

Kitchen Essentials

GREEN VEG

Green leafy veg! (Spinach, Kale, Swiss Chard)
 Broccoli
 Asparagus
 Rocket
 Celery
 Bok choy
 Rocket
 Romaine lettuce
 Cauliflower
 Green beans
 Mangetout
 Peas

FRUIT

Yes, these 5 are fruit!

Courgette (to make courgetti!)
 Cucumber
 Bell peppers (any colour!)
 Avocado
 Tomatoes
 Berries - raspberries, blueberries, strawberries
 Citrus fruits - lemon, orange, grapefruit
 Apples
 Bananas
 Pineapple

STARCHY VEG

Celeriac (to make mash, chips, puree)
 Radish
 Potato (sweet or normal)
 Carrots
 Parsnips
 Beetroot
 Baby corn
 Sweet corn

DAIRY/ALTERNATIVE

Unsweetend almond milk, cashew milk, oat milk or organic cows milk
 Organic butter, cashew butter, or any other vegan substitute
 Cottage cheese
 Plain greek yoghurt
 Feta/goats cheese
 Any other real cheese - not the plastic stuff!

"The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison." - Ann Wigmore

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NUTS & SEEDS

Unsalted!
Good fats

- Almonds
- Brazil nuts
- Cashews
- Walnuts
- Peanuts
- Chia seeds
- Flax seed/linseed mix
- Pine nuts
- Sunflower seeds
- Sesame seeds

CARBS

- Whole grain bread/sourdough
- Whole grain brown rice
- Whole grain pasta or brown rice pasta
- Wild rice
- Red rice
- Quinoa
- Jasmine rice
- Cous cous
- Oats (plain with no additives or sugar)
- Tempeh (great source of protein for vegetarians)
- Soba noodles
- Bulgar wheat
- Buckwheat rice cakes
- Buckwheat
- Whole grain tortilla wraps

"A healthy outside, starts from the inside".

BEANS

- Black beans
- White beans
- Red beans
- Kidney beans
- Pinto beans
- Lima beans
- Black eyed peas
- Edame beans

OILS

- Coconut oil
- Olive oil
- Almond oil
- Avocado oil

Use for
cooking/on
salads

Kitchen Essentials

TINS/JARS

Peanut/almond or cashew butter
 Tinned tomatoes
 Easy chopped garlic (if being lazy!)
 Tomato puree
 Balsamic vinegar
 White wine vinegar
 Apple cider vinegar
 Veg/meat stock
 Reduced salt soy sauce

FLOURS

Almond flour
 Coconut flour
 Brown rice flour
 Whole wheat flour
 Oat flour

For use when
baking!

PROTEIN

Eggs - go free range!
 Poultry - chicken or turkey
 Beef or turkey mince
 Beef - try to get organic if poss!
 Venison - very lean and healthy! Good alternative to beef
 Fish - salmon, mackerel, tuna, sea bass, cod etc (oily fish is full of good fats!)
 Tempeh/tofu/quorn (for vegetarians)

HERBS/SPICES

Cinnamon
 Cumin
 Oregano
 Paprika
 Basil
 Coriander
 Chilli powder
 Cayenne pepper
 Sea salt/pink Himalayan
 Tumeric
 Fresh ground black pepper

SWEETENERS

Pure honey/maple syrup
 Unsweetened applesauce
 Coconut palm sugar

"Eat less sugar...
 You are sweet enough
 already."