

Wholefoods list



	INCLUDE	REDUCE
Fruit & veggies	All fresh vegetables and fruits (preferably organic or washed with bicarbonate of soda before use).	Canned fruit and veggies.
Grains	Oats, rye, quinoa, amaranth, red sorghum, rice, teff, millet, buckwheat, tapioca.	Gluten grains such as wheat, barley.
Dairy	Nut milks such as almond & macadamia; coconut milk & cream (preferably organic), oat milk (occasional); goats milk	Cow's dairy such as milk, yogurt, cheese and ice cream.
Protein	Grass-fed antibiotic free beef and chicken, lentils, beans, free-range eggs	Non organic soy, conventional meat that contains antibiotics & growth hormones.
Oils	Coconut oil (for cooking), extra virgin olive oil, avocado oil, grass-fed butter, macadamia oil and flaxseed oil	Vegetable oils such as canola, sunflower, rapeseed & soybean, peanut.
Sugar	Honey, maple syrup, coconut sugar, dates and raisins (all in moderation).	All refined sugars including: white, brown, high-fructose corn syrup, beet syrup, fructose and fruit juice.

AVOID

Artificial sweeteners, processed and fake meat & caffeinated energy drinks such as Red Bull, Play & Monster.