

## Shopping list

Please use only organic foods.

### Please avoid eating the following foods:

Almonds	Cashew kernels	Hazelnuts	Oats	Sour-milk products
Aspergillus niger	Crayfish	Kamut	Octopus	Spelt
Barley	Egg white (chicken)	Kefir	Rennet cheese (cow)	Squid, cuttlefish
Basil	Egg yolk (chicken)	Macadamia nuts	Ricotta	Vanilla
Benzoic acid (E211)	Gluten	Milk (cow's, raw)	Rye	Wheat
Brazil nuts	Goat: milk, cheese	Milk (heated)	Sheep: milk, cheese	Whole eggs (chicken)
Camel's milk	Halloumi	Nori seaweed	Sorbic acid* (E200)	Yeast

### Preferable food:

Agar agar	Celeriac	Green beans	Olives	Romaine lettuce
Agave nectar	Celery	Guar flour (E412)	Onions	Rooibos tea
Alfalfa	Cep (mushrooms)	Guava	Oranges	Rose hips
Allspice	Chanterelle	Haddock	Oregano	Rosemary
Aloe Vera	Chard, beet greens	Hake	Ostrich meat	Saffron
Amaranth	Cherries	Halibut	Oyster mushrooms	Sage
Anchovies	Chervil	Hare	Oysters	Salmon
Angler, monkfish	Chestnuts	Herring	Papaya	Sardines
Aniseed	Chicken	Honey	Paprika, spice	Savoy cabbage
Apples	Chickpeas	Honeydew melon	Parsley	Scallops
Apricots	Chicory	Horseradish	Parsnips	Sea bass
Arrowroot	Chili Cayenne	Iceberg lettuce	Peaches	Sea buckthorn
Artichokes	Chili Habanero	Jerusalem artichoke	Peanuts	Sesame
Asparagus	Chili Jalapeno	Juniper berries	Pears	Shark
Aubergines	Chives	Kiwis	Peas	Shiitake
Avocados	Cinnamon	Kohlrabi	Pectin (E440)	Shrimps / prawns
Bamboo shoots	Cloves	Lamb	Pepper, black	Sole
Bananas	Cocoa beans	Lamb's lettuce	Pepper, white	Soyabeans
Basa fish (panga)	Coconut	Lavender	Peppermint	Spinach
Bay boletus	Cod	Leeks	Perch	Spirulina
Bay leaves	Coffee	Lemon balm	Pine nuts	Strawberries
Beef	Coriander	Lemons	Pineapple	Sunflower seeds
Beetroot	Courgettes	Lentils	Pistachios	Sweet peppers
Black-/ redcurrants	Cranberries	Limes	Plaice	Sweet potatoes
Blackberries	Cucumber	Lingonberries	Plums	Swordfish
Blue mussels	Cumin	Linseed	Pollock	Tannin
Blueberries	Curcumin (E100)	Lobster	Pomegranates	Tapioca
Bok choy	Curly kale	Lollo rosso	Poppy seed	Tea, black
Bream	Dandelion	Lovage	Pork	Tea, green
Broad beans	Dates	Lupins	Potatoes	Teff
Broccoli	Deer	Lychees	Prickly pears	Thyme
Brussel sprouts	Dill	Mackerel	Pumpkin	Tomatoes
Buckwheat	Duck	Maize, sweet corn	Pumpkin seed	Tragacanth* (E413)
Butterhead lettuce	Eel	Mandarins	Quail	Trout
Button mushrooms	Endives	Mangos	Quail eggs	Tunafish
Camomile	Fennel	Maple syrup	Quince	Turkey
Candied lemon peel	Figs	Mare's milk	Quinoa	Turnips
Cane sugar	Fonio	Marjoram	Rabbit	Veal
Capers	Garden cress	Millet	Radicchio	Vine leaves
Caraway	Garlic	Mirabelle	Radishes red, white	Walnuts
Cardamom	Ginger	Moluchia	Raspberries	Watermelon
Carob	Goat's meat	Mung beans	Red cabbage	White cabbage
Carp	Goose	Mustard seed	Red snapper	Wild boar
Carrageen (E407)	Goose eggs	Nectarines	Rhubarb	Wild garlic
Carrots	Gooseberries	Nettles	Rice	Winter savoury
Cassava root	Grapefruit	Nutmeg	Rocket	Xanthan gum
Cauliflower	Grapes / Raisins	Okra, lady's finger	Roe deer	Zander