

List subject to change

GREEN VEGETABLES/ Zielone warzywa

Asparagus
Beans
Bockchoy
Brussell Sprouts
Cabbage
Celery
Dandelion
Leeks
Lettuce
Okra
Olives
Red radish
Rocket
Shallots
Snow Peas
Sugar snap peas

OTHER VEGETABLES/ inne warzywa

Avocado
Baked Beans All
Beetroot
Broccoli
Capsicum
Carrot
Cauliflower
Cucumber
Eggplant
Fennel
Mushroom all
Onion
Parsnip
Peas
Potato
Pumpkin
Spinach
Sweet Potato
Tomato
Turnip
Zucchini
.Yam
Tapioca
Daikon

MEAT/Mięsa

Bacon
Beef
Chicken
Duck
Ham

MEAT/Meisa Cont

Lamb
Pork
Turkey
Rabbi
Wild boar

SEEDS/ Pestki

Chia
Linseed/oil
Pumpkin
Sesame
Sunflower

FRUITS

Apples
Apricot
Banana
Cherries
Custard apple
Dates
Fig
Grapefruit
Grapes
Kiwifruit
Lemon
Limes
Lychee
Mandarine
Mango
Mangosteen
Nectarine
Oranges
Passionfruit
Papaya
Peaches
Pears
Pineapple
Plums
Rambutan
Soursop
Watermelon
Durians
Bamboo cane
Pomegranates
Cantaloupe
Raspberry
Blueberries
Blackberries
Physalis
Pomelo
Barberries
Tamarind

Amla (Indian
gooseberry)

DRIED FRUITS / suszone owoce

Cranberry
Prunes
Raisins

OILS (FATS)/ Tłuszcze

Avocado oil
Coconut oil
Ghee
Grape Seed Oil
Macadamia oil
Olive Oil
Rice Bran Oil
Sesame oil
Sunflower
Palm shortening

SEAFOOD/ Owoce morza

Calamari
Fish (white)
Salmon
Sardine in oil
Shellfish (All)
Tuna
Nori

BERRIES (FRESH &FROZEN)/ Jagody (świeże i mrożone)

Blackberry
Blueberry
Goji berries
Raspberry
Strawberry

SPROUTS/ Kiełki

Alfalfa sprouts
Mung Beans
Snow pea sprouts

NUTS/ Orzechy

Almonds(+meal)
Brazil
Cashews
Hazelnuts
Macadamia

NUTS/ Orzechy Cont

Pecans
Pine Nuts
Pistachio
Walnut
Peanuts

ALCOHOL/ Alkohol

Beer
Bourbon
Brandy
Gin
Rum
Tia Maria
Vodka/ Wodka
Whiskey/ Whisky
Wine white
Champagne/
Szampan
Wine Red

OTHER DRINKS/ Inne napoje

Coffee (all)
Cola (all)
Cranberry Juice
Drinking Choc
(Cadbury)
Drinking Choc
Nesquick
Fanta (Orange)
Kombucha
Milk Kefir
Milo
Rooibos Tea
Soda Water
Sprite-Lemonade
Tea (black)
Tonic water
Coconut water
Water kefir

HERBAL TEAS/ Herbaty ziołowy

Chamomile Tea
Dandelion Tea
Green Tea
Olive Leaf Tea
Peppermint Tea
Tulsi tea
White tea
Esiac tea
Fenugreek tea
Hibiscus
Stinging nettle tea

BISCUITS/ Ciasteczki

Oreo
Belvita

HERBS/dried & fresh/ zioła (świeże i suszone)

Basil
Chives
Coriander
Mint
Oregano
Parsley
Purslane
Rosemary
Saffron
Sage
Tarragon
Thyme
Lamb's lettuce

SAUCES/ Sosy

B.B.Q
B.B.Q. Master Foods
Fish sauce
Hoi Sin
Horseradish
Mayonnaise Kraft
Oyster sauce
Soy sauce (ALL)
Tomato HEINZ
Worcestershire
sauce
Horseradish paste

DRIED VEGETABLES

Black eyed beans
ChickPeas
Coconut
Fava beans
Kidney beans
Lentils
Split Peas
Black beans
Bean Adzuki
Bean Broad
Bean Cannellini
Bean Kidney
Bean Lima
Red Lentils
Brown lentils

