

## EXTRA LIST A

### BREAD /GRAINS

BRIGHTERLIFE Bread mix  
BRIGHTERLIFE Whey  
BRIGHTERLIFE Muffin Mix  
BRIGHTERLIFE Pikelet mix  
BRIGHTERLIFE Spelt Flour  
Lecithin  
Polenta  
Amaranth Flour  
Falafel  
Quinoa flour  
Potato Flour  
ORGRAN Buckwheat Flour  
ORGRAN No Egg  
ORGRAN Rice Pasta  
SAN REMO Gluten Free Pasta  
ORGRAN Rice and Corn Pasta  
FREEFORM Choc Crunch Biscuits  
FREEFORM Double Chocolate Biscuits  
FREEFORM Lemon Cake  
ESKAL Lemon Wafer biscuits  
BASCO Chocolate Cake mix  
BASCO bread mix  
BASCO chicken & veg soup  
BASCO Pancake mix  
ESSENE sprouted bread  
COUNTRY LIFE Dark Rye bread  
COUNTRY GRAIN Organic Rye bread  
OLD TIME BAKERY Rye Bread  
MOORE'S Gluten/yeast free Bread  
CEREALS / BARS  
CRUNCHOLA Apple and Blueberry  
FREE AND LOW Muesli  
GOOD MORNING CEREALS Millet Puffs  
LOWAN Rice Porridge  
LCM bars cereal & milk  
Cadburys Brunch Bar fruit & nut  
ALL BRAN Baked Bars

### DRINKS

Caro  
Ecco  
Yakult  
Oat milk  
A2 milk  
Lactose Free milk  
Formosa Tea  
Chai Tea  
Dr Stuart's Diet Aid Tea  
Poweraid  
Staminaide  
V8 vegetable juice  
ANLENE milk  
Miso Soup

## EXTRA LIST B

### SWEETS

Xylitol  
SWEET WILLIAM Chocolate  
ARTISSE Chocolate  
HOLEX Chocolate  
COLES Belgian Chocolate  
CHEMICALS  
RED SEAL Herbal Toothpaste  
Steradent  
VICCO Herbal Toothpaste  
Earth Choice Dish Liquid  
Sunlight Dish Liquid

### HERBS AND SPICES

Cloves  
Gelatine  
Garam Masala  
Thyme  
Bay Leaf  
Paprika  
Fennel Seeds  
All spice  
Turmeric  
Cajun Spices  
Cumin  
Dill  
Tarragon  
Ghee  
Massel Supreme gravy mix  
Tabouli  
Bonox  
Bovril  
Homus  
KRAFT Balsamic Italian  
MSG  
Tahini  
**OTHERS**  
WOOLWORTHS Organic Baked Beans  
SPC Baked Beans  
Psyllium  
AYAM Oyster Sauce  
HEINZ big red tomato sauce  
SMITHS chips plain  
Couscous  
Fetta Cheese  
Temphey  
LLOYDS Organic Prune juice  
Gherkins  
Popcorn microwave  
Sardine in oil  
Twisties cheese  
Burger Rings  
FOUNTAIN Sweet Chilli sauce  
CHRIS' Tzatziki dip  
CHRIS' Spring Onion dip