

VEGETABLES

- Asparagus
- Aubergine
- Beetroot
- Bell peppers
(plus jar of roasted red peppers)
- Bok choy
- Broccoli
- Butternut squash
- Carrots
- Cauliflower
- Celeriac
- Celery
- Chilli pepper
(Scotch Bonnet chilli and chipotle)
- Courgette
- Cucumber
- Garlic
- Green beans
- Kale
- Leeks
- Lettuce
- Mushrooms
- New potatoes
- Onions
(red, white and spring)
- Peas
(fresh or frozen and tinned mushy)
- Pumpkin
- Radishes
- Red cabbage
- Sweetcorn
(tinned)

DAIRY ALTERNATES

- Your choice of:
 - Almond milk
(unsweetened)
 - Coconut milk
(unsweetened)
 - Hemp milk
(unsweetened)
- Tinned coconut milk
- Coconut yoghurt

NUTS & SEEDS

- Almonds
(whole and ground)
- Cashew nuts
- Chia seeds
- Coconut flakes
- Flaxseeds/linseed
- Nut butter
(unsweetened)
- Peanuts
(lightly salted)
- Pecans
- Pine nuts
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Tahini
- Walnuts

PULSES

- Black beans
- Brown/green lentils
- Butter beans
- Chickpeas
- Falafel
- Hummus
- Kidney beans
- Mixed beans
- Red lentils

GRAINS

- Cornflour
- Rough oat cakes
- Oats
- Brown rice
- Buckwheat flakes
- Gluten free bread
- Quinoa
(flakes, grains, and ready to eat)
- Soba noodles
- Wraps
(Gluten Free or wholemeal)

DAIRY

- Full fat crème fraiche
- Feta
- Full fat Greek yoghurt
- Full fat soft cheese
- Goat's cheese
- Milk
- Parmesan

OILS

- Olive
(extra virgin)
- Sesame seed
- Coconut oil
(raw)
- Butter
(unsalted grass-fed Kerrygold)

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

FRUITS

- **All berries**
(fresh and frozen)
 - Blackberries
 - Blueberries
 - Cherries
 - Raspberries
 - Strawberries
- Apple
- Apricot
- Avocado
- Banana
- Lemon
- Lime
- Nectarine
- Peach
- Pear
- Plum

PROTEINS

- **Bacon**
(lean)
- **Biltong**
(Unearthed)
- **Chicken breast and mini fillets**
- Eggs
- Lamb
- **Pure protein powder**
(optional)
- Prawns
(raw and cooked)
- **Salmon**
(fresh, smoked)
- **Seafood**
(mixed)
- **Tempeh**
(optional)
- Tofu
- Tuna

MISCELLANEOUS

- **Agave syrup**
(optional)
- **Apple cider vinegar**
- **Balsamic vinegar**
- **Baking powder**
(gluten free)
- **Cacao powder**
(no added sugar)
- **Coconut sugar**
- **Dark chocolate**
- **Honey**
- **Jerk curry paste**
- **Olives**
(green)
- **Maple syrup**
- **Munchy Seeds**
- **Nutritional yeast**
(optional)
- **Miso paste**
- **Pesto**
- **Stock**
(vegetable, chicken and lamb)
- **Sundried tomato paste**
- **Tamari**
- **Tikka curry paste**
- **Vinegar**
(white or red wine)
- **Xylitol**

DRINKS

- Water
- **Lemon / lime / cucumber water**
- **All herbal teas**
- **Green tea**

HERBS & SPICES

- **Allspice**
- **Basil**
(fresh)
- **Black pepper**
- **Chives**
(fresh)
- **Chilli flakes**
- **Chinese 5 spice**
- **Cinnamon**
- **Coriander**
(dried and fresh)
- **Cumin**
(dried and seeds)
- **Curry powder**
- **Garam masala**
- **Ginger**
- **Harrisa paste**
- **Lemon grass**
- **Mint**
(fresh)
- **Mixed herbs**
- **Oregano**
(fresh)
- **Parsley**
(fresh)
- **Smoked paprika**
- **Salt**
- **Tarragon**
(dried or fresh)
- **Thyme**
(dried)

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