type="checkbox"/> <u>Flax Seeds</u>  | <input type="checkbox"/> <u>Pepita</u>    | <input type="checkbox"/> <u>Sunflower Seeds</u> |
| <input type="checkbox"/> <u>Hazelnuts</u>   |                                           | <input type="checkbox"/> <u>Walnuts</u>         |

### HEALTHY FATS & OILS - SATURATED FATS

- \*Use for Cooking
- \*\*Organic, Grass Fed & Finished, Free Range Where Possible

- |                                               |                                                                             |                                                             |
|-----------------------------------------------|-----------------------------------------------------------------------------|-------------------------------------------------------------|
| <input type="checkbox"/> Bacon Grease*        | <input type="checkbox"/> Coconut Yogurt - Plain,<br>Unflavoured             | <input type="checkbox"/> Ghee*                              |
| <input type="checkbox"/> Butter*              | <input type="checkbox"/> Coconut Oil* – Organic, Extra<br>Virgin, Unrefined | <input type="checkbox"/> <u>Lard*</u> ( <u>Pork Fat</u> )   |
| <input type="checkbox"/> <u>Coconut Cream</u> | <input type="checkbox"/> <u>Duck Fat*</u>                                   | <input type="checkbox"/> Schmaltz* (Chicken Fat)            |
| <input type="checkbox"/> Coconut Milk         | <input type="checkbox"/> Full-Fat Dairy                                     | <input type="checkbox"/> <u>Tallow*</u> ( <u>Beef Fat</u> ) |

### HEALTHY FATS & OILS - UNSATURATED FATS

- \*Do not use for Cooking
- \*\*Organic, Extra Virgin Cold-Pressed Where Possible

- |                                                           |                                            |                                     |
|-----------------------------------------------------------|--------------------------------------------|-------------------------------------|
| <input type="checkbox"/> <u>Avocado Oil</u>               | <input type="checkbox"/> Macadamia Nut Oil | <input type="checkbox"/> Sesame Oil |
| <input type="checkbox"/> Flaxseed Oil - Occasional<br>Use | <input type="checkbox"/> Olive Oil         | <input type="checkbox"/> Walnut Oil |



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### HERBS & SPICES

- Fresh or Dried
- \*Including, But not Limited To

- |                                                   |                                              |                                                    |
|---------------------------------------------------|----------------------------------------------|----------------------------------------------------|
| <input type="checkbox"/> Anise                    | <input type="checkbox"/> Cumin               | <input type="checkbox"/> Onion                     |
| <input type="checkbox"/> Basil                    | <input type="checkbox"/> Curry               | <input type="checkbox"/> Oregano                   |
| <input type="checkbox"/> Bay Leaf                 | <input type="checkbox"/> Dill                | <input type="checkbox"/> Paprika - Sweet or Smoked |
| <input type="checkbox"/> Caraway                  | <input type="checkbox"/> Fennel Seeds        | <input type="checkbox"/> Parsley                   |
| <input type="checkbox"/> Cardamon                 | <input type="checkbox"/> Garlic              | <input type="checkbox"/> Pepper - Black or White   |
| <input type="checkbox"/> Cayenne                  | <input type="checkbox"/> Ginger              | <input type="checkbox"/> Rosemary                  |
| <input type="checkbox"/> Celery Seed              | <input type="checkbox"/> Himalayan Pink Salt | <input type="checkbox"/> Saffron                   |
| <input type="checkbox"/> Celtic Sea Salt          | <input type="checkbox"/> Kaffir Lime         | <input type="checkbox"/> Sage                      |
| <input type="checkbox"/> Chili - Flakes or Powder | <input type="checkbox"/> Lavender            | <input type="checkbox"/> Star Anise                |
| <input type="checkbox"/> Chives                   | <input type="checkbox"/> Lemongrass          | <input type="checkbox"/> Tarragon                  |
| <input type="checkbox"/> Cinnamon                 | <input type="checkbox"/> Marjoram            | <input type="checkbox"/> Thyme                     |
| <input type="checkbox"/> Clove                    | <input type="checkbox"/> Mint                | <input type="checkbox"/> Turmeric                  |
| <input type="checkbox"/> Coriander                | <input type="checkbox"/> Mustard Seeds       | <input type="checkbox"/> Vanilla                   |
|                                                   | <input type="checkbox"/> Nutmeg              |                                                    |

