

Pure Health's Fridge Essentials

Here are Pure Health's gluten-free,
low sugar fridge essentials!

PROTEIN SOURCES

- Chicken
- Grass fed beef
- Grass fed lamb
- Fish and seafood
- Eggs

DAIRY & MILK

- Coconut milk
- Almond milk
- Oat milk
- Coconut yoghurt
- Natural or green yoghurt
(no added sugar)
- Greek yoghurt
- Goats cheese
- Organic butter

STARCHY VEGETABLES

- Pumpkin (low carb)
- Beetroot (low carb)
- Parsnip (low carb)
- Sweet potato
- Peas
- Corn
- White potato

NON-STARCHY VEGETABLES

- Asparagus
- Celery
- Cucumber
- Carrots
- Dark leafy greens
(Spinach, silverbeet,
bok choy, kale)
- Lettuce
- Rocket
- Mushrooms
- Onion
- Garlic
- Leek
- Radish
- Capsicum
- Tomatoes
- Green beans
- Eggplant
- Seaweed
- Brassica veggies
(brussel sprouts,
broccoli, cauliflower,
cabbage, kale)

LOW GI FRUITS

- Green apples
- Berries (strawberries, blueberries,
raspberries)
- Figs
- Citrus fruits (lemons, oranges,
grapefruit)
- Papaya
- Kiwi fruit
- Passionfruit
- Stone fruit (nectarines, peaches)

HIGHER GI & HIGH FRUCTOSE FRUITS

- Banana
- Mango
- Grapes
- Watermelon
- Cherries
- Lychee