

GROCERY LIST

hormone friendly

PROTEIN

- Grass fed lamb
- Grass fed beef
- Wild salmon
- Wild tuna
- Sardines (in water/olive oil)
- Shellfish (oysters, prawns)
- Free range/organic chicken
- Free range/organic eggs
- Organic tempeh
- Organic tofu
- Beans (kidney, black, cannellini)
- Chickpeas/lentils
- Organic edamame

PANTRY

- Rice (basmati, wild, brown)
- Quinoa
- Buckwheat
- Organic rolled oats
- Soba noodles (100% buckwheat)
- Legume based pasta
- Brown rice cakes
- Olives (in brine)
- Seeds (chia, hemp, flax)
- Nuts (Brazil, walnuts, almonds)
- Bone broth
- Extra virgin olive oil
- Nut butter (almond, ABC, PB)
- Tahini
- Dark chocolate (70% and above)

FRUIT & VEG

- Berries/cherries
- Apples
- Kiwi fruit
- Citrus fruit
- Avocado
- Beetroot
- Sweet potato
- Dark leafy greens
- Purple cabbage
- Broccoli
- Cauliflower
- Onions/leeks
- Zucchini

FRIDGE

- 100% organic butter / ghee
- Goat's cheese
- Yoghurt (greek/coconut)
- Kefir (dairy/coconut)
- Kimchi/sauerkraut
- Organic almond/coco/soy milk

HERBS, SPICES & TEA

- Dried turmeric
- Rosemary
- Fresh parsley
- Fresh garlic
- Fresh ginger
- Organic green tea
- Organic chamomile tea