

**METABOLISM BOOSTING FOODS I LIKE LIST**

(Please tick the box to the left of the foods you like)

**PLEASE BUY ORGANIC OR GROW YOUR OWN WITHOUT SPRAYS IF YOU CAN AFFORD IT**

**IT HAS BEEN PROVEN PESTICIDES FOUND IN FOOD HAVE NEGATIVE EFFECTS ON YOUR METABOLISM**

Top of Form

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **SANDWICH, WRAPS AND ROLLS** | | | | | |
|  | Mega grain (fresh not supermarket as they contain no preservatives) **\*g** | | | | |
|  | Low salt, high fibre wraps**\*g** |  | Rice paper |  | Pumpernickle Dark Rye Bread**\*g** |
|  | Wholegrain or quinoa rice cakes**\*** |  |  |  |  |
|  |  |  |  |  |  |
| **HERBS** | | | | | |
|  | Coriander |  | Vietnamese mint |  | Lemongrass |
|  | Kaffir Lime Leaves |  | Flat Leaf Parsley |  | Basil |
|  | Dill |  | Chives |  | Thyme |
|  | Rosemary |  | Oregano |  | Mint |
|  | Bergamont |  | Brahmi |  | Cat time |
|  | Burdock |  | Chickweed |  | Elecampane |
|  | Yellow dock |  | Burdock |  | Heartsease |
|  | Verbena |  | Horsetail |  | sorrel |
|  | Herb Robert |  | purslane |  | Red clover |
|  | Liquorice |  | tansy |  |  |
|  | Sweet basil |  | Vervain |  | Witchhazel |
|  | Sage |  | Horse Hound |  | Mallows |
|  | Southernwood |  | Ladies smock |  | Mullein |
|  | yerbamate |  | Shiso |  | Shallots |
|  |  |  |  |  |  |
| **SPICES** | | | | | |
|  | Star Anise |  | Curry powder |  | Cinnamon |
|  | Cumin seeds |  | Five spice |  | Fenugreek seeds |
|  | Saffron |  | Tandoori paste |  | Vanilla Bean |
|  | Cayenne Pepper |  | Black pepper |  |  |
| **OILS** | | | | | |
|  | Avocado oil**\*** |  | Olive oil **\*** |  | Sesame oil**\*** |
|  | Macadamia nut oil**\*** |  | Flaxseed oil**\*** |  | Mustard oil**\*** |
|  | Peanut oil**\*** |  | Pumpkin seed oil**\*** |  | Coconut oil**\*** |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| **VINEGARS** | | | | | |
|  | Balsamic vinegar**\*** |  | White Wine Vinegar**\*** |  | Cider Vinegar**\*** |
|  | Red Wine Vinegar**\*** |  | Rice Wine Vinegar**\*** |  |  |
|  |  |  |  |  |  |
| **OTHER NATURAL FLAVOURINGS** | | | | | |
|  | Ginger |  | Turmeric |  | Garlic |
|  | Galangal |  | Chili |  | Natural Chicken stock**\*** |
|  | Natural fish stock**\*** |  | Natural Vegetable stock**\*** |  | Natural Lamb stock**\*** |
|  | Natural beef stock**\*** |  | Natural seafood stock**\*** |  | Dashi stock**\*** |
|  | Tomato Paste**\*** |  | **ginseng** |  | Cayenne pepper |
|  |  |  |  |  |  |
| **CONDIMENTS, SPREADS AND DIPS -** deli items are often fresher & cheaper | | | | | |
|  | Dijon Mustard**\*g** |  | Hot English Mustard**\*** |  | Grain Mustard**\*g** |
|  |  |  | Olive tapenade**\*** |  | Chermoula**\*** |
|  | Salsa Verde**\*** |  | Pesto**\*** (basil and pinenut, watercress and macadamia, flat leaf parsley and almond) |  | Hummus**\*** |
|  | Beetroot Dip**\*d** |  | Labna (yoghurt cheese) **\*d** |  | Taramasalata**\*d** |
|  | Tzatziki**\*d** |  | Pickles**\*** |  | Horseradish**\*** |
|  | Avocado spread**\*** |  | White bean puree**\*** |  | Tahini paste**\*** |
|  | Manuka Honey**\*** |  | Peanut butter**\*** |  | Nut butters**\*** |
|  | Vegemite**\*g** |  | Fish sauce**\*** |  | Wasabi**\*** |
|  |  |  |  |  |  |
| **FISH/SEAFOOD** | | | | | |
|  | Fish (please specify any dislikes) | | | | |
|  | Cooked Lobster**\*** |  | Oysters |  | Cooked Prawns**\*** |
|  | Green Mussels |  | Black Mussels |  | Cooked Bugs**\*** |
|  | Octopus |  | Crabs Cooked |  | Squid |
|  |  |  |  |  |  |
| **COLD MEATS** | | | | | |
|  | Sardines**\*** |  | **\***Cooked Skinless Turkey |  | Leg Ham**\*g** |