### FERMENTED FOOD

- |                                 |                                     |                                                                                                |
|---------------------------------|-------------------------------------|------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Kefir  | <input type="checkbox"/> Kombucha   | <input type="checkbox"/> Yogurt – Full Fat, Plain,<br>Unflavoured Coconut,<br>Greek or Natural |
| <input type="checkbox"/> Kimchi | <input type="checkbox"/> Sauerkraut |                                                                                                |

### SWEETENERS

- |                                            |                                                             |                                                           |
|--------------------------------------------|-------------------------------------------------------------|-----------------------------------------------------------|
| <input type="checkbox"/> <u>Erythritol</u> | <input type="checkbox"/> Monk Fruit                         | <input type="checkbox"/> <u>Xylitol - **Toxic to Dogs</u> |
|                                            | <input type="checkbox"/> <u>Stevia - Liquid or Powdered</u> |                                                           |



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### PANTRY

- |                                                                                                    |                                                                     |                                                                            |
|----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|----------------------------------------------------------------------------|
| <input type="checkbox"/> <u>Almond Flour</u>                                                       | <input type="checkbox"/> Collagen                                   | <input type="checkbox"/> <u>Salmon – Spring Water or Olive Oil, Wild</u>   |
| <input type="checkbox"/> <u>Baking Powder – Aluminium-Free</u>                                     | <input type="checkbox"/> Dark Chocolate – 70-99%                    | <input type="checkbox"/> <u>Sardines– Spring Water or Olive Oil, Water</u> |
| <input type="checkbox"/> <u>Baking Soda – Aluminium-Free</u>                                       | <input type="checkbox"/> <u>Epic Bars &amp; Bar</u>                 | <input type="checkbox"/> Slendier Noodles                                  |
| <input type="checkbox"/> Bone Broth                                                                | <input type="checkbox"/> Fish Sauce                                 | <input type="checkbox"/> Slendier Rice                                     |
| <input type="checkbox"/> Cacao Butter                                                              | <input type="checkbox"/> Gelatine                                   | <input type="checkbox"/> Sriracha Sauce                                    |
| <input type="checkbox"/> Cacao Powder                                                              | <input type="checkbox"/> Hemp Protein Powder                        | <input type="checkbox"/> <u>Tahini</u>                                     |
| <input type="checkbox"/> Capers                                                                    | <input type="checkbox"/> <u>Mayonnaise</u>                          | <input type="checkbox"/> <u>Teriyaki Sauce</u>                             |
| <input type="checkbox"/> <u>Coconut Aminos</u>                                                     | <input type="checkbox"/> <u>Mustard</u>                             | <input type="checkbox"/> Tomato Paste                                      |
| <input type="checkbox"/> <u>Coconut Butter</u>                                                     | <input type="checkbox"/> Natvia                                     | <input type="checkbox"/> Tomato Sauce – No Sugar or Preservatives          |
| <input type="checkbox"/> <u>Coconut – Shredded or Flakes, Unsweetened</u>                          | <input type="checkbox"/> <u>Nori Wraps</u>                          | <input type="checkbox"/> Tuna – Spring Water or Olive Oil, Wild            |
| <input type="checkbox"/> <u>Coconut Flour</u>                                                      | <input type="checkbox"/> Nut Butters                                | <input type="checkbox"/> Vinegar – Apple Cider, Balsamic, Red Wine         |
| <input type="checkbox"/> <u>Coconut Flour Wraps</u>                                                | <input type="checkbox"/> Pea Protein Powder                         | <input type="checkbox"/> Whole Earth Baker's Secret                        |
| <input type="checkbox"/> Coconut Milk or Cream (the kind used for curries) – Full Fat, Unsweetened | <input type="checkbox"/> <u>Pork Crackling</u>                      |                                                                            |
|                                                                                                    | <input type="checkbox"/> <u>Primal Kitchen Dressings and Sauces</u> |                                                                            |

### BEVERAGES

- |                                                                                           |                                         |                                                 |
|-------------------------------------------------------------------------------------------|-----------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Bone Broth                                                       | <input type="checkbox"/> Coconut Water  | <input type="checkbox"/> Mineral Water          |
| <input type="checkbox"/> Coconut Milk (the kind used for curries) – Full Fat, Unsweetened | <input type="checkbox"/> Filtered Water | <input type="checkbox"/> <u>NingXia Red</u>     |
|                                                                                           | <input type="checkbox"/> Herbal Tea     | <input type="checkbox"/> Nut Milk - Unsweetened |
|                                                                                           | <input type="checkbox"/> Kombucha       |                                                 |

