



*Additive Smart*

# LUNCHBOX

*the guide*



# Being Additive Smart

## LIVING CLEAN: 5 SIMPLE STEPS

1. Some companies have opted to remove the little nasties in many items.

Bakers Delight breads (currently all their bread but be careful with treat foods eg that have icing or fillings)

Many Woolworths Home Brand but still double check

Many Aldi products but still double check

2. Read the ingredients list! Don't just look at the sugar and fat content. The ingredients used make all the difference between healthy brands or those filled with unhealthy fats (trans fats) artificial additives or sweeteners.

3. Buy brands that use less ingredients. Sticking with fresh, minimally processed foods will reduce the amount of additives eaten.

4. Start small – realise it is a journey and you can not change everything over night. Take it one week at a time and aim to change 3 products in your pantry that week.

5. If you have an ultimate favourite food that you can't give up, don't stress, use it as a treat food rather than an everyday food.

There are recipes to suit those who are busy cooks or don't like to cook much, and recipes for those who want more nutrient-packed recipes. All recipes are nut free

# Sweet

## ZUCCHINI Bread



1½ cups of gluten-free SR flour

½ tsp salt

½ tsp bicarb soda

½ tsp baking powder

1 tsp ground cinnamon

½ cup raw sugar

½ cup brown sugar

215g grated zucchini approx. 2¼ cups IMPORTANT! 1¼ cups first then 1 cup later

2 eggs

¼ cup oil (grapeseed, sunflower, macadamia)

1 tsp pure vanilla extract

1. In a large bowl mix all the dry ingredients together with ONLY 1¼ cup the zucchini. Brown sugar can tend to clump together so make sure it's broken down.
2. In a blender, mix the rest of the zucchini with all the wet ingredients, eggs, oil and vanilla.
3. Make a well in the centre which you will put the blended mix into. Mix everything together well.
4. Pour into a lined loaf tin.
5. Bake at 180° C for 40-50 minutes, or until top is golden brown. (If you have a furnace oven like mine, it will only be 30 mins!) If a skewer or toothpick comes out clean when you prick it in the cake, it's all ready.

# Sweet



## DAIRY & EGG FREE CHOCOLATE CUSTARD

800mls dairy free milk  
30g raw cacao  
80g rapadura  
40g corn starch  
Pinch of salt



### Method:

1. Place cacao, rapadura (or raw sugar), corn starch and salt into a large heatproof jug and whisk together with 200mls of the milk until well combined and smooth
2. Heat the remaining dairy free milk in a pan until hot but not boiling
3. Pour the hot milk slowly into the jug with the other ingredients and whisk continuously
4. Return the mixture to the pan and cook on a low heat until it is the thickness you like (approx. 4 minutes)
5. Pour into pouches or containers and set in the fridge

## ANZAC BISCUITS

130g gluten free plain flour  
65g organic desiccated coconut  
100g rapadura (or sugar of choice to taste)  
100g rolled oats (or quinoa flakes for GF)  
125g coconut oil  
2 tbsps of honey  
1 tsp bi-carb soda  
2 tbsps boiling water



1. Pre-heat oven to 150°C
2. Mix together flour, coconut, rapadura and oats
3. Heat coconut oil and honey together
4. Mix together bi-carb soda and boiling water and add to coconut oil/honey mixture (it should fizz up)
5. Add the warm coconut oil mixture to the dry ingredients and mix together
6. Roll into balls, place on oven tray leaving lots of room for spreading and flatten slightly
7. Place into pre-warmed oven for approx. 12 minutes. Leave to cool on tray

# Sweet

## NUT FREE BLISS BALLS

Ingredients: •

- 100g preservative free desiccated coconut
- 50g sunflower seeds
- 8 medjool dates (deseeded)
- 1 tbsp raw organic cacao powder
- 1 tsp quality vanilla extract
- 2 tbsps quality full fat coconut cream
- Pinch of salt
- extra desiccated coconut to roll bliss balls in

Method:

1. Place all ingredients into food processor or Thermomix and process until smooth
  2. Roll into balls, coat in extra coconut if desired and place in the fridge to set
- Note: If your kids don't like coconut on the outside try rolling in Coles Organic Drinking Chocolate.