|  | Cooked skinless Chicken**\*** |  | Rare Roast Beef**\*** |  | Corned Silverside**\*** |
|  | Smoked Salmon**\*** |  | Tinned Trout in spring water**\*** |  | Tinned Tuna in spring water**\*** |
|  | Tinned Salmon in spring water**\*** |  |  |  |  |
|  |  |  |  |  |  |
| **SALAD GREENS** | | | | | |
|  | Rocket |  | Alfalfa sprouts |  | Bean sprouts |
|  | Baby spinach leaves |  | Mesculin mix |  | Cos lettuce |
|  | Butter lettuce |  | Iceberg lettuce |  | Chinese Cabbage |
|  | Witlof |  | Radicchio |  | Endive |
|  | Red Cabbage |  | Purslane |  | Watercress |
|  | Alfalfa Sprouts |  | Mustard Greens |  |  |
|  |  |  |  |  |  |
| **BEANS / LEGUMES AND PULSES** | | | | | |
|  | **\***Tinned Cooked Chickpeas |  | Tinned Cooked Cannellini beans |  | **\***Tinned Cooked 3 bean mix |
|  | **\***Tinned Cooked borlotti beans |  | Cooked butter beans |  | **\***Tinned Cooked Black eyed beans |
|  | **\***Tinned Cooked Puy lentils |  | Red lentils |  | Split peas |
|  |  |  |  |  |  |
| **GRAINS** | | | | | |
|  | Wheatgerm **g** |  | Quinoa |  | Brown rice |
|  | Freekah |  | Pearl Barley g |  | Oats **g** |
|  | Buckwheat |  | Rye **g** |  | Cornmeal (polenta) |
|  | Red Rice |  | Black Rice |  |  |
| **SEEDS** | | | | | |
|  | Sunflower**\*** |  | Sesame**\*** |  | Chai**\*** |
|  | Pumpkin**\*** |  | Mustard**\*** |  | Sacha inchi**\*** |
|  |  |  |  |  |  |
| **SHELLED NUTS** | | | | | |
|  | Macadamia**\*** |  | Almond**\*** |  | Brazil |
|  | Hazelnuts**\*** |  | Peanuts**\*** |  | Pecan |
|  | Pinenuts**\*** |  | Cashews**\*** |  | Walnuts**\*** |
|  | Pistachio nuts**\*** |  |  |  |  |
|  |  |  |  |  |  |
| **FLOWERS** | | | | | |
|  | Nasturtium |  | Dandelion inc root |  | Carnation |
|  | Violet |  |  |  | Hibiscus |
|  | Marigold |  | Calendula |  | Lavender |
|  | Rosella |  | Johnny jump ups |  |  |
|  |  |  |  |  |  |
| **SNACKS** | | | | | |
|  | Smoked fish/ seafood**\*** |  | Trail mix**\*** |  | Biltong**\*** |
|  | Wasabi peas**\*** |  | Boiled eggs**\*** |  |  |
|  |  |  |  |  |  |
| **OTHER** | | | | | |
|  | Lime zest in olive oil |  | Mandarin zest in olive oil |  | Lemon zest in olive oil |
|  | Cacao**\*** |  | Pure maple syrup**\*** |  | Rice malt syrup**\*** |
|  | Green olives**\*** |  | Black olives**\*** |  | Sundried tomatoes**\*** |
|  | Seaweed**\*** |  | Tofu**\*** |  | Popcorn**\*** |
|  | Pitted Dates**\*** |  | Raw Cacao powder**\*** |  | Dried Cranberries**\*** |
|  | Coconut all forms**\*** |  | Miso paste**\*** |  | Red curry paste**\*** |
|  | Green curry paste**\*** |  | Tom yum paste**\*** |  | Laksa paste**\*** |
|  | Capers**\*** |  | Caper berries**\*** |  | Polka gorski**\*** |
|  | Cornichons**\*** |  | Caviar and fish roe**\*** |  | Liquorice**\*** |
|  | Dark chocolate**\*d** |  | Sea salt |  | Black pepper |
|  | Soy Sauce**\*g** |  | **\***Hoisin sauce |  | Teriyaki sauce **\*** |
|  | Neapolitana sauce (homemade with limited added sugars) | | |  | wheatgerm**\*g** |
|  | Passatta**\*** | | |  | Camucamu powder**\*** |
|  | Broths |  | Clear soups |  | White tomato consommé |
|  |  |  |  |  |  |
| **ALTERNATE MILK** | | | | | |
|  | Almond milk**\*** |  | Coconut milk**\*** |  | Soy milk”made from whole beans” **\*** |
|  | Oat milk |  | Macadamia milk |  |  |
|  |  |  |  |  |  |
| **DAIRY** | | | | | |
|  | Yoghurt**\*d** |  | Labna**\*d** |  | Ricotta**\*d** |
|  | Cottage Cheese**\*d** |  | Fetta cheese**\*d** |  | Parmesan Cheese**\*d** |
|  | Haloumi cheese**\*d** |  | Keffir**\*** |  | Butter**\*d** |
|  |  |  |  |  |  |
| **FRUIT** | | | | | |
|  | Tomato |  | Green Apples |  | Red Apples |
