

# ORGANIC FOOD SHOPPING LIST

## GLUTEN-FREE, DAIRY-FREE, YEAST-FREE LOW-SUGAR FOOD THAT I BUY

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<b>FRUITS</b>		Organic apples, unwaxed organic lemons Frozen organic blueberries, frozen organic raspberries, frozen organic bananas, and frozen organic cherries - from 'PACK'D (Ocado)
<b>VEGETABLES</b>		<u>Non-organic</u> : avocados, asparagus, broccoli, onions, padrons sweet potatoes. <u>Organic</u> : lettuce, celery, courgettes, tomatoes, cucumber, peppers, fennel, potatoes, carrots, spinach, cauliflower.
<b>MEAT</b>		Organic venison mince, organic or grass-fed beef, organic turkey breasts, organic lamb, organic chicken (Able & Cole or Coombe Farm)
<b>SEAFOOD</b>		Organic salmon (Mowi, Leap, or Russell's) Skipjack Tuna (Picard frozen) Haddock, Mackerel (Able & Cole) Tinned tuna (Fish 4 Ever or Rio Mare)
<b>PASTA BREAD RICE</b>		Organic gluten-free brown rice penne pasta (Rizopia), Organic sprouted rice (Gaba) organic rice cakes (Kallo) BeFree gluten-free pitta, gluten-free loaf (Good Grain Bakery)
<b>GRAINS PULSES LEGUMES</b>		Organic quinoa (Andean Sol) organic red lentils (Waitrose) organic steel-cut oats, organic kidney beans (Ocado) organic chickpeas, organic baked beans (Mr Organic)
<b>CEREAL</b>		GF Protein Pancakes - Supergood Keto granola (Raw Gorilla or Paleo Foods) Gluten-free muesli (Rollagranola) Organic gluten-free oats (Semper)
<b>FROZEN FOODS</b>		Organic peas, cauliflower, organic ratatouille (Picard) garlic, ginger, parsley, coriander, jalapenos, (M&S or Waitrose frozen). GF DF ice cream by Lickalix, or Booja Booja. Desserts by Kirstys, or The Gluten-free Kitchen.
<b>SAUCES</b>		Arrabiata pasta sauce (Mr Organic) Smokey Red Pepper & Garlic Pesto (Tideford Organics) Non-organic Curry sauce (Punjaban) Organic Bone Broth (Boosh and Daylesford Organic) Passata (Mr Organic)
<b>CONDIMENTS</b>		Avocado mayonnaise (Hunter & Gather) GF Worcester sauce (Biona), Ketchup (Mr Organic) Soy Sauce (Kikkoman), Organic Stock cubes (Kallo)
<b>BEVERAGES</b>		Organic Almond Milk - PLENISH, Organic everyday tea (Clipper), Organic Chai tea (DragonFly), Organic Lion's mane with matcha and cinnamon - Mushrooms for Life. Sugar-free, aspartame-free tonic water (Skinny Tonic - from Amazon).

**Disclaimer:** The content provided in this food shopping list is for educational purposes only and should not be considered medical or nutritional advice. The creator is not a healthcare professional. Always consult your physician or a qualified health provider regarding dietary changes or health concerns. Information about specific products is based on personal research and may not be suitable for everyone. Please note that product ingredients can change, so always check food labels before consuming. Use the information in this list at your own risk.