

Elite Health Clean Pantry



What to Avoid

Alcohol, tea, coffee, caffeine, sugar (biscuits, cakes, chocolate etc), no processed foods (crisps, ready-meals, takeaways), no gluten, wheat, grains (bread, cereal, pasta, rice, white potatoes), dairy (no cow, goat or sheep milk, cheese, or yoghurt).

Foundation Vegetables

Asparagus, Aubergine, Bamboo shoots, Sprouts, Beet greens, Bok-Choy, Broccoli, Brussel sprout, Cabbage, Carrots, Cauliflower, Celery, Courgettes, Chives, Cucumber, Green Beans, Kale, Leeks, Lettuce all, Mange-tout, Marrow, Mushrooms, Mustard greens, Olives, Peppers, Pea shoots, Radishes, Sea vegetable, Spinach, Swiss Chard, Spring Onions, Spirulina, Wild Garlic leaves, Wild Nettles,

Ideally fresh vegetables, otherwise frozen vegetables are fine.

Proteins

- Animal Proteins - Poultry, Fish, Grass fed eggs
- Plant Proteins - Quinoa, Spirulina powder or capsules, Black beans, Broad beans, Bortelli beans, Butter beans, Cannelloni beans, Chick Peas (Humous), Edamame Beans, Green Peas, Kidney Beans, Lentils, Mung beans, Organic Pea or Soy protein powder, Nuts soaked in water for few hours to activate them.

Clean Carbohydrates

- Gluten free grains - Quinoa, Millet, Buckwheat (penne pasta Sainsburys), Amaranth
- Flours - Almond, Coconut, Flaxseed, Buckwheat, Cassava, Chickpea and any other pulse flour.
- Colourful root vegetables - Squash, Yams, Turnip, Celeriac, Butternut squash, & Pumpkin

Healthy Fats

Organic oils & Cold Pressed Virgin olive oil , Nut oils, Coconut oil, Ghee, Nut Butters, Avocado oil, seeds and seed oils

Best cooking Fats,

Avocado oil, Ghee, Coconut oil, Sesame oil, Organic Animal Lard, Vegetarian Lard.

Low & Medium Sugar Fruits

- Low Sugar Fruits - All berries, Avocado, Cherries, Green Apples, Grapefruit, Lemon, Limes, Pears and Tomatoes.
- Medium Sugar Fruits - Apricots, Nectarines, Peaches and Plums (lovely stewed with star anise and some coconut yogurt)

Other Super Foods to include

All fresh & dried herbs/spices, Apple cider vinegar, Ground Flaxseeds, Coconut water, milk, cream, oil and flesh, Organic NUT MILKS, Herbal teas, Green tea (leave bag in water for 10 secs only), Liquid Chlorophyll (NSP), Phytolife (synergy), E9 (Synergy) - if you a struggling with energy, Mistify (Synergy), Zambroza (NSP), Water, Coco Nibs, Chia seeds, Goji Berries, Acai Berries , Tahini, Soy Sauce (organic wheat/gluten free), Sauerkraut, Himalayan/Celtic Salt, Maca Powder, Mustard, Turmeric, Ginger, Onions (red & white), Garlic.