|  | Pineapple |  | Passionfruit |  | Longans |
|  | Lemons |  | Limes |  | Lemonade |
|  | Yuzu |  | Sapote |  | Durian |
|  | Custard Apple |  | Tamarillos |  | Jackfruit |
|  | Persimmons |  | Fejoa |  | Kiwi Fruit |
|  | Dragon fruit |  | Asian apple |  | Oranges |
|  | Rhubarb |  | Nectarines |  | Watermelon |
|  | Peaches |  | Lychees |  | Mangoes |
|  | Star fruit |  | Pomello |  | Strawberries |
|  | Raspberries |  | Pomegranates |  | Mangosteen |
|  | Wild Blueberries |  | Bananas |  | Grapefruit |
|  | Nashi pears |  | Grapes (red and white) |  | Blackberries |
|  | Redcurrants |  | Rockmelon |  | Honeydew melon |
|  | Apricot |  | Pawpaw |  | Guava |
|  | Pink grapefruit |  | Figs |  | Cherries |
|  | Cumquat |  | Blood Orange |  | Mandarin |
|  | Blood plum |  | Mulberry |  | Damson plum |
|  | Chinese Rhubarb |  | Kakadu Plums |  | Guava |
|  | Chokeberries |  | Goji berries |  | Camu camu berries |
|  | cupuacu |  | Blackcurrants |  | Guava |
|  | Avocado |  |  |  |  |
|  |  |  |  |  |  |
| **VEGETABLES** | | | | | |
|  | Carrot |  | Celery |  | Leek |
|  | Potato |  | Sweet potato |  | Avocado |
|  | Cabbage |  | Pumpkin |  | Sweet potato |
|  | Celeriac |  | Beetroot |  | Capsicum |
|  | Tomato |  | Cucumber “particularly skin” |  | Globe artichokes |
|  | Asparagus |  | Corn |  | Kale |
|  | Swiss chard |  | Red cabbage |  | Broccoli |
|  | Broad beans |  | Sweet peas |  | Sugar snap peas |
|  | Garden peas |  | Green beans |  | Squash |
|  | Spaghetti melon |  | Zucchini |  | Bok choy |
|  | Choy sum |  | Daikin radish |  | Red radish |
|  | Pak choy |  | Brussel sprouts |  | Broccolini |
|  | Eggplant |  | Parsnip |  | Swede |
|  | Turnip |  | Morning glory |  | Bitter melon |
|  | Kale |  | Silverbeet |  | Spinach |
|  | Tatsoi |  | Fennel |  | Yam |
|  | Mushrooms |  | Bean shoots |  | Cauliflower |
|  | Chokoes |  | Marrow |  | Onion |
|  | Algae |  | Collards |  |  |
|  |  |  |  |  |  |
| **CONVENIENCE PRODUCTS** | | | | | |
|  | Tinned bamboo shots |  | Tinned artichokes in brine |  | Tinned corn |
|  | Tinned peaches in natural syrup |  | Tinned heart of palm |  | Frozen green peas |
|  | Dried fruits |  | Frozen soy beans |  | Frozen spinach |
|  | Frozen berries |  | Frozen corn kernels |  |  |
|  |  |  |  |  |  |
| **FAST FOODS** | | | | | |
|  | Guzman Gomez |  | Sushi and miso broth**\*d** |  | BBQ Chicken **\*** |
|  |  |  |  |  |  |
|  | Lamb or chicken satay**\*** |  | Donor Kebabs**\*gd** |  | BBQ Duck **\*** |
|  |  |  |  |  |  |
| **BEVERAGES** | | | | | |
|  | Green Tea |  | Other herbal teas read the label to check for additives |  | Red wine |
|  | Filtered water |  | Mineral water |  | Soda water  Red wine “in moderation” |
|  | Lemon & warm water |  | Chlorophyll |  | Chlorella |
|  | Kombuchi |  | Freshly brewed or cold brew coffee |  | Spirulina |
|  | Green Coffee beans |  |  |  |  |
| **OFFAL** | | | | | |
|  | Liver |  |  |  |  |
|  |  |  |  |  |  |
| **POULTRY & MEATS** | | | | | |
|  | Chicken |  | Lean Pork |  | Duck |
|  |  |  |  |  |  |
| **FERMENTED FOODS & BEVERAGES** | | | | | |
| Buy from a market where they have been made authentically.  Process and live culture is important for the quality | | | | | |
|  | KimChee |  | Kefir |  | Sauerkraut |
|  | Fermented Vegetables |  | Beet Kvas |  |  |
|  | Lassi |  |  |  |  |
| **TO GROW choose what suits your region** | | | | | |
|  | Aloe Vera |  |  |  |  |
|  |  |  |  |  |  |

Bottom of Form

\* Convenience Foods

g May contain Gluten (please check the label)

d May contain Dairy (please check the label)