STOCK

Beef Stock (Magi)
Beef Stock (Knorr)
Chicken Stock (Magi)
Chicken Stock
(Knorr)
Miso

SUGARS/ Sweetener

Agave
Blackstrap molasses
Carob molasses
Coconut sugar
Date syrup
Grape Molasses
Honey
Manuka Honey
Maple Syrup
Palm Sugar
Pomegranate
molasses
Stevia
Sugar Brown
Sugar Raw
Sugar White
Xylitol
Rapadura Sugar

MILK (others) / Mleko (innech)

Camel Milk
Coconut milk
Oat milk
Rice milk
Soy Milk
Almond milk
Cashew milk
Hazelnut milk

FLOURS/GRAINS

Basmati rice
Cornflour wheat free
Jasmine Rice
Pasta (Durham wheat)
Rice Brown (ALL)
Rice noodles
Short grain rice
White
Wholemeal Flour

FLOURS/GRAINS Cont

Mung bean noodles
Quinoa flour
Potato starch
Shortgrain rice
Barley Grain
Flour Brown rice
Flour Buckwheat
Oat flour
Millet flour
Flour Coconut
Flour Amaranth
Flour Arrowroot
Flour Tapioca
Flour White rice
Hazelnut Meal
Flour Maize
Millet Grain
Flour Rye
Flour Soy
Flour Spelt
Potato Flour
Cous Cous
Wild Rice

HERB-SPICECONDIMENT

Baking Powder
Bay Leaf
Bi Carb Soda
Carob
Raw Cacao
Cajun Spices
Chilli
Cinnamon
Cloves
Cream of Tartar
Cumin
Curry Powder
Dill
Fennel Seeds
Garam Masala
Garlic
Gelatine
Ginger
Guar Gum
Mustard
Nutmeg
Paprika
Pepper black & white
Pepper Cayenne
Salt (refined table
Salt Celtic sea salt
Salt Himalayan
Salt Rock Salt
Tarragon
Thyme
Turmeric

HERB-SPICECONDIMENT Cont

Vanilla (pure)/
Wanila
Vinegar (all types)/
Ocet
Vinegar Apple Cider/
Ocet jabłkowy cydr
Xanthan gum/ Guma
ksantanowa
Baking Soda/
proszek do pieczenia
Sauerkraut/ kapusta
kiszona
Ketchup Heinz
Kimchi
Vegetable stock
(knorr)
Vegetable stock
(Maggi)
Tamari
Mayonnaise
Hellmann's
Coconut amino

SOY PRODUCTS

Tofu/ Tofu
Tempeh/ Tempeh

SPREADS

Nutella/Nutella
Vegemite/Wegamite

BREAKFAST CEREALS

Kellog's Honey and nuts
Kellogs's corn flakes
Nature's Path (Corn Flakes)
Nature's Path (Oaty Bites)
Nestle (Cheerios)
Nestle (Fitness)
Nestle (Nesquik)

DAIRY

Butter
Cows Cheese
Cows Yoghurt
Cream
Eggs
Organic eggs
Free range eggs
Fetta Cheese (goat
Goats Cheese
Goats Milk
Icecream soy
Margarine (all)
Milk A2
Milk Full Cream
Milk Skim
Sheep Cheese
Sheep Yoghurt
Lactose free milk
Mozzarella
Kashkawal (sheep)

Supermarket BREADS

White & Wholemeal
Fermented bread
Kupiec rice thins
Bio Avena org corn
thins

CHOCOLATE / SWEETS

Chocolate (Lindt)
Chocolate (Cadbury)
Cookies (Delicje
Oreo
Kinder
Snickers
Chocolate (E.Wedel
Chocolate (Milka
Ptasie Mleczko
(E.Wedel)
Cocoa (Cadbury)
Liquorice
Maltesers
Jelly beans
Marshmallow
Chupa chups
lollipops
Toblerone
Toffee

GLUTEN FREE

Baviten gluten-free
mix for bread
Incola gluten-free
bread
Arroza gluten-free
rice thins
Schar Fette
Croccanti
Schar lasagne

