

SHOPPING LIST

Here is a good basic / general shopping list to follow. Please have a look at the recipes first and make a plan of what you are going to buy, cook and eat.

- Organic Milk (not wk 1)
- Good dairy free milk of choice (almond, oat, soya etc - check ingredients)
- Frozen berries/apples/peach, grapefruit (low sugar fruits for breakfast esp wk 1)
- Unsalted nuts (almonds, walnuts, hazelnuts etc)
- Seeds (chia, hemp, flaxseed, pumpkin, sunflower, sesame)
- Eggs
- Feta / goats cheese / halloumi (not wk1)
- Greek Yoghurt, Kefir (or dairy free alt. not wk 1)
- Avocado / pomegranate seeds
- Oats, buckwheat groats
- Quinoa, brown rice, rice noodles, amaranth, bulgur wheat, spelt etc
- Chickpeas, puy lentils, green lentils (& more of your fave pulses)
- Chickpea flour, buckwheat flour etc
- Vegetables: eat the rainbow - spinach, kale, spring greens, cauliflower, broccoli, peppers, courgettes, tomatoes, edamame beans, sweet potato, squash, mushrooms, beetroot, mange tout, fennel, leeks, onions, lots of green leafy veg etc
- Hummus/ tahini/ nut butters (not Sunpat!)
- Chicken, turkey, tofu, salmon, trout, tuna, mackerel, sardines, prawns etc
- Garlic, dried & fresh herbs, spices, paprika, turmeric, cinnamon, cumin etc. chilli, (miso, soy, sesame oil, tamari, tahini, coconut/avocado/ghee (high heat) olive oil to cook (not high heat), extra virgin olive oil for dressings/drizzle
- Cans of chopped tomatoes, tomato puree, cans of pulses
- Lemon, lime, ginger, honey
- Coconut water