



Fruits

banana
cantaloupe
durian
grapes
kiwi
lemon
mandarin orange
passion fruit
pineapple
strawberries

Vegetables

eggplant
green beans
bok choy
bell pepper
carrots
cucumber
lettuce
potato
tomato
zucchini

Dairy & alternatives

almond milk
brie/camembert cheese
feta cheese
hard cheeses
lactose-free milk
soy milk (made from soy protein)

Breads & cereals

corn flakes
oats
rice cakes (plain)
sourdough spelt bread
wheat/rye/barley free breads

Protein sources

eggs
firm tofu
meats/
poultry/seafood
tempeh

Sugars & sweeteners

dark chocolate
maple syrup
rice malt syrup
table sugar

Nuts & seed

macadamias
peanuts
pumpkin seeds
walnuts