

STOCKING YOUR FRIDGE & PANTRY

This list contains my faves and suggested items, based on a healthy balanced way of eating. You do not have to buy everything on this list, it is to use as a helpful guide to kick-start the healthier version of YOU. If there are many new or unfamiliar items here, perhaps try to add a couple each shop and discover what works best for you and your family.

VEGGIES & FRUITS

cucumbers
green beans
rocket
baby spinach
broccoli
kale
cabbage
capsicum
zucchini
cauliflower
carrots
bok choy
sweet potato
beetroot
fresh peas
garlic
ginger
avocado
tomatoes
lemons
limes
berries
banana
blood orange
grapefruit
apples
pears

HERBS, SEASONING & SAUCES

parsley
coriander
basil
dill
mint
himalayan sea salt
wheat free tamari
fish sauce
dijon mustard
honey
maple syrup

NUTS & SEEDS

almonds - natural
slithered almonds
cashews
pine nuts
walnuts
flaxseeds
sesame seeds
sunflower seeds
pepitas
chia seeds
almond butter
tahini

FERMENTED FOODS

Bragg's apple cider
vinegar
sauerkraut

DAIRY

natural yoghurt
almond milk
coconut milk
fetta cheese
goats cheese
coconut milk

OILS

extra- virgin olive
macadamia
avocado
sesame
unrefined coconut
pure peppermint
vanilla essence

BEANS & LEGUMES

chickpeas
lentils
black beans



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GRAINS

quinoa
brown rice
wild rice
organic oats
rice noodles
soba noodles
wholemeal wraps
wholemeal pasta
amaranth pasta rice
pasta
quinoa pasta
sprouted grain bread
gluten free flour

OTHER

nori sheets
rice paper sheets
canned tuna/salmon

SNACKS

brown rice crackers
sakata plain crackers
blue corn tortilla chips
popcorn
hummus
organic rice cakes
organic corn cakes
goji berries
coconut flakes/shredded
Cacao
dark chocolate

NUTS & SEEDS:

Packed with vitamins, minerals, good fats, proteins & fiber.
Best bought fresh and raw and stored in the fridge or freezer.

FERMENTED FOODS:

Source of good bacteria. Great for gut health.

BEANS & LEGUMES:

Great source of vegetable protein.