## CYNDI'S CHOC CHIP COOKIES

- 1 cup raw/ brown/rapadura sugar
- 1/2 cup butter
- 1 egg
- 2 tsp vanilla essence
- 1 tin organic chick peas, drained, rinsed and smashed
- 2 cups choc chips
- 3/4 cup chopped almonds (not for school)
- 2 cups organic plain flour
- 1/2 cup rolled oats
- 1 tsp baking powder
- 1/4 tsp sea salt



Preheat oven 180C

1. Throw everything except the choc chips into the food processor until all combined
2. Mix in the choc chips by hand.
3. Drop the dough by the teaspoon onto a greased baking tray (cookies do not spread) and press with fork to flatten slightly. Bake cookies for 8-10 mins until golden brown.

Tip: The mixture is firm enough that you could try shaping into logs like muesli bars. Recipe by Cyndi O'Meara

# Sweet



## CHIA HOTCAKES

2 cups wholemeal flour  
2 tsp baking powder  
2 tbs brown sugar  
2 tbs honey  
2 tbs chia seeds or ground linseeds (flaxseeds)  
2 cups milk  
Pinch of salt

1. Mix flour with salt, baking powder, chia seeds/ linseeds, brown sugar.
2. Stir in chia gel, milk and honey then mix together to make a smooth batter.
3. Pour batter on lightly oiled fry pan.
4. When bubbles appear over top of pancake turn over.

Tip: For thinner batter add more milk; for thicker use less milk.

## RICE BUBBLE SLICE

4 cups rice bubbles  
200gm white marshmallows\*  
80 gm butter

1. Put rice bubbles in a large bowl.
2. Line a lamington tin or swiss roll tin with ovenbake paper.
3. Melt marshmallows and butter over low heat; stirring so it doesn't burn. Pour onto rice bubbles. Mix well.
4. Tip into lined tray and press down. This works best with a metal spoon as the mixture cools. Cut into bars before completely set.

\* Pink ones are coloured and flavoured. It's difficult to get these with natural colours and flavours.



# Sweet



## RICE PUDDING

2 cups of Arborio Rice  
2 cups of milk of your choice  
1 cup of water  
1/2 cup of sugar  
1 tsp of cinnamon (to taste)

1. Place rice, milk, water and sugar in a large pot, mix well and bring to boil.
2. Reduce to simmer while stirring so it doesn't cake onto the bottom of the pot.
3. Keep an eye on it and stir frequently to prevent burning. When soft and creamy add the cinnamon, stir and serve.

Tip: When it is cold, it can be taken to school as a great snack.

## Pan BROWNIES



You will need a small frypan with an oven proof handle to make this recipe

2 eggs  
1 cup chocolate chips + a few extra for sprinkling on top, if desired.  
3/4 cup pure maple syrup  
1/2 cup melted coconut oil or butter + extra to grease pan  
1 cup coconut flour  
1 cup wholemeal flour  
1 tsp baking soda  
1/2 tsp salt Instructions



1. Preheat oven to 350 degrees.
2. Grease a pan with coconut oil or butter. Melt the chocolate chips
3. Whisk in the eggs, syrup and coconut oil or butter.
4. Stir in the flours, baking soda and salt.
5. Sprinkle with extra chocolate chips, if desired.
6. Place in oven and bake for about 25 minutes, until toothpick inserted comes out clean.
7. Let cool for about 5-10 minutes before slicing.

# Sweet

## 1 CUP PIKELETS



- 1 cup SR flour\*
- 1 cup plain flour\*
- 1 cup water
- 1 cup milk
- 1 egg
- 1/3 cup sugar

1. Whisk together all ingredients in a large bowl.
  2. Drop large spoons of mixture onto a heavy based greased pan.
  3. Cook until bubbles begin to appear on surface of pikelet.
  4. Turn and brown other side.
- (If mixture seems too thick, thin with extra 1/2 cup water).

\*Easily substituted with gluten-free flours

### Variations

Choose one of the following options:

- Substitute plain flour with almond flour for home cooking.
- Substitute plain flour with oats, add another egg to help bind the mixture.
- Add in 1 cup slivered almonds and 1 cup blueberries.
- Add in 1 cup raspberries.

