

HEALTHY SHOPPING

This is not a comprehensive list but use these guidelines to help create your own list.

FRUIT & VEGETABLES

- This should make up 80% of your shopping especially vegetables
- The basics - onions, garlic, ginger, carrots and lemons
- Buy whatever is in season and looks fresh and you enjoy eating
- Try something new and as many colours
- Include the root vegetables - sweet potato, butternut, pumpkin and carrots.
- Preferably buy organic potatoes they are so much tastier and healthier than the regular ones.

DAIRY AND EGGS

- Milk - buy organic to avoid hormones and antibiotics
- Yoghurt, buttermilk and kefir should be full-cream with natural cultures and no thickeners. Avoid flavoured yoghurt as it usually has added sugar, rather buy plain and add your own fresh or stewed fruit
- Butter - organic salted lasts longer
- Cheese - if you buy it in plastic make sure to scrape off the outside you can actually see it looks shiny, scrape it off until it is dull. Wrap it in baking or parchment paper
- Eggs - preferably pasture raised eggs

FISH, MEAT & POULTRY

- Fish - fresh, and on the green list and not farmed
- Meat - organic, pasture raised and fed a grain free diet is ideal
- Poultry - organic, pasture raised or free range

GRAINS - if you eat them

- Brown Rice or Brown Basmati
- Quinoa or Teff
- Polenta
- Rolled Oats, regular or gluten-free
- Oat Bran
- Pearled Barley

PANTRY STAPLES

- Fresh Nuts
- Fresh Seeds
- Lentils and dried beans
- Tinned chickpeas and beans (rinse well)
- Olives
- Anchovies
- Tinned Fish - sardines, pilchards and mackerel
- Coconut Milk - organic and full cream (check for preservatives)
- Bottled Tomato Passata
- Extra Virgin Olive Oil
- Extra Virgin Coconut Oil
- Organic Balsamic Vinegar
- Red wine or other flavoured vinegar
- Dijon Mustard
- Tahini
- Nut Butter, your favourite
- Seasoning - dried herbs and spices
- Sea Salt and Pepper
- Tamari (check ingredients)
- Miso Paste
- Milk alternative - unsweetened nut or seed milk
- Honey or Maple Syrup

FOR BAKING

- Almond Flour (gluten-free)
- Buckwheat Flour (gluten-free)
- Spelt Flour (wheat-free)
- Stoneground Wheat Flour
- Rapadura Sugar or Coconut Blossom Sugar
- Dates or Date Syrup
- Organic Cocoa Powder, unsweetened
- Vanilla Essence - the real stuff