

# SHOPPING LIST FOR YEAST CONTROL DIET

<p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Artichoke</li> <li><input type="checkbox"/> Asparagus</li> <li><input type="checkbox"/> Avocado</li> <li><input type="checkbox"/> Bamboo shoots</li> <li><input type="checkbox"/> Beet tops</li> <li><input type="checkbox"/> Bok choy</li> <li><input type="checkbox"/> Broccoli</li> <li><input type="checkbox"/> Brussels sprouts</li> <li><input type="checkbox"/> Cabbage – all types</li> <li><input type="checkbox"/> Capsicums</li> <li><input type="checkbox"/> Celery</li> <li><input type="checkbox"/> Chives</li> <li><input type="checkbox"/> Coriander</li> <li><input type="checkbox"/> Cucumber</li> <li><input type="checkbox"/> Dandelion greens</li> <li><input type="checkbox"/> Eggplant</li> <li><input type="checkbox"/> Endive</li> <li><input type="checkbox"/> Garlic</li> <li><input type="checkbox"/> Green beans</li> <li><input type="checkbox"/> Kale</li> <li><input type="checkbox"/> Leeks</li> <li><input type="checkbox"/> Lettuce</li> <li><input type="checkbox"/> Okra</li> <li><input type="checkbox"/> Onions</li> <li><input type="checkbox"/> Parsley</li> <li><input type="checkbox"/> Radish</li> <li><input type="checkbox"/> Sea vegetables – seaweed, kelp, nori, dulse, hiziki</li> <li><input type="checkbox"/> Peas</li> <li><input type="checkbox"/> Spinach</li> <li><input type="checkbox"/> Sprouts</li> <li><input type="checkbox"/> Tomatoes</li> <li><input type="checkbox"/> Watercress</li> <li><input type="checkbox"/> Zucchini</li> </ul>	<p><b>Meats</b></p> <p>Organic, wild where possible</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Chicken, turkey, duck</li> <li><input type="checkbox"/> Fresh ocean fish               <ul style="list-style-type: none"> <li>- Salmon, cod, tuna, etc</li> </ul> </li> <li><input type="checkbox"/> Shellfish</li> <li><input type="checkbox"/> Water packed canned tuna and salmon</li> <li><input type="checkbox"/> Lamb</li> <li><input type="checkbox"/> Wild game</li> <li><input type="checkbox"/> Kangaroo</li> <li><input type="checkbox"/> Lean beef or pork</li> <li><input type="checkbox"/> Eggs</li> </ul> <p><b>Meat substitutes</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Tofu – regular or silken</li> <li><input type="checkbox"/> Tempeh</li> <li><input type="checkbox"/> Textured Vegetable Protein</li> </ul> <p><b>Beans – 1 cup maximum / day</b></p> <p>Dried or canned without added sugar</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Beans</li> <li><input type="checkbox"/> Lentils</li> <li><input type="checkbox"/> Split peas</li> </ul> <p><b>Oils – cold pressed</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Olive</li> <li><input type="checkbox"/> Almond</li> <li><input type="checkbox"/> Flaxseed</li> <li><input type="checkbox"/> Walnut</li> <li><input type="checkbox"/> Macadamia</li> <li><input type="checkbox"/> Sesame</li> <li><input type="checkbox"/> Coconut</li> </ul>	<p><b>Dairy and substitutes</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Unsweetened cow or goat yoghurt</li> <li><input type="checkbox"/> Unsweetened soy milk</li> <li><input type="checkbox"/> Coconut milk</li> <li><input type="checkbox"/> Fresh unaged goat cheese</li> </ul> <p><b>Nuts and seeds</b></p> <p>Can be used as butters or spreads</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Almonds</li> <li><input type="checkbox"/> Cashews</li> <li><input type="checkbox"/> Flaxseeds</li> <li><input type="checkbox"/> Hazelnuts</li> <li><input type="checkbox"/> Pecan</li> <li><input type="checkbox"/> Poppy seeds</li> <li><input type="checkbox"/> Pumpkin seeds</li> <li><input type="checkbox"/> Sesame seeds</li> <li><input type="checkbox"/> Sunflower seeds</li> <li><input type="checkbox"/> Walnuts</li> </ul> <p><b>Vinegars / vinegar replacements</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Lemon or lime juice</li> <li><input type="checkbox"/> Raw unfiltered apple cider vinegar</li> <li><input type="checkbox"/> Balsamic vinegar</li> </ul> <p><b>Beverages</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Herbal tea</li> <li><input type="checkbox"/> Roobios tea</li> <li><input type="checkbox"/> Spring water</li> <li><input type="checkbox"/> Distilled water</li> </ul> <p><b>Miscellaneous</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> All spices</li> <li><input type="checkbox"/> Garlic</li> <li><input type="checkbox"/> Hummus</li> <li><input type="checkbox"/> Stevia</li> </ul>
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