

GREEN VEGETABLES

Asparagus
Beans
 Bok choy
 Brussel Sprouts
 Cabbage
 Celery
 Choy sum
 Kale
 Leeks
 Lettuce
 Olives(All)
 Okra
 Parsley
 Pak choy
 Rocket
 Silverbeet/Spinach
 Shallots/spring onions
 Snow Peas
 Wombok cabbage

OTHER VEGETABLES

Avocado
 Beetroot
 Bitter Melon
 Broccoli
 Button Squash
Capsicum
 Carrot
 Cauliflower
 Corn
 Cucumber
 Eggplant
 Fennel
 Globe Artichoke
 Mushroom all
 Onion
 Parsnip
 Peas
 Potato
 Pumpkin
 Swede
 Sweet Potato
 Tomato
 Turnip
 Zucchini

MEATS

Bacon
 Beef
Chicken
 Duck
 Emu
 Ham
 Kangaroo
 Lamb
 Pork
 Turkey
 Venison

SEEDS

Chia
 Linseed/flax/oil
 Poppy
 Pumpkin/Pepitas
 Sesame
 Sunflower

FRUIT

Apples
 Apricot
 Banana
 Cherries
 Dates
 Fig
 Grapefruit
 Grapes
 Honeydew Melon
 Kiwifruit
 Lemon
 Limes
 Lychee
 Mandarin
 Mango
 Nectarine
 Oranges
 Passionfruit
 Pawpaw
 Peaches
 Pears
 Pineapple
 Plums
 Prunes
 Raisins / Sultanas
 Rockmelon
 Watermelon

OILS / FATS

Avocado Oil
 Coconut Oil
Ghee
 Grape Seed Oil
 Macadamia oil
 Olive Oil
 Rice Bran Oil
 Sesame Oil
 Sunflower Oil

SEAFOOD

Calamari
 Fish (white)
 Salmon
 Sardine (All)
Shellfish (All)
 Tuna

BERRIES Fresh/ Frozen

Blackberry
 Blueberry
 Raspberry
 Strawberry

SPROUTS

Alfalfa sprouts
 Mung Beans
 Snow pea sprouts

NUTS

Almonds
 Brazil
 Cashews
 Hazel
 Macadamia
 Pecans
 Pine Nuts
 Pistachio
 Walnut

ALCOHOL

Beer
 Bourbon
 Brandy
 Cider
 Gin
 Kahlua
 Rum
 Tia Maria
 Vodka
 Whiskey
 Wine Red/rose
Wine White/champagne

DAIRY Products

Butter
 Cream (All types)
Cheese Cows (All)
 Cheese Fetta (goat)
 Cheese Sheep
 Margarine (All)
Milk A2
Milk Full Cream
Milk Skim
 Milk Carnation
 Milk Goats
 Mayonnaise(All)
 Mayonnaise Organic
 Yoghurt Cows Greek/plain
 Yoghurt Sheep

LACTOSE FREE Products

Butter Coconut
 Butter Almond
 Biocheese Vegan
 LF Cheese Liddells
 LF Cream Liddells
 LF Milk Liddells
 LF Milk Zymil
 Soy Mayonnaise
 Vegenaise
 Tempeh
 Tofu
 Yoghurt Coconut (All)

MILK Alternative

Almond milk
 Almond Activ Pure Har.
 Coconut milk
 Oat milk
 Rice milk
 Soy milk

EGGS

Duck eggs
Eggs
Eggs(Organic)
 Orgran No Egg
 Quail eggs

FERMENTED

Kefir(All)
 Kimchi (All)
 Kombucha (All)
 Sauerkraut(All)

Name: Sample Report

Date: 18 Jul 2024

SOFT DRINKS

Cola (All)
Fanta(All)
Ginger Ale(All)
Lemonade(All)
Soda water
Tonic water

BEVERAGES

Caro
Coffee (All)
Chai tea
Milo
Ovaltine
Rooibos Tea
Tea (black all)

