

Shopping List

Basics:

Coconut milk, almond flour, gluten free flour, desiccated/shredded coconut, vegetable and beef stock, balsamic & apple cider vinegar, greaseproof paper, boullion powder

Herbs & Spices:

Pink Himalayan sea salt, black pepper, cinnamon, ginger, nutmeg, sage, cumin, turmeric, basil, rosemary, coriander, mint, garlic cloves

Foods High in Protein:

Meat, fish & eggs. Ideally organic, but always good quality from a local farm shop or grass-fed, etc.

Brown rice, wild rice, quinoa, fresh lentils, beans, pulses, chickpeas

Sunflower seeds, pumpkin seeds, flax seeds

Natural peanut butter

Asparagus, broccoli, kale, swiss chard, cauliflower, spinach

Carbohydrate-Based Foods:

Vegetables, fruits & grains. Organic where possible.

Avocado, broccoli, onions, mushrooms, tomatoes, spinach, carrots, leafy greens, collard greens, salad peppers, celery, courgette, aubergine, squashes, sweet potato, asparagus, kale, bay leaves, okra, fennel, beetroot, watercress and pretty much any other veg you can think of!

Strawberries, blackberries, blueberries, raspberries, oranges, tangerines, apples, prunes, lemons and limes

Fats:

Nuts & oils. Organic where possible.

Walnuts, cashews, macadamia, brazils, hazelnuts, almonds

Variety of nut butters which are organic and preferably raw

Organic butter, coconut oil, extra virgin olive oil, avocado oil

Dairy:

Cheese & yogurt. Organic and full fat.

Goats cheese, feta cheese, halloumi