

# What my pantry and fridge used to look like and what it looks like now (most of the time!)

Category	Then	Now
<b>Eggs</b>	Standard commercial eggs	Eggs from pasture-raised chickens (preferably organic)
<b>Milk and Yoghurt</b>	Paul's Pasteurised Homogenised Milk Yoplait fruit yoghurts	Raw milk or non-homogenised milk Natural commercial yoghurt (no sugar) or raw home made yoghurt
<b>Stocks and Soups</b>	Maggi stock cubes and packaged stock Heinz Soups	Home made bone broth from grass fed/organic animals Home made soups made on bone broth
<b>Meats</b>	Grain Fed Meats Commercial ham	Organic/grass fed meats Nitrate free ham – free range or organic
<b>Fats and Oils</b>	Flora Margarine Olive Oil for frying	Organic/grass fed butter Ghee, coconut oil, beef tallow
<b>Fruit and Veges</b>	Standard, supermarket bought	Organic or chemical free
<b>Pulses</b>	Tinned beans, chick peas, lentils	Pulses bought dried, then soaked and cooked
<b>Dried Fruits, Nuts and Seeds</b>	Raw nuts Angus Park dried fruit	Home made activated nuts and seeds Sulphur free dried fruit – bought or dehydrated at home
<b>Condiments</b>	Heinz Tomato Sauce Praise Mayonnaise Rosella Fruit Chutneys Praise Fat Free Salad Dressings	Fermented tomato sauce Fermented mayonnaise Fermented fruit chutney Fresh salad dressing using extra virgin oils
<b>Drinks</b>	Cottees Cordial  Golden Circle Fruit Juice  Schweppes soft drinks	Kombucha, beet kvass, fermented lemonade  Kombucha, beet kvass, fermented lemonade  Kombucha, beet kvass, fermented lemonade

My own approach has been to gradually add to this list over time. Find just one that suits you best to start with and gradually include others. Your body will thank you!

**And remember ... Let Nature Be the Doctor!**