OTHER DRINKS

Cranberry Juice
Coconut water
Ribena

HERBAL TEAS

Chamomile Tea
Dandelion Tea
Green Tea
Peppermint Tea

HERBS dried & fresh

Basil
Chives
Coriander
Lemon Grass
Mixed Herbs
Oregano
Rosemary

SPICE-CONDIMENT

Bay Leaf
Bi Carb Soda
Baking Powder
Cajun Spices
Cardamom
Chilli
Cinnamon
Cloves
Cream of Tartar
Cumin
Curry Powder
Dill
Fennel Seeds
Garam Masala
Garlic

Ginger
Mixed Spice
Mustard
Nutmeg
Paprika
Pepper (black&white)
Pepper Cayenne
Salt (refined table)
Salt Celtic sea salt
Salt Herb Vege
Salt Himalayan
Salt Rock Salt
Tarragon
Thyme
Turmeric
Vanilla (pure)
Vinegar (all types)
Vinegar Apple Cider

SAUCES

B.B.Q. sauce(All)
Fish sauce (All)
Horseradish
Macro Organic Passata
Oyster sauce (All)
Soy sauce (All)
Soy Tamari sauce (All)
Soy Coconut amino non
Sweet Chilli sauce (All)
Tomato sauce (All)
Tomato Paste (All)
Beerenberg Chipotle&Maple
Worcester sauce

DRIED VEGETABLES

Chick Peas (All)
Coconut
Lentils (All)
Split Peas

STOCK/GRAVY

Beef stock Aus Own org
Beef Stock (Massel)
Beef Stock Campbell
Bonox
Chicken Stock Massel
ChickenStockCampbell
Vege stock Aus Own org
Vege Stock Massel
Gravox (All)
Gravy mix Massel
Gravy Mix Orgran
Miso (All)

SUGARS/ Sweeteners

Erythritol
Stevia
Honey
Honey Manuka
Mesquite powder
Sugar Brown
Sugar Raw
Sugar White
Sugar Coconut
Sugar Palm
Syrup Agave
Syrup Coconut
Syrup Golden
Syrup Maple
Syrup Rice malt (All)
Xylitol

RICE

Orgran Rice Pasta
Orgran Rice-Corn Pasta
Rice Brown (All)
Rice White (All)
Rice noodles

PASTA/PASTRY

GF Pasta Barilla
GF Buon Tempo
GF Pasta San Remo
Pasta (Durum wheat)
Buckwheat Spirals Orgran
Buckwheat San Remo
Lasagne Sheets Macro Org
Puff pastry
Wheat Noodles

CRACKER/CRISPBREAD

Mary's Gone crackers GF
Orgran Buckwheat Crisp brd
Orgran Multi Crisp brd
Sao
Rice crackers
Seaweed crackers
Vita Weat original

SPREAD/PASTE

St Dalfours GF jam
Vegemite/ Ozemite

SPREADS continued

Everymite
 Coco Hazlenut Pure Harv
 Hommus
 Tahini (All)
 ABC spread Melrose

BREAKFAST CEREALS

Cornflakes (All)
 Goodness Cereals (All)
 Just Right Original
 Oat Bran
 Rolled Oats
Vita Brits
Weet Bix
 Special K
 A.B. Buckwheat & quinoa
 Abundant Earth Corn Puff
 Carman's Muesli (Bircher & Toasted)
 Crunchola Apple & Blue
 Free & Low Muesli
 Orgran Quinoa porridge
 Millet Puffs
 Polenta
 Oats GF
 Weet-Bix GF

BREADS Supermarket

White
Wholemeal

GRAIN BREAD

AG Vital bread
 Burgen Soy-Lin
 Macro Ancient grains sprouted
Multigrain bread

SPELT BREAD

Alpine Spelt & Sprout grain
Ancient Grain Tigris Spelt
 Bakers Delight Spelt bread
 Bodhi's Dinkle. wholegrain
 Healthybake WM Spelt
Kamut bread
 Naturis organic spelt
 Sprouted Spelt Dinkel.

