

# **Standard List** List subject to change

## **GREEN VEGETABLES**

Asparagus  
Beans  
Bok choy  
Brussel Sprouts  
Cabbage  
Celery  
Choy sum  
Kale  
Leeks  
Lettuce  
Olives  
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/oil/meal  
Poppy  
Pumpkin/Pepitas  
Sesame  
Sunflower

## **FRUIT**

Apples  
Apricot  
Banana  
Cherries  
Dates  
Fig  
Grapefruit  
Grapes  
Honeydew Melon  
Kiwifruit  
Lemon  
Limes  
Lychee  
Mandarine  
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 in oil  
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  
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  
Mayo (All)  
Mayo 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)

#### **SOFT DRINKS**

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

#### **BEVERAGES**

Caro  
Coffee (All)  
Ecco  
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)  
Tom sauce Orgran  
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's  
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  
Syrup Agave  
Sugar Palm  
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 Pasta Coles  
GF Pasta San Remo

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

### **CRACKER/CRISP BREAD**

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  
ABC spread Melrose  
Coco Hazlenut Pure Harvest  
Hommus  
Tahini Unhulled (All)  
Vege spread Freedom

### **BREAKFAST CEREALS**

Cornflakes (All)  
Goodness Cereals (All)  
Just Right  
Oat Bran  
Rolled Oats  
Vita Brits  
Weet Bix  
Special K  
AB Buckwheat & quinoa cereal  
Abundant Earth Corn Puff  
Carmens Muesli  
Crunchola Apple and Blueberry  
Free & Low Muesli  
Lowan Rice Porridge  
Millet Puffs  
Polenta  
Oats GF  
Weet-Bix GF

### **BREADS Supermarket**

White  
Wholemeal

### **Grain Bread**

AG Vital bread  
Burgen Soy-Lin  
Goanna Bakery Rice&Arame  
Multigrain bread

### **Spelt Bread**

Alpine Spelt and Sprouted grain  
Ancient Grain Tigris Spelt  
Bakers Delight Spelt bread  
Bodis Dinklebrot wholegrain  
Healthybake WM Spelt Sour  
Kamut bread  
Naturis organic spelt  
Paulos Spelt Loaf  
Sprouted Spelt bread  
Dinkelbrot

### **Rye Bread**

Burgen Rye bread  
Helgas Light Rye  
King Henry Rye  
Pumpernickel 100% Rye

### **Sourdough Bread**

Alpine Spelt & Barley  
Alpine Spelt sprouted grains  
Brasserie Sourdough  
BrasserieQuinoa/Soy  
Healthybake FH Rye  
New Norcia Spelt  
Strange Grains Buckwheat  
Zeally Bay Sourdough

### **Sprouted Bread**

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

### **Gluten Free Bread**

Abbots Mixed Seeds GF bread  
Bohdis GF Chia Linseed

Bohdis GF Multi Grain  
Bohdis GF Yeast free  
Bohdis Lupin loaf  
Burgen GF Soy Lin  
Burgen GF sunflower & chia  
Burgen GF White  
Country Life gluten & dairy Free  
Country Life Yeast gluten free  
Helga's GF bread  
Moore's GF yeast free bread  
Naturis GF rice loaf  
Precinct GF Quinoa & Soy bread  
Strange Grns GF  
Sorg. Buckwheat

#### **Other Bread**

Bakers Delight Low Fodmap  
Naturis Buckwheat bread  
Venerdi Paleo Almond & Linseed  
Venerdi Paleo Super Seed

#### **WRAPS/BASES**

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

#### **BARS**

Carman's Muesli bar  
Carmen's 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  
Smiths original

#### **GLUTEN FREE**

Orgran Custard powder

#### **CHOCOLATE / SWEETS**

Cacao Butter  
Cacao raw powder  
Carob  
Chocolate (Lindt)  
Chocolate (Cadbury)  
Chocolate (Dove)  
Chocolate (Haigs SA)  
Chocolate (Nestle)  
Chocolate (Sweet William)  
Frey Dark Choc  
Green & BlackOrgDarkChoc  
Liquorice  
Loving Earth Choc  
Loving Earth Dk Org Choc  
Pana Chocolate

#### **HEALTH SHOP Products**

Acai powder  
Betonite 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  
Goji Berries  
Hazelnut Meal  
Hemp seed  
Hemp seed oil  
Hemp Protein powder  
Flaxseed meal  
Maca Powder  
Millet Grain  
Nori  
Nutrition Yeast(All)  
Quinoa Grain  
Wakame Flakes

#### **COMMON SUPPLEMENTS**

Aloe Vera  
Barley Green  
Chlorella  
Fish oil Capsules  
Inner health  
Iodine  
Krill Oil  
Psyllium  
Slippery Elm Powder  
Spirulina  
Wheat grass

#### **PROTEIN POWD/shakes**

Pea Protein powder  
Rice Powder  
Whey concentrate  
Whey Protein Isolate

#### **NATURAL HOME products**

A bit happy bubble bath  
A bit happy Deodorant  
A bit happy Eczema Cream  
A bit happy 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's 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  
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  
Moogoo deodorant  
MooGoo 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  
Wotnot Baby SPF 30  
Wotnot SPF 30+

#### **BATHROOM CHEMICALS**

Lux Body Wash  
Palmolive Shower Milk  
Shampoo Baby (Johnsons)  
Shampoo 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/Cleaning 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 toothpaste

Grants Herbal  
Jack and Jill toothpaste  
Red Seal  
Silicea silica toothpaste  
Thieves toothpaste  
Vicco Herbal

#### **HAIR/FIBRES**

Bamboo  
Cotton  
Mixed Feathers  
Polyester  
Wool

#### **METALS**

Aluminium  
Gold  
Mercury  
Silver

#### **CREAMS AND OINTMENTS**

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

#### **PETRO CHEMICALS**

Cigarette Smoke  
Diesel  
Engine oil  
Kerosene  
Methylated Spirits  
Petrol