## IN-a-HURRY CHOC DOT CAKE



- Coles Simply Free Chocolate Cake mix
- 1 cup Sweet William Choc chips (Coles)

Follow directions on box to make the cake.

\* Use a slice pan so that cake can be cut into squares for the lunchbox.

\* Before placing in oven, sprinkle the choc chips over the batter.

# Savoury

## QUINOA TABOULI

1 cup quinoa  
2 cups water  
½ tsp sea salt  
1 cup cucumber, diced small  
½ cup flat leaf parsley, finely chopped (optional for children, substitute with chopped cherry tomatoes)  
½ cup shallots, finely sliced (optional)  
Lettuce leaves as a garnish.

Mint garlic dressing.

¼ - 1/3 cup lemon juice  
½ cup light olive oil  
1-2 cloves garlic, minced  
1 tbsp mint leaves, minced

1. Cook quinoa and sea salt in 2 cups of water, until translucent; remove from heat and let sit 10-15 minutes to become fluffy.
2. When cool, add cucumber, parsley, and shallots.
3. Add mint-garlic dressing.
4. Chill before serving, serve on lettuce leaves.



## DELI CHICKEN

Makes a great substitute for ham on a sandwich. Can be fried to make crispy and resemble bacon.

500g+ chicken breast fillets  
About 1/4 cup salt  
1 Litre cold water

1. In a bowl dissolve salt in water by stirring well
2. Put in whole chicken breasts, cover and place in fridge
3. Soak for 2-3 hours
4. Pour brine and chicken into large saucepan, bring to gentle boil and cook for about 20 minutes, until chicken is cooked through
5. Drain and cool chicken, slice into fine slices, then refrigerate or freeze



Great in sandwiches, stir fries, with noodles...

# Savoury



## FRIED MICE (MILLET RICE)

2-3 cups millet (pre-soaked in the morning ready for use at dinner)

2 crushed garlic cloves

1 small onion or 2 shallots, chopped

Assorted stir fry vegetables (beans, chinese cabbage, carrot, capsicum, peas, corn)

leftover meat or small piece of preservative free bacon, chopped

Ghee/ coconut oil/ grapeseed oil

1. Drain millet from soaking water. Heat ghee/ coconut oil/ grapeseed oil in frying pan. Add garlic and onion and cook until soft.
2. Add millet and fry until it begins to have a nice nutty smell and begins to brown slightly.
3. Add in chopped vegetables/ meat. Season with soy sauce or tamari, and salt. Add 1 cup water and cook until the millet has absorbed the water. (Test if millet is soft, if not add another  $\frac{1}{4}$  to  $\frac{1}{2}$  cup water and continue cooking).



## HAMBURGERS

Hamburger buns (Aldi or Coles Simply Free gluten free buns)

Homemade meat patties/ leftover crumbed chicken/ Aldi Farmwood frozen beef patties

Lettuce

Tomato

Mayonnaise (Aldi, Colway brand)

Coon cheese, sliced



# Savoury

## VEGETARIAN SAUSAGE ROLLS

- 2 free range eggs
- 1/2 cup sunflower seeds
- 1 onion peeled and chopped
- 1 tbsp Tamari sauce (or soy sauce)
- 1 cup feta cheese (about 1 block)
- 1/2 cup preservative free bread crumbs (eg. rice crumbs)
- 1 cup wholegrain rolled oats
- 2 tbsp mixed herbs
- 3 sheets butter puff pastry (Borgs)

1. Mix all ingredients in a food processor until finely chopped.
2. Cut just thawed butter puff pastry in half on a working bench.
3. Place 1/6th mixture onto long edge of pastry and roll, cut into four equal portions. Can brush tops with milk and then sprinkle with sesame seeds but some kids prefer it plain.
4. Place sausage rolls on a baking tray and bake at 200C for 20 mins until crisp and golden. Recipe by Cyndi O'Meara



## MINI QUICHE BITES

- 6 eggs, whisked
- 1 cup roasted vegetables (use leftovers from dinner)
- 1 cup diced tomatoes
- 1 cup fresh spinach leaves
- 250g ricotta cheese (dairy free option - sheep or buffalo yoghurt)
- 1 cup shredded cheese (dairy free option - Nuttelex margarine)
- Garlic salt

1. In a greased, oven-proof dish or muffin tin, arrange the vegetables along the bottom.
2. Pour over the whisked eggs blended with ricotta (or DF yoghurt).
3. Sprinkle with cheese. Or for dairy free option place dobs of Nuttelex in centre of quiches or dotted evenly over the mixture if using a dish. Sprinkle with garlic salt.  
(The combination of 'butter' and garlic salt mimics the taste of cheese in many dishes).
4. Bake until cooked through, which will vary depending on the size of dish used.

