

APPROVED FOODS LIST



VEGETABLES

Artichokes
Asparagus
Aubergine (Egg Plant)
Beans
Beetroot
Bok Choy
Broccoli
Capsicum
Carrots
Cauliflower
Celery
Cucumber
Fresh Herbs
Garlic
Leek
Lettuce
Mushrooms
Onion
Parsnip
Peas
Potatoes
Pumpkin
Radish
Rocket
Spinach
Sprouts
Squash
Sweet Potato
Turnip
Watercress
Zucchini

FRUITS

Apple
Apricot
Avocado
Banana
Berries (all)
Cherries
Dates
Figs
Grapefruit
Grapes
Kiwi Fruit
Lemon
Lime
Mango
Peach
Pear
Pineapple
Pomegranate
Rockmelon
Tomato
Watermelon
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FATS & OILS

Avocado
Coconut
Flax
Hemp
Olive
Primrose
Sesame

DRINKS

Alkaline Water
Almond Milk
Chia Milk
Coconut Milk & Cream
Herbal Tea
Lemon Water
Living Lean Drink
Soy Milk (non-sweetened)
Vegetable Juice (fresh)
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SEEDS, NUTS & GRAINS

Almonds
Buckwheat
Cumin
Flax
Lentils
Macadamia
Pine
Pumpkin
Quinoa
Spelt
Sesame
Sprouted seeds
Sunflower

OTHERS

Apple Cider
Vinegar
Balsamic
Vinegar
Bee Pollen
Cacao
Hummus
Maple Syrup
Miso Paste
Sprouted Bread
Stevia (sweetener)
Tahini
Tofu
Vegetable stock
Smooze Ice blocks
100% Organic Baby food
pouches

livinglean