

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	MISCELLANEOUS	PROTEINS
<ul style="list-style-type: none"> • Apples • Bananas • Berries, mixed (fresh/frozen) • Blueberries • Dates, dried & pitted • Lemons (organic, if using zest) • Limes (organic, if using zest) • Nectarines • Oranges (organic, if using zest) • Peaches • Pears • Plums • Pomegranate seeds • Raspberries 	<ul style="list-style-type: none"> • Almond extract • Artichoke hearts, jar • Baking powder • Balsamic vinegar • Cacao, raw • Capers, jar • Chicken stock • Green tea • Mirin (rice wine) • Olives, black, jar • Olives, Greek, jar • Passata, jar • Pesto, jar • Pomegranate juice • Red lentil pasta (gluten free) • Red wine vinegar • Roasted Red Peppers, jar • Salsa • Tamari soy sauce • Thai fish sauce • Tomatoes, sun-dried, jar • Tomatoes, tinned • Vegetable stock cubes 	<ul style="list-style-type: none"> • Bacon • Beef mince • Black beans • Black-eyed beans • Butter beans • Cannellini beans • Chicken legs • Chicken thighs, boneless, skinless • Chickpeas • Cod fillets • Eggs • Hummus • Kidney beans • Lamb shoulder, diced • Pork, tenderloin • Protein powder, plain • Protein powder, vanilla • Red lentils, dried • Salmon fillets • Salmon, smoked • Sardines, tinned • Tiger prawns, fresh/frozen • Tuna, tinned • Turkey mince
<h2>NUTS & SEEDS</h2>	<h2>GRAINS</h2>	
<ul style="list-style-type: none"> • Almonds, ground • Almonds, sliced • Almonds, whole • Cashew nuts • Chia seeds • Coconut flakes • Coconut, shredded • Flaxseed/linseed • Hemp seeds • Nut butter (no added sugar) • Nuts, mixed, raw • Pecan nuts • Pine nuts • Pistachios • Pumpkin seeds • Sesame seeds • Sunflower seeds • Tahini • Walnuts 	<ul style="list-style-type: none"> • Basmati, brown • Buckwheat flakes • Gluten free bread • Granola • Oatcakes • Oats, rolled • Quinoa • Quinoa flakes • Rice noodles • Rye bread • Wholemeal bread 	

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

HERBS & SPICES	VEGETABLES	DAIRY
<ul style="list-style-type: none"> • Fresh herbs: <ul style="list-style-type: none"> • Basil • Chillies, green • Chillies, red • Chives • Coriander • Garlic • Ginger • Mint • Parsley • Rosemary • Thyme • Dried herbs: <ul style="list-style-type: none"> • Bay leaves • Curry leaves • Garlic powder • Oregano • Spices: <ul style="list-style-type: none"> • Black pepper • Cayenne pepper • Chilli powder • Cinnamon, ground • Cinnamon, sticks • Coriander, ground • Cumin, ground • Cumin, seeds • Curry powder • Nutmeg • Paprika, smoked • Paprika, sweet • Salt • Turmeric • Vanilla paste 	<ul style="list-style-type: none"> • Asparagus • Avocado • Beetroot • Broccoli • Butternut squash • Carrots • Cauliflower • Celery • Cherry tomatoes • Courgettes • Courgetti, ready spiralized • Cucumber • Green beans • Kale • Onions, red • Onions, yellow • Peas, frozen • Pepper, red • Pepper, yellow • Rocket • Salad greens, mixed • Spinach • Spring/Salad onions • Swiss chard • Tomato 	<ul style="list-style-type: none"> • Cheddar cheese • Cottage cheese • Cream cheese • Feta cheese • Goat's cheese • Greek yoghurt • Gruyère cheese • Halloumi • Mozzarella cheese • Parmesan cheese • Tzatziki
		<div style="background-color: #f4a460; padding: 5px; text-align: center;">DAIRY SWAPS</div> <ul style="list-style-type: none"> • Almond milk • Coconut milk • Hemp milk • Oat milk
		<div style="background-color: #f4a460; padding: 5px; text-align: center;">OILS</div> <ul style="list-style-type: none"> • Coconut oil • Olive oil • Sesame oil
		<div style="background-color: #f4a460; padding: 5px; text-align: center;">SWEETENERS</div> <ul style="list-style-type: none"> • Agave syrup • Coconut sugar • Maple syrup • Xylitol