

SHOPPING LIST

WHOLE GRAINS

- Amaranth
- Brown rice
- Buckwheat
- Bulgur wheat
- Farro
- Freekeh
- Millet
- Oats
- Pasta (wholewheat, brown rice, chickpea, lentil)

- Pearl barley
- Quinoa
- Rye
- Sorghum
- Spelt
- Teff
- Wild rice

NUTS & SEEDS

- Almonds
- Cashews
- Chia seeds
- Flaxseeds
- Hemp seeds
- Nut butters
(peanut butter, almond butter, cashew butter)
- Pecans
- Pine nuts
- Pistachios
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Tahini
- Walnuts

BEANS & LEGUMES

- Black beans
- Black-eyed peas
- Broad beans
- Butter beans
- Cannellini beans
- Chickpeas

- Edamame
- Haricot beans
- Lentils
- Pinto beans
- Red kidney beans

VEGETABLES

- Artichoke
- Asparagus
- Aubergine
- Avocado
- Beetroot
- Broccoli
- Brussels sprouts
- Carrots
- Cauliflower
- Celery
- Courgette
- Cucumber
- Kale
- Lettuce
- Peppers (yellow, green, red)
- Pumpkin
- Purple cabbage
- Radish
- Spinach
- Sweetcorn
- Sweet potato
- Tomatoes

FRUIT

- Apple
- Banana
- Blueberries
- Grapes (green and red)
- Kiwi
- Mango
- Melon (cantaloupe, honeydew)
- Orange

- Peach
- Pear
- Pineapple
- Plum
- Pomegranate
- Raspberries
- Strawberries

HERBS

- Basil
- Chives
- Coriander
- Dill
- Mint
- Oregano
- Parsley
- Rosemary
- Sage
- Thyme

SPICES

- Cardamom
- Cayenne pepper
- Chilli powder
- Cinnamon
- Cloves
- Cumin
- Nutmeg
- Paprika
- Turmeric

FLAVOUR BOOSTERS

- Capers
- Chilli
- Garlic
- Ginger
- Jalapeño
- Lemon

- Lime
- Onion (red, spring, shallots)
- Roasted peppers
- Sun-dried tomatoes

FERMENTED FOODS

- Fermented cheese
- Kefir
- Kimchi
- Kombucha
- Miso
- Pickles
- Sauerkraut
- Tempeh
- Yoghurt

OTHER

- Apple cider vinegar
- Extra virgin olive oil
- Harissa