GREENLIST (As much as you like)

Meat

Beef

Goat

Lamb

Mutton

Pork

Poultry

Chicken

Duck

Goose

Ostrich

Squab

Naturally cured meat and sausages

Anchovy

Bacon

Biltong

Cabanossi

Chorizo

Coppa

Droewors

Pancetta

Parma Ham

Pastrami

Pepperoni

Prosciutto

Salami

Salt cod

Sausage

Serano Ham

Speck

Seafood (except swordfish and tilefish)

Anchovy

Bass

Bream

Calamari

Catfish

Clams

Cod

Crab

Crayfish

Haddock

Hake

Herring

Kabeljou

Kingklip

Lobster

Lumpfish

Mackerel

Mussel

Oyster

Prawns

Salmon

Sardine

Scallop

Shrimp

Snoek

Sole

Squid

Trout

Tuna

Yellowtail

Offal

Beef Cheeks

Bone Marrow

Cow heart

Duck Tongue

Livers

Pig Ear

Pig's Snout

Pork Trotter

Tripe

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Offal

Beef Tongue

Calf's brain

Duck Heart

Lamb Face

Oxtail

Pig Lung

Pig Tails

Sweetbreads

Kidneys

Game

Bison

Quail

Pheasant

Rabbit

Turkey

Venison

Wild Duck

Eggs

Boiled

Fried

Poached

Scrambled

Broths

Beef/Bone Broth

Chicken Broth

Dairy

Butter

Cream (full fat)

Cheddar

Mozzarella

Cheese (full fat, unprocessed)

Provolone

Swiss

Yogurt (full fat, plain)

Gouda

Goat's cheese

Parmesan

Fats and Oils

Duck Fat

Lard

Avocado oil

MCT oil

Macadamia oil

Ghee

Full Fat Mayonnaise

Coconut oil

Olive oil

Sweeteners

Erythritol Granules

Stevia Powder

Xylitol Granules

Flours, Nuts and Seeds

Almonds

Flaxseeds

Pecan nuts

Sunflower seeds

Pine Nuts

Almond Flour

Coconut Flour

Brazil Nuts

Hazelnuts

Walnuts

Flaxmeal

Hazelnut Flour

Coconut

Macadamia Nuts

Pumpkin seeds

Sesame seeds

Pecan Flour

Macadamia Flour

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Vegetables

Artichoke

Asparagus

Aubergine

Avocado

Bell Peppers

Bok Choy

Broccoli

Brussel Sprouts

Cabbage

Cauliflower

Celery

Collard Greens

Courgettes

Cucumber

Gem Squash

Green Beans

Kale

Leeks

Lettuce

Mushroom

Mustard Greens

Olives

Onions

Pumpkin

Radishes

Rapini

Rhubarb

Sauerkraut

Spinach

Spring Onion

Summer Squash

Swiss Chard

Tomato

Turnip Greens

Watercress

Flavourings

Anise

Basil

Bay leaf

Caper

Cardamom

Cayenne Pepper

Chamomile

Chicory

Chilli

Chives

Cilantro

Cinnamon

Clove

Coriander

Cumin

Curry Leaf

Dill

Fennel

Garlic

Ginger

Jasmine

Kaffir Lime

Lavender

Lemon

Lime

Lemongrass

Mint

Mustard Seed

Nutmeg

Oregano

Paprika

Parsley

Pepper

Rosemary

Safflower

Saffron

Sage

Salt

Sumac

Tarragon

Thyme

Turmeric

Vanilla

Beverages

Coffee

Dry wine

Tea

Water

Absinthe

Brandy

Gin

Rum

Tequila

Vodka

Spirits

Whiskey

Condiments

Fish Sauce

Mayonnaise

Pesto

Vinegar

Pickles

Sambal

Guacamole

Salsa

Tartar

Tzatziki

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