### Variations

- \* Add leftover cooked rice to enhance texture, fibre and flavour. The rice will also provide a type of base to the quiche.
- \* Add leftover cooked meats to the mix such as sausage, chicken or smoked salmon.



# Savoury

## SONIA'S EASY PIZZA BASE

1 cup natural yoghurt – Select, Gippsland, Jalna  
2 cups self raising flour

1. Mix the yoghurt into the flour and knead gently.
2. Roll out and put on one (for thick) or two (for thin) pizza trays (the ones with the holes in the bottom are great).
3. Can be cut into rounds using a scone cutter for mini pizzas.
4. Top with your favourite pizza toppings.
5. Bake in a hot oven, about 210°C for 10 minutes or until brown.



## CORNED BEEF

1-1.5kg chunk of beef (e.g. blade roast)  
4 tbsp good quality salt (e.g. Murray River salt flakes)  
1 whole red onion, unpeeled  
10 whole garlic cloves  
2 tbsp molasses  
1/4 cup apple cider vinegar  
Few whole peppercorns



1. Stab a few holes all over the beef and then place in a large glass dish. Sprinkle the salt and rub it in all over the beef. Cover and put into the fridge for around 24 hours.
2. Rinse the beef and place into a large pot. Cover with filtered water. Push the cloves into the peeled onion and add to the pot. Add molasses, apple cider vinegar and peppercorns and give the liquid a good stir. Cover the pot and cook beef on a very low heat for approximately 2 hours, turning the beef every now and then.
3. Add steamed vegetables, like carrots, broccoli, cauliflowers, peas and potatoes.

Tip: Finely slice for sandwich filling. Freeze sliced airtight/vacuum packed in small serves for future use. This recipe also works in a slow cooker.

Recipe by Cyndi O'Meara

# Sandwich fillers

Corned Beef/Silver side (see recipe above), mayonnaise and lettuce.

Deli chicken (see recipe above) sliced into fine slices, with lettuce and mayo.

Fry the deli chicken in thin slices to make it crispy. Add a fried egg for an egg and bacon sandwich. Tip: many kids like bread toasted for this kind of sandwich.

BLT. Fry up Prosciutto and an egg. Add lettuce and tomato sauce. Use toasted bread for this sandwich.

Home roasted lamb or beef sliced into fine slices with salad veggies

Salad Vegetables – tomato, lettuce, cucumber, grated carrot etc - with cheese sliced from the block

Cream cheese and lettuce.

Egg spread 1: 1 egg + 1tbsp of mayonnaise, mashed

Egg spread 2: Warm hard boiled egg with warm small potato, mashed, little salt, parsley and 1tbsp of mayonnaise (serves 2)

Homemade Jam - 500g frozen fruit, 1/2cup of Jam Setta, simmer until mixture sets firm when put on a cold plate. Pour hot into glass jar, add lid, let it cool down and store in fridge.

Homemade Jam 2: 500g Frozen Fruit (defrosted) or fresh, blend in food processor add 2tbsp chia seed, 1 tbsp honey, mix well, let sit for 10min or until consistency is jam like. Store in the fridge in glass jar with lid

## HOWARD'S BEAN SPREAD

1 cup canned red kidney beans, drained and rinsed well

2 tsp oil pinch salt

¼ tsp citric acid (or juice of 1 lemon)

1 crushed garlic clove

2 tbsp water

Mix in blender to a thick paste. Keep in fridge. Great in sandwiches, as a dip and on pizza to replace tomato sauce.

# Sandwich fillers

Bean spread: any canned beans (not broad beans) or lentils, well drained and processed in a food processor with parsley and garlic

Wholemeal pita bread with Mayvers hulled tahini or Eskal Nut Free butter and banana

Beef rissoles, tomato sauce and lettuce to wrap.