Supermarket CEREALS

Oats
Nestle (all)
Barley flakes (Bio
Planet
Lubella (All)
Oat meal
Jordans (Country
Crisp)
Kellogg's corn flakes
Vita Brits
Weet Bix
Quinoa Flakes

LAUNDRY Products

Arial
Bleach
Vizir
Burti
Biały Jelen
Sodasan
Silan sensitive
Jelp
Sodasan color
Lovela
Bryza
Rex
Soap nuts (natural)
Perwoll
Persil
Earth choice laundry
liquid
Ecover fabric
conditioner

DEODORANTS

Axe
Crystal Stick
Addidas
Seba Med
Secret
Nivea
Alva
Biopha
Crystal
Nike
FA
Dove
Rexona Sport
Sebamed aluminumfree

SUNSCREEN

Banana Boat
Avene
La Roche
Nivea Kids
DAX
Lirene
Ziajka
Skarb Matki
Badgers
Kiss my face
Lancaster

BATHROOM CHEMICALS

Lux Body Wash
Palmolive Shower
Milk
Shampoo Baby
(Johnsons)
Shampoo Head &
Shoulders
Shampoo Pantene
Shampoo Wella
Balsam
Carine De Farme
shampoo
Lavera shampoo
Bobini shampoo
Ziajka
Fructis shampoo

BATHROOM CHEMICALS Cont

Manava Bio
Shaving Foam
Gillette
Shaving Gel Nivea
Soap Dove
Weleda shampoo
Clean & clear
shampoo
L'Oreal
Avalon shampoo
Aubrey Organics
baby&kids shampoo
Acure Organics
shampoo
Jason Natural
Desert Essence
Weleda calendula
baby shampoo

KITCHEN/Cleaning

Products
Ajax
Finnish Powerball
Ludwik dish soap
Somat dishwasher
soap
Bref
Frosch
Sodasan
Sidelus do mycza
drewna
Cif
Domestos
Insect Spray
Jif
Palmolive Dish
Liquid
Ecover dish liquid
Harpic (toilet)

TOOTHPASTE

Aqua Fresh
Colgate (all types)
Sensodyne
Blend-a-med
Lavera
Aquafresh milk teeth
Oral-B
Signal
Bident

TOOTHPASTE Cont

Proszkliwo
NOW Xyli-white
toothpaste gel
Weleda children
toothpaste
Jason Natural
Tom's of Maine
children fluoride free
Earth's best children
toothpaste
Weleda calendula
toothpaste

HAIR/FIBERS

Cotton
Mixed Feathers
Polyester
Wool

METALS

Aluminium
Copper
Gold
Mercury
Nickel
Silver

COMMON SUPPLEMENTS

Aloe Vera
Amla/ amla
Ascorbic acid
Withania
Astragalus
Barley Green
Cat's Claw
Chlorella
Echinacea
Fish oil Capsules
Cod liver oil Nordic
Gotu Kola
Turmeric
Milk Thistle
Ginkgo biloba
Goldenseal
Licorice roots
Lugol
Marshmallow root
Nordic Fish Oils
Oil of oregano

COMMON SUPPLEMENTS Cont

Maca root
Olive Leaf extract
Resveratrol
Rehmannia
Rhodiola
Rose Hip Oil
Slippery elm
Spirulina
Sun Worrier protein
powder
Wheat grass
Propolis
bee pollen
Nutritional yeast
DIM
Moringa
Krill oil
NAC (N-acetylcysteine)
L. Carnitine
Bentonite clay Great
Plains
Hawthorne
Gotu Kula
Kelp
Centrum
multivitamins
Psyllium husk

CREAMS AND OINTMENTS

Arnica
Calendula
Comfrey
Vaseline
Nivea
Jergens
Thuja
Black salve

PETRO CHEMICALS

Cigarette Smoke
Diesel
Engine oil
Kerosene
Methylated Spirits
Petrol
Shisha

CHEMIST PRODUCTS

Advil
APAP
Voltaren
Cholinex
Tantum Verde
Orofar
Nurofen
Paracetamol
(Panadol)
Zertec
Rutinoscorbin
Actifed cough & cold
Claritine
Phenergan
Gripex