

SPRING RESET SHOPPING LIST



DON'T BE ALARMED: YOU ARE NOT GOING TO NEED EVERYTHING ON THIS LIST! WHAT YOU'LL NEED DEPENDS ON WHICH RECIPES YOU CHOOSE TO USE. MAKE YOUR MEAL PLAN FOR THE WEEK, THEN PRINT THIS LIST AND TICK WHAT YOU NEED TO GET.

FRUIT	MISCELLANEOUS	PROTEINS
<ul style="list-style-type: none">• Apple• Apricot• Banana• Berries (fresh/frozen)• Blueberries (dried)• Blueberries (fresh/frozen)• Cherries (dried)• Dates• Lemon• Lime• Nectarine• Orange• Peach• Pear• Plums• Prunes	<ul style="list-style-type: none">• Baking soda• Cacao powder• Chocolate, dark• Cornflour• Cream of tartar• Guacamole• Harissa• Mayonnaise• Mint sauce• Mirin (Japanese rice wine)• Miso paste• Mustard• Nutmeg• Nutritional yeast flakes• Oyster sauce• Pesto• Salsa• Stock cubes (chicken/vegetable)• Sweetcorn, tinned• Tamari• Thai red curry paste• Tomato passata• Tomato puree• Tomatoes, chopped, tinned• Tomatoes, sun-dried, jar• Vinegar, balsamic• Vinegar, red wine	<p>Meat</p> <ul style="list-style-type: none">• Bacon, sliced• Chicken breast• Lamb neck• Turkey mince• Turkey steaks <p>Fish</p> <ul style="list-style-type: none">• Anchovies• Haddock, smoked• Prawns• Salmon, smoked• Salmon, tinned• Tuna, tinned in spring water• White fish fillets <p>Beans</p> <ul style="list-style-type: none">• Beans, mixed• Cannellini beans• Chickpeas• Kidney beans• Pinto beans• Puy lentils• Tempeh• Tofu, organic <p>Misc</p> <ul style="list-style-type: none">• Eggs• Hummus• Protein powder: rice, hemp or whey, natural or vanilla flavour, eg Pulsin
NUTS & SEEDS	GRAINS & FLOUR	
<ul style="list-style-type: none">• Almond butter• Almonds, ground• Almonds, whole• Brazil nuts• Cashew nuts• Chia seeds• Coconut, shredded• Flaxseeds• Nuts, raw, mixed• Peanut butter• Pecan nuts• Pine nuts• Pumpkin seeds• Sesame seeds• Sunflower seeds• Tahini (make sure to buy 100% nut butters, eg Meridian)• Walnuts	<ul style="list-style-type: none">• Buckwheat flakes• Gluten-free bread• Quinoa• Quinoa flakes• Rolled oats	

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**FRUIT AND VEGETABLES SHOULD BE ORGANIC WHERE POSSIBLE.
FISH AND MEAT AS WELL ORGANIC AND/OR WILD WHERE POSSIBLE.**

HERBS & SPICES

Fresh

- Basil, fresh
- Chilli, bird's eye
- Chilli, green
- Chilli, red
- Chives
- Coriander leaves
- Dill
- Garlic
- Ginger
- Marjoram
- Mint
- Oregano
- Parsley
- Sea salt
- Tarragon
- Thyme
- Vanilla extract

Dry

- Cajun seasoning (e.g. Bart)
- Chilli powder
- Cinnamon
- Cumin
- Onion powder
- Pepper, black

VEGETABLES

- Asparagus
- Aubergine
- Avocado
- Beans, green (fresh/frozen)
- Beetroot
- Bok choy
- Broad beans (frozen)
- Broccoli
- Butternut squash
- Carrot
- Cauliflower
- Celery
- Cherry tomatoes
- Courgette
- Cucumber
- Edamame beans (frozen)
- Kale
- Leek
- Leek, baby
- Lettuce
- Little gem lettuce
- Mixed leaves
- Mushrooms
- Onion
- Onion, red
- Peas, frozen
- Pepper, green
- Pepper, red
- Radishes
- Spinach
- Spring onions
- Sugar-snap peas
- Tomato
- Watercress

DAIRY

- Cheddar cheese
- Cottage cheese
- Cream cheese
- Crème fraîche
- Feta cheese
- Goat's cheese
- Parmesan cheese
- Ricotta cheese
- Yoghurt, Greek
- Yoghurt, plain

DAIRY SWAPS

- Almond milk
- Coconut milk
- Coconut water
- Coconut yoghurt
- Hemp milk
- Oat milk

FATS & OILS

- Butter
- Coconut oil
- Olive oil, extra virgin
- Olive oil, light
- Sesame oil

SWEETENERS

- Coconut palm sugar
- Honey
- Maple syrup