Salmon and sweet potato patties, Iceberg lettuce and baby carrots

200g Jalna Yoghurt, with chia seeds and passionfruit

Rice or corn thins with Mayvers hulled tahini or Eskal Nut Free butter and honey

Trail' mix - e.g. sultanas, organic apricots, cashews and pumpkin seeds (check that cashews are ok to take to school)

Cucumber, cherry tomatoes, with rice crackers and dip

Corn on the cob and a boiled egg

Cook an omelette, then use as a wrap to fill with cucumber and carrot sticks. Optional tomato sauce.

## STEAK SANDWICH

Thin beef steak

Shallots or red onions,

Chopped Lettuce

Mayonnaise (Aldi's Colways, Thomy)

Beetroot

Bread roll (Aldi burger buns, Bakers Delight)

Other salad vegetables can be added as desired

# Build your Box

## SNACKS

Homemade Pikelets or Scones

Protein shake- in reusable food pouches. Aussie Bodies vanilla is a good, basic whey protein powder.

Corn thins or rice cakes – supply the spread or topping so they don't go stale

Savoury muffins

Yoghurt in reusable food pouches (allergy free if required)

Homemade jelly or custard in reusable food pouches

Chia pudding

Nut free bliss balls

Homemade Fruit Rollups

Homemade popcorn (using a popcorn maker)

Dried fruit – make your own nut free trail mix using sunflower seeds or pumpkin seeds and popcorn with the dried fruit

Homemade cookies, slices, muffins or cakes

Rice Cakes or Corn Thins with various fillings

Arnott's Vita Weets with various fillings

Yoghurt – frozen for summer; or in reusable food pouches

Hard boiled egg

Raw vegetables – carrot, capsicum, celery stick etc.

Roasted chickpeas or Broadbeans – Partner foods, The Happy Snack Company

Pretzels – B&B, Parkers

Plain chips (Red rock deli, Aldi Blackstone slow cooked, Kettle)

# Build your box

## LUNCH

Leftover meatballs, with a dipping sauce mashed in a sandwich, with lettuce.

Crumbed chicken pieces that have been cooked in coating mix of almond flour, rice crumbs and coconut flour, with salt and pepper for seasoning.

'Egg muffins' (mini quiches)

Rice salad

Quinoa salad

Pasta salad

Left over roast meat or sausages with corn wheels, cherry tomatoes, snow peas

Soup

Pasta bake

Casserole

Fried rice

Vegetarian Sausage rolls

Mini Pizza

Schnitzel with salad or on a sandwich

Sliced veggies with dip and meat

Sandwiches and wraps – fill with left over meat and salad

Potato salad

Homemade sushi- Nori sheets, cooked arborio rice, leftover cooked chicken, mayonnaise, lettuce, cucumber sticks, carrot sticks.

# Veggie ideas

Generally children prefer veggies to be raw. Some will also want extra flavour so pack a dipping sauce

- snow peas
- green beans
- corn on the cob cut into smaller pieces ( 'wheels')
- cherry tomatoes
- cucumber chunks
- broccoli 'trees'
- carrot wheels, sticks, or flowers which are rounds cut into a flower shape by a cookie cutter)
- peas
- canned corn (some kids like this out of a single serve can)
- capsicum pieces (red, yellow, orange or purple are the sweeter varieties)

## Dipping sauces.

- tomato sauce
- BBQ sauce (low sugar, low salt variety)
- Caesar salad dressing
- Mayonnaise
- Tartare sauce
- Sweet chilli sauce (optional: with sour cream)

## Dips

### GARLIC MINT YOGHURT

- 1 cup Greek yoghurt (Jalna/ Aldi)
- 1 crushed garlic clove
- ½ juice lemon
- salt to taste
- 1-2 tsp mint leaves, finely chopped

### GUACOMOLE serves 1-2

- 1 ripe avocado
- ½ juice lemon
- dash of Tabasco or sweet chilli sauce
- salt and pepper to taste
- (optional) ¼ red onion, chopped
- (optional) 1 small tomato, chopped

## Tomato Sauce

- 2 cans tomatoes or 675 ml passata.
- ½ onion, chopped.
- 80 ml apple cider vinegar.
- 1 tspn maple syrup
- 1 tsp ground allspice.
- 1 tsp ground cinnamon.
- 1 tsp ground cloves.
- 1 tsp cayenne pepper.
- salt & pepper, to taste.

