

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