RYE BREAD

Bodhi's Wupper
 Burgen Rye bread
 Helgas Light Rye
Abbott's Rye
 Pumpernickel

SOURDOUGH BREAD

Alpine Spelt & Barley
Bill's Org 100% Spelt SD
 Brasserie Sourdough
Coles Laurent sourdough
 Healthybake FH Rye
 New Norcia Spelt
 Strange Grains Buckwheat
 Zeally Bay Sourdough

SPROUTED BREAD

Bodhi's mixed grain
 Pure Life Sprouted Spelt
 ESSENE sprouted bread
Pure Life Bio.D. Ezekiel 4:9

GLUTEN FREE BREAD

Abbots Mixed Seeds GF
 Bodhi's GF Chia Linseed
 Bodhi's GF Multi Grain
Bodhi's GF Yeast free
 Bodhi's Lupin loaf
 Burgen GF Soy Lin
 Burgen GF sunflower & chia
 Burgen GF White
 Country Life gluten & dairy Free
 Country Life Yeast gluten free
Helgas GF bread
 Moores GF.yeast free
 Naturis GF rice loaf
 Woolworth Free from Gluten (All)
 Strange Grns GF Sorg.Buckw.

OTHER BREAD

Bakers Delight Low Fodmap
 Naturis Buckwheat bread
 Venerdi Paleo Almd. Linseed
 Venerdi Paleo Super Seed

WRAPS/BASES

Corn tortilla
 GF wraps
Plain wheat wraps
 Quinoa wraps
 Rice Thins
 Rice Paper wraps
 Spelt wraps

BARS

Carman's Muesli bar
 Carmens Dark Choc blueberry
 Go Natural Fruit & Nut bar

FLOURS

Flour Amaranth
 Flour Arrowroot
 Flour Banana
 Flour Barley
 Flour Besan
 Flour Buckwheat
 Cornflour [wheat free]
 Flour Cassava
 Flour Coconut
 Flour GF SR
 Flour GF Plain
 Flour Potato
 Flour Quinoa
 Flour Rye
 Flour Sorghum
 Flour Spelt
Flour Wheat Plain & SR

CRISPS

Macro org Corn chips
 Macro Root Vege chips
 Vege Chips LENTILS

GLUTEN FREE

Orgran Custard powder

CHOCOLATE / SWEETENERS

Cacao Butter
 Cacao plain powder
 Carob
Chocolate (Lindt)
Chocolate (Cadbury)
 Chocolate (Dove)
 Chocolate (Haigs SA)
 Chocolate (Nestle)
 Chocolate (Sweet William)
 Frey Dark Choc
 Pico Super dark Choc
 Liquorice
 Loving Earth Choc
 Loving Earth Dk Org Choc
 Pana Chocolate

HEALTH SHOP Products

Acai powder
 Bentonite clay
 Black seed (nigella)
 Bone broth (All)
 Beef Gelatin/collagen
 Barley Grain
 Bean Adzuki
 Bean Borlotti
 Bean Broad
Bean Cannellini
 Bean Kidney
 Bean Lima
 Blackstrap Molassas
 Braggs All purpose seasoning
 Coconut MCT Oil
 Camu Camu
 Cous Cous
 Cranberries Dried
Diatomaceous Earth FG
 Dulse (All)
 Falafel

HEALTH SHOP Products cont.