Bring all the ingredients to a boil in the saucepan, stirring to dissolve the spices. Reduce the heat and simmer for about 50 minutes until the sauce reduces by almost half and is quite thick. Blend with a stick blender or in a food processor. If the sauce is still a bit runny, return it to the heat for a little longer. Store in a clean glass jar in the fridge for up to 1 month.

# Fruit Ideas

Whole fruit – too easy! A cute idea is to write their name or a message on their banana.

Sliced fruit – soak apples or pears for lunch boxes in one cup of filtered water with 1/4 tsp Himalayan salt for about 5 mins. Then rinse the fruit in clean filtered water. This stops the cut fruit going brown.

Fruit Slinkys – firm fruit such as apples and pears are good made into slinkys. If you are able to leave the core in, the fruit won't go brown.

Puree fruit and serve in reusable food pouches – you can also mix with plain yoghurt or custard

Stewed fruit – by itself or with plain yoghurt or custard

Slice and serve with a safe yoghurt dip for dipping – or dairy free custard

Cut fruit slices into shapes using small metal cookie cutters

Fruit salad

# Shopping List

THIS LIST FOCUSES ON THE MOST COMMON FOODS NEEDED FOR THE LUNCHBOX. IT IS NOT A COMPREHENSIVE LIST!

SPECIAL NOTE: manufacturers do change their ingredients without warning on the packages, so now and then you will need to check that the item is still free of the unsafe additives.

Tip: Coles online shopping lists the ingredients for most of their foods items, which can help you choose between brands while online or before you shop in store.

Apples, Freeze Dried chips, Brothers All Natural

Cheese, block, Westacre, Cowbelle (Aldi) Coon

Baked Beans, Coles Organic, Macro Organic

Chia seeds, (Coles) Breakfast Booster by Nature First Premium

Bacon. Use Aldi Parma proscuiBaking Powder, McKenzies

Chick Peas, Roasted (partner Foods). Also roasted broadens.

BiCarb Soda, McKenzies

Chips, Blackstone Sea Salt Deli Style (Aldi) French Fries, CCs original, Dorito's original, Smith's plain, Smith's plain crinkle, Kettle Salted original, Red Rock Deli, Piranha Sea Salt Potato Grills, Ajita's Vege Natural, Grain Waves wholegrain original, Select sea salt deli style, Macro Organic sea salt,

Biscuits: Arnott Arrowroot, Milk Coffee

Macro Organic beetroot chips, Macro Organic sweet potato chips

Broadbeans, Roasted (partner Foods). Also roasted chickpeas.

Canned fruit and pie fillings, most are fine  
Canned vegetables, most are fine if there are no sauces included

Chips, Corn chips plain salted, Coles Smart Buy, Macro Organic, Homebrand Corn Toasted.

Bread & wraps, Bakehouse (Aldi) Burgen, Mountain Bread wraps, Khobz Lebanese bread, Khobz Pita, Sorj wraps, Bakers Delight breads

Chocolate, Just Organic (Aldi) Green & Black Organic, Nestle White Melts, Nestle choc bits.

Breadcrumbs, Multigrain Crumbs with Quinoa, Orgran

Coconut, desiccated. Macro Organic or any organic brand.

Butter, block. Beautifully Butterfully, Just Organic (Aldi) Australian (Coles), Allowrie, Westgold

Corn Cakes, Sun rice Multigrain squares, Real foods Sesame Organic. Macro Organic Corn Cakes, thin.

Butter, spreadable. Harmony, Lurpak, Mainland, Spreadable Soft by Devondale

# Shopping List

Crackers, Cracked Pepper, Water crackers (Coles) Original Water crackers (Coles) Eat Rite Brown Rice wholegrain Tamari Seaweed, Tuckers Natural gourmet Caramelised Onion and Rosemary and Rock Salt crackers, Rocca's Deli Gourmet Country Blend and Gourmet Original, Tarragon Lovash crackers, Arnotts Vita-Weat, Artisse Rice Organic crackers, Sakata plain rice crackers and wholegrain rice crackers, Peckish brown rice crackers No Salt, Macro Organic original wafer or pepper wafer.

