

DON'T BE ALARMED: YOU DO NOT NEED EVERYTHING ON THIS LIST! IT WILL DEPEND ON WHICH RECIPES YOU CHOOSE TO USE. MAKE YOUR MEAL PLAN FOR THE WEEK, THEN PRINT THIS LIST AND TICK WHAT YOU NEED TO STOCK UP ON.

FRUITS	HERBS & SPICES	PROTEINS
<ul style="list-style-type: none"> • Apple • Apricot • Banana • Blueberries (fresh or frozen) • Lemon (organic, if using zest) • Lime (organic, if using zest) • Mixed berries (fresh or frozen) • Nectarine • Orange (organic, if using zest) • Peach • Pear • Plum 	<ul style="list-style-type: none"> • Basil, fresh • Bay leaves, dried • Bird's eye chilli, fresh • Black pepper • Cardamom pods • Cayenne • Chilli flakes • Chilli powder • Cinnamon • Cloves • Coriander, ground • Cumin • Curry powder • Chives, fresh • Coriander, fresh • Ginger root, fresh • Garlic • Garam masala • Green chilli, fresh • Lemon thyme • Mixed herbs, dried • Nutmeg, ground • Oregano, fresh • Oregano, dried • Paprika, smoked • Parsley, fresh • Red chilli, fresh • Sea salt • Thyme, fresh • Turmeric 	<ul style="list-style-type: none"> • Borlotti beans, tinned • Butter beans, tinned • Chicken breast • Chicken pieces, skinless • Chickpeas, tinned • Cod fillet • Eggs • Hummus • Kidney beans, tinned • Mixed beans, tinned • Prawns, fresh • Protein powder: rice, hemp or whey, natural or vanilla flavour, eg Pulsin • Puy lentils, dried • Red lentils, dried • Salmon fillet • Salmon, smoked • Sea bream fillet • Stewing beef, cubed • Tofu, organic • Trout fillet • Tuna, tinned • Turkey mince
<h2>MISCELLANEOUS</h2>		
<ul style="list-style-type: none"> • Baking soda • Bouillon powder, vegetable • Chopped tomatoes, tinned • Mayonnaise • Miso soup, instant • Oyster sauce • Pesto • Stock cubes, vegetable • Tomato passata • Tomato puree • Sun-dried tomatoes, jar • Vinegar, balsamic • Worcestershire sauce 		

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

NUTS & SEEDS

- Almonds
- Almonds, blanched
- Almond butter
- Brazil nuts
- Cashew nuts
- Cashew butter
(make sure to buy 100% nut butters, e.g. Meridian)
- Chia seeds
- Flaxseeds
- Mixed nuts
- Pecan nuts
- Pine nuts
- Pumpkin seeds
- Sunflower seeds
- Walnuts

GRAINS

- Buckwheat flakes
- Corn flour
- Quinoa
- Quinoa flakes
- Rolled oats

VEGETABLES

- Asparagus
- Avocado
- Baby gem lettuce
- Bok choy
- Broccoli
- Butternut squash
- Button mushrooms
- Carrot
- Cauliflower
- Celery
- Cherry tomatoes
- Courgette
- Courgetti
- Cucumber
- Kale
- Leek
- Lettuce
- Mixed salad leaves, bag
- Mushrooms
- Parsnip
- Peas, frozen
- Pepper,
green, red and yellow
- Red onions
- Rocket
- Spinach
- Spring onions
- Sugar snap peas
- Swede
- Sweet potato
- Tomato
- Yellow onions

DAIRY

- Cottage cheese
- Cream cheese
- Feta cheese
- Greek yoghurt
- Halloumi cheese
- Parmesan cheese
- Plain yoghurt

DAIRY ALTERNATES

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

OILS

- Coconut oil
- Extra virgin olive-oil
- Unsalted butter, grass-fed

SWEETENERS

- Agave syrup
- Coconut palm sugar
- Clear honey