Goji Berries
Almond Meal
Hemp seed
Hemp seed oil
Hemp Protein powder
Flaxseed meal
Maca Powder
Millet Grain
Nori
Nutritional Yeast(All)
Quinoa Grain
Wakame Flakes

COMMON SUPPLEMENTS

Aloe Vera
Barley Green
Chlorella
Fish oil (commercial)
Fish Oil (Practitioner)
Oregano Oil
Krill Oil
Psyllium
Slippery Elm Powder
Spirulina
Wheat grass

PROTEIN POWDER

Pea Protein powder
Rice Powder
Whey concentrate
Whey Protein Isolate

NATURAL HOME products

A bit hippy bubble bath
A bit hippy Deodorant
A bit hippy Eczema Cream
A bit hippy sham/cond
Abode bathroom cleaner
Abode dishwashing liquid
Abode floor cleaner
Abode Laund liquid
Abode laundry powder
Abode surface spray
Abode toilet gel
Abode wool and delicate liquid
Bodytalk Cleanser envirocare
Carrot Sun Papaya oil
Cleopatra Bath Milk
Dr Bronners shav gel
Earth choice Dish Liquid
Earth choice Fabric Softener
Earth choice Floor-surface
Earth choice Laundry liquid
Earth choice Multi Purpose spray
Earth choice Wool Mix
Ecosense Laundry liquid
Ecostore Laundry powder

NATURAL HOME products cont.

Ecostore Dish Liquid
Hurraw Lip Balm
Jojoba oil
Lavender oil
Melrose massage oil
Moo Goo Conditioner
Moo Goo Eczema Cream
Moo Goo Milk Wash
Moo Goo Shampoo
Moo Goo Deodorant
Moo Goo Sunscreen
Nat Instinct Body wash
Neem soap
Org Care Conditioner
Org Care Shampoo
Org Care 3 in 1
Shampoo (Alchemy)
Soapnuts
Soleo Sun screen
Tea tree oil
Weleda, Everon Lip Balm
Wotnot SPF 30+

BATH CHEMICALS

Lux Body Wash
Palmolive Shower Milk
Shampoo Baby (Johnsons)
Head & Shoulders
Shampoo Pantene
Shampoo Wella Balsam
Shaving Foam Gillette
Shaving Gel Nivea
Soap Pears
Soap Dove
Talcum Powder

LAUNDRY Products

Bio Zet
Bleach
Cold Power
Dynamo
Fabric Softener(all)
Lux Flakes (laundry)
Napisan
Omo
Radiant
Sard Wonder Soaker
Wool Mix M.Gardner

KITCHEN Products

Ajax Spray & Wipe
Exit Mould
Insect Spray (All)
Jif
Morning Fresh
Palmolive Dish Liquid
Pine-O-Cleen

DEODORANTS

Body Choice Natural
Crystal Stick
Dove
Mum
Rexona Sport
Tea Tree Oil Deodorant

SUNSCREEN

Banana Boat Every day
UV Triplegard
Coles every day
Cancer Council

TOOTHPASTE

Colgate (all types)
McLeans (all types)
Sensodyne
Steradent
Activated Charcoal
Grants Herbal
Jack and Jill
Red Seal
Silicea silica
Thieves
Vicc Herbal

HAIR/FIBRES

Bamboo
Cotton
Mixed Feathers
Polyester
Wool

METALS

Aluminium
Gold
Mercury
Silver

OINTMENTS

Calendula (M&P)
Comfrey (M&P)
Sorbolene

PETRO CHEMICALS

Cigarette Smoke
Diesel
Engine oil
Kerosene
Methylated Spirits
Petrol

MISCELLANEOUS

Special K Gluten Free
Heinz Baked Beans Tom Sauce
SPC Baked Beans Tom Sauce
Lugol Iodine
Inner Health Plus
Ammodine
Anchovies
Octopus
Sage
Black Beans
Broccoli Sprouts
Carmens Pepita Poppy Crackers
Edamame beans
Natures Kit. Meat Free Sausages
Naturli Plant based mince
Olina's Seeded Crackers
Pana Ice cream vanilla
San Remo Pulse Pasta Red Lentils
Vege Delights Bacon Style Rashers