

Eat Smart to Think Smart Super Foods & Shopping List

Herbs & Spices

- Pink Himalayan sea salt, black pepper, ginger, nutmeg, sage, cumin, turmeric, basil, rosemary, coriander, mint, garlic cloves, bouillon powder, vegetable stock cubes, dill, cinnamon, chives, bay leaves, cayenne pepper

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, kidney beans, black beans
- 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, salad peppers, celery, courgette, aubergine, squashes, sweet potato, asparagus, kale, beetroot, watercress, cucumber, leeks, cauliflower, red cabbage, sweet potato, celeriac (and pretty much any other vegetable you can think of!)
- Strawberries, blackberries, blueberries, raspberries, cranberries, oranges, tangerines, apples, prunes, dates, raisins, lemons, limes
- Wholegrain rice, spelt, barley, buckwheat, couscous, oats, millet, rye

Fats

- Nuts, seeds, oils (organic where possible)
- Walnuts, cashews, macadamia, brazils, hazelnuts, almonds, pecans
- Chia seeds, flax seeds, sunflower seeds
- A variety of organic nut butters (preferably raw)
- Organic butter, coconut oil, extra virgin olive oil, avocado oil

Dairy

- Cheese and yogurt (organic and full fat)
- Goat cheese, feta cheese, halloumi, mozzarella