

Food Groups	Enjoy	Avoid	Shopping List
Vegetables	Alfalfa, Artichokes, Asian greens, Asparagus, Baby spinach, Bamboo shoots, Bean sprouts, Bok choy, Broccoli, Broccolini, Brussels sprouts, Cabbage, Capsicum, Cauliflower, Celery, Chard, Cucumber, Eggplant, Endive, Fennel, Green beans, Kale, Kohlrabi, Leeks, Lettuce - all types, Mushrooms, Okra, Olives, Onions, Radicchio, Radish, Rocket, Sea vegetables (e.g. kelp, wakame, arame, kombu), snow peas, Spinach, Sprouts, Squash, Tomato, Water cress, Zucchini.	Potatoes, Sweet Potatoes, Corn, Cassava, Canned vegetables.	
Vegetables to limit	Avocado, Beetroot, Carrots, Corn, Parsnip, Peas, Pumpkin, Turnip, Water chestnuts.		
Fruit	Apples, Apricots, Blackberries, Blueberries, Cherries, Fresh fig, Grapefruit, Guava, Honeydew melon, Kiwi fruit, Lemons, Limes, Mandarin, Mulberries, Nectarines, Orange, Passionfruit, Paw paw, Peaches, Pears, Pineapple, Raspberries, Rockmelon, Strawberries, Tangerine, Watermelon.	Bananas, Grapes, Canned sweetened fruits, Dried fruits.	
Nuts and Seeds	Almonds, Brazil nuts, Coconut meat, Flax/Linseed, Hazelnuts, Macadamia nuts, Nut butters/spreads (no added sugar), Pecans, Pepitas, Pine nuts, Pistachio nuts, Sesame seeds, Sunflower seeds, Walnuts.	Cashews, Salted nuts.	
Meats	Beef, Kangaroo, Lamb, Pork, Veal. (NB: Limited cured meat as used in Shake It Recipe, e.g. Bacon).	Processed meats such as Salami, Spam and Sandwich meats.	
Fish and Seafood	All fish including: Barramundi, Dory, Perch, Sardines, Salmon, Snapper, Tuna, Trout and Whiting. All seafood including: Mussels, Oysters, Prawns, Scallops and Squid.	Processed or crumbed seafood such as Nuggets, Seafood extender and Fish fingers.	
Poultry and Eggs	Poultry including: Chicken, Duck and Turkey. Eggs including: Chicken, Duck and Quail.	Processed or crumbed poultry such as Nuggets and Sandwich meats.	
Healthy Oils	Cold pressed oils including: Coconut oil, Flax/Linseed oil, Macadamia oil, Olive oil, Sesame oil (not toasted), Walnut oil. As used in specified amounts in Shake It Recipes: Sesame oil (toasted).	Any oil that is not cold-pressed. Sunflower, safflower and mixed vegetable oil.	
Condiments and Sauces	All low carbohydrate sauces, egg mayonnaise, fish sauce, lemon juice, lemon pepper, lime juice, mustard, peanuts (limit), pepper, pesto, soy sauce, tamari, vinegar, wasabi, sea salt. As used in specified amounts in Shake It Recipes: Chilli sauce, Dijonnaise sauce.	Sauces and condiments with added sugars such as Sweet chilli, Tomato and BBQ sauce.	
Herbs and Spices	All herbs and spices, e.g. Cumin, Garlic, Ginger, Nutmeg, Parsley.		
Beverages	All teas including: Black, Chai, Green, Peppermint, Rosehip and other herbal teas. Mineral water, Soda water, Water.	Cordials, Drinking chocolate, Flavoured milk, Fruit juices, Sweetened coffee blends, Soft drinks.	
Dairy (As a protein source in recommended amounts)	Hard (yellow) cheese including: Colby, Cheddar, Edam, Jarlsberg, Parmesan, Romano, Swiss. As used in Shake It Recipes in specified amounts: Butter, Milk, Blue cheese, Feta cheese, Goats cheese, Ricotta, Sour cream and Greek yoghurt (unsweetened).	Custard, Fruit cheese, Ice cream, Sweetened yoghurts.	
Soy Foods	Miso, Tofu and Tempeh. As used in specified amounts in Shake It Recipes as a milk substitute: Soy milk (no added sugar).	Soy yoghurt, Sweetened soy milk.	
Sweeteners	Natvia™, Splenda® [sucralose (955)], Stevia.	Sugar, Fructose, Honey, Fruit concentrates, Xylitol and all other artificial sweeteners except Sucralose, e.g. Aspartame (951).	

Other Items: _____

