

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		
Fruits	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)	Avoid cured or processed meats (e.g. bacon, ham, salami, sausages, etc.) except as used in limited amounts in Shake It recipes (e.g. bacon)	
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, battered 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 including: 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 chili, tomato and BBQ sauce	
Herbs and Spices	All herbs and spices including: 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™, stevia	Sugar, fructose, honey, fruit concentrates, xylitol and all other artificial sweeteners, such as sucralose and aspartame (951)	

Other Items:

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## Shopping Tips:

-  Never shop when you are hungry;
-  Plan your meals for the week, make a shopping list and stick to the ingredients you have written down;
-  Read labels closely, particularly if you are looking for Ketogenic options – check for ‘hidden’ sugars by looking at the carbohydrate content (as sugar may not be obvious from the ingredient list);
-  Purchase fresh, local produce (organic if you can) – produce markets are often cheaper for organics, and typically sell fresher food that hasn’t travelled or been stored for long periods of time;
-  Shop on the ‘outside’ aisles of supermarkets – this is where the fresh foods and staples are often kept.