Crispbreads. Ryvita Multi-Grain and Original Rye. Clear Mountain Rosemary & Sea Salt, Arnott's rye crisp bread.

Cream, Sour Cream (Coles) Crisp bread, Light Cripetts by Damora (Aldi)

Fruit Bars. sun Valley 100% fruit, Fruit Wise 100% fruit.

Honey, Just Organic (Aldi), Coles Organic, Coles Smart Buy, Pure Australian (Coles) Bee Product Active Manuka Honey, Dick Smith Magnificent Australian Grown, Bee Vital Manuka Honey, Macro Organic, Select creamed honey

Jam, Grandessa and Overture (Aldi). Coles and Coles Smart Buy. Anathoth brand. boone Maman brand. St Dalfour brand.

Juice, long life. Del Rivo orange (Aldi) pineapple, Westcliff (Aldi), Rose apple and cranberry, Pure Harvest brand, Sunraysia brand

Juices (fridge aisle) Berri, Nudie, Cloudy Apple by Coles, Pineapple & Guava (Coles) Juicy Isle apple & black currant organic and apple organic. Original Juice co apple & mango, and Breakfast juice, and Orange juice. Earth Juice apple organic, Phoenix sparkling apple organic, Boost Supafruit.

Mayonnaise, Colway (Aldi)

Milk, Farmdale or Just Organic (Aldi) Coles Organic, Macro Organic, Homebrand longlife,

Milk alternatives. Australia's Own brand, Pure Harvest brand, Macro Organic Long life Rice milk.

Millet seeds, all.

Muesli bars. Nature Valley Oats and Honey, Maple Syrup?

'Nut' butter. Eskal Free Nut butter (made from sunflower seeds),

Oats, Aldi, Coles Organic, Coles, Homebrand, Macro Organic, Select

Pretzels. Parkers, B&B.

Rice & Corn Cakes, Damora (Aldi) Thick Rice Cakes (Coles)

Rice Cakes. Pure Harvest. Sunrice Multigrain Rice Squares, Macro Organic thick rice cakes

# Shopping List

Passionfruit pulp, Coles

Pizza dough. Macro Gluten Free dough mix

Pumpkin seeds, plain, all.

Quinoa, plain, (red, white or mixed) all

Raisins. Sanitarium Organic, Sunbeam, Fresh for Life, Macro Organic Thompson raisins,

Salmon, Pink or Red, Ocean Rise (Aldi) Pink or Red (Coles Smart Buy), John West, Select, Homebrand, Paramount, Tassal (fridge aisle), Superior Gold (fridge aisle)

Sesame seeds, all.

Sesame snaps, Golden Days. Smoothie, Orange & Mango, Westcliff (Aldi)

Sultanas, Sweet Vine (Aldi) Coles Organic, Absolute Organic, Sunbeam Natural or Organic. Clyne Foods sundried organic, Macro Organic, Mini Macro Organic 6 pack.

Sunflower seeds, Oh So Natural (Aldi) Macro Organic

Tahini, Macro Organic hulled or unhulled, Mayvers hulled or unhulled

Tomato sauce eg. Masterfoods tomato sauce and most are ok.

Tuna, spring water, Ocean Rise (Aldi) Coles own brand. Greenseas, John West or Safcol chunks. Homebred or Select in spring water or brine, John West chunks in brine,

Tuna, flavoured. John West Tempters Garlic & Soy, Greenneas Lemon Pepper, Safcol olive oil with chilli, John West Sea Salt and cracked pepper, John West Zesty Vinaigrette. Homebrand flaked Thai Red Curry, Select Lemon & Cracked Pepper

Yoghurt, Brooklea or Lyttos, Natural and Greek Style, (Aldi) Pauls All Natural, Jalna Organic with bush honey, Jalna Genuine European style, Jalna Natural, Farmers Union Greek natural, Borhnoffen natural, Gippsland fat free organic, Natural organic, raspberry organic, Smooth & Creamy, Wild Berry organic, Tamar Valley Natural no fat, King Island Dairy Vanilla Bean, Five AM vanilla bean organic, Select Greek Style