

Veggies n' things 🍄

- Butternut squash
- Cauliflower
- Broccoli
- Sweet potato
- Yucca/mooli/cassava
- Daikon radishes
- Cucumbers
- Zucchini/ courgette
- Green and purple cabbage
- Onions, all colours
- Shallots
- Jerusalem artichokes
- Artichokes
- Asparagus
- Fennel
- Beetroot
- Mushrooms*
- Brussels sprouts
- Red bell pepper*
- Leeks
- Carrots

Seeds 🌱

- Flax
- Chia
- Sesame*(very few)
- Sunflower*(very few)
- Nigella Sativa

Leafy greens 🌿

- Kale
- Chard
- Arugula/rocket
- Lamb's lettuce
- Romaine
- Mustard greens
- Collared greens
- Watercress
- Chicory
- Bok choy
- Dandelion greens

Fresh herbs & Seasoning 🌿

- Coriander
- Parsley
- Rosemary
- Sage
- Thyme
- Mint
- Basil, All Varieties
- Nigella sativa
- Oregano
- Saffron
- Cayenne*
- Tahini*

Beans/legumes

- Chickpeas
- White beans
- Red beans
- Black beans
- Lentils, all colours and varieties*
- Green Peas

Fresh Roots

- Ginger
- Turmeric
- Galangal
- Horseradish

Fruits

- Cherries*
- Blueberries*
- Mango
- Pomegranate
- Apples
- Coconut
- Grapes*
- Passionfruit
- Mangosteen

Animal Proteins

- Salmon
- Duck
- Duck eggs
(some who don't tolerate chicken may do fine with these)
- Tuna
- Eggs (I use these for baking sometimes)
- Organic beef (once in a while)
- Lamb

Oils

- Olive oil
- Coconut oil
- Sesame oil

For drizzling, not cooking.

- Nigella seed oil
- Flax seed oil
- Pumpkin seed oil
- Argan oil

Flours

- Chickpea
- Lentil
- Sorghum
- Tapioca Starch
- Arrowroot Starch
- Kudzu Starch
- Rice (preferably sweet rice)
- Coconut
- Buckwheat*
- GF oat
- Tigernut

Nuts

- Pistachios
- Almonds
- Pecans*

***On some lists as high histamine but I have found research indicating they have antihistamine or anti-inflammatory properties.**