

Food list (grocery Shopping List)

Starches and legumes (carbohydrates)

Arrow Roots	Rice	Irish Potatoes
Corn (Maize)	Chapatti	Maize meal
Porridge (whole meal)	Dried Beans (all)	Cereals
Bread	Sweet Potatoes	Pastas
Cooked Bananas	Cassava	Oats

Vegetables

Beetroot	Cabbages	Turnips
Celery	Cucumber	African Night Shade
Green Pepper	Mushrooms	Sugar Snaps
Broccoli	Capsicum	Radishes
Chives	French Beans	Sun hemp
Leeks	Spinach	Okra
Brussel Sprouts	Carrots	Jute plant
Courgette	Green Peas	Kales
Lettuce	Sukuma Wiki (Kales)	
	Tomatoes	

Fruits (Carbohydrates)

Apples	Guavas	Cherries
Grapes	Plums	Mangoes
Paw paw	Loquats	Pineapple
Apricots	Sweet melon	Dates
Grapefruit	Small fruits	Passion fruit watermelon
Pears	Berries	Sultanas
Bananas	Oranges	

Dairy and Milk products (Carbohydrates)

Cheese (all types)	Natural yoghurt	Fermented milk
Fresh whole milk	Soya milk	Almond milk
Cashew milk	coconut milk	Rice milk

Animal and Plant Based Proteins

Fish (various types of fish, dried and fresh)

Meat (Various types of meat, beef, lamb, pork, veal)

Poultry (Sources such as chickens, turkeys, and quails and other birds).

Eggs (Various types of eggs)

Nuts and seeds (Almonds, Peanuts, Cashews, Walnuts, Pistachios, Hazelnuts, Brazil Nuts, and nut butters (e.g., peanut butter, almond butter)

Legumes (Lentils (red, green, brown), chickpeas, black beans, kidney beans, pinto beans, navy beans, mung beans, adzuki beans, green peas, split peas, and soybeans)

Wholegrains (Quinoa, Amaranth, Buckwheat, Brown rice, Oats, Barley, Millet, Whole wheat)

Seeds & Seed Butters (Chia seeds, Hemp seeds, flaxseeds, Pumpkin seeds Sunflower seeds, Sesame seeds, and sesame seed butter)

Soy-Based Products (Tofu, Tempeh, Soy milk, Soy Yogurt, Textured vegetable protein, Soy protein isolate)

Vegetables (modest protein) (Spinach, broccoli, Brussels sprouts, kale, asparagus, Artichokes, and Sweet corn)

Others (wheat gluten, Spirulina, and Nutritional yeast)

Fats, Oils

Avocado	Sunflower	Coconut
Butter	Palm Oil	Olives
Margarine	Ghee	Canola

Spices (There are more spices in the World than what we have here)

Garlic	Coriander	Bay leaves
Natural dried spices	Turmeric	Cardamom
Coriander	Lemon	Cayenne pepper
Chili	Onions	Cinnamon
Ginger	Celery	Coriander
Leeks	Black Pepper	Cloves
	Basil	Cumin