

Shopping List -One Ingredient Foods



Carbohydrates

Starchy Vegetables

- Sweet potatoes
- White potatoes
- Parsnips
- Celeriac
- Beetroot
- Celeriac
- Butternut squash
- Green peas

Non starchy Vegetables

- Carrots
- Onions/ Spring Onions/ Shallots
- Garlic
- Mushrooms
- Cabbage
- Cauliflower

- Kale
- Rocket leaves
- Lamb's lettuce
- Watercress
- Spring greens
- Tomatoes
- Tomato passata
- Spinach
- Endive
- Fennel
- Asparagus
- Green beans
- Broccoli
- Radishes
- Cucumber

Fresh Fruit

- Lemons
- Lime
- Apples
- Kiwi fruit
- Pomegranate seeds
- Green (unripe) mango
- Green (unripe) bananas
- Berries (Strawberries, Raspberries, Blueberries)

Grains

- Quinoa (GF)
- Buckwheat (GF)
- Millet (GF)
- Rolled oats (GF available)

Proteins

- Eggs
- Chicken
- Turkey
- Beef
- Lamb
- Pork
- Duck
- Venison
- Sardines (tinned or fresh)
- Salmon (tinned, fresh or smoked)
- Mackerel (tinned, fresh or smoked)
- Anchovies (tinned or fresh)

Fats

- Extra virgin olive oil (best if stored in a dark glass bottle)
- Extra virgin coconut oil
- Avocado oil
- Grass-fed butter
- Grass-fed ghee
- Beef tallow
- Almonds
- Brazil nuts

- Rice (Basmati/ Wild/ Brown/ Black) (GF)
- Rice/ Buckwheat or Lentil pasta (GF)
- Spelt pasta (A species of wheat, contains Gluten)
- Durum Wheat pasta (contains Gluten)
- Spelt flour
- Bread*

Beans and Pulses

- Lentils
- Butter beans
- Black beans
- Cannellini beans
- Chickpeas
- White fish
- Greek yoghurt (5% or 10%)
- Cottage cheese
- Cheddar cheese
- Feta cheese
- Ricotta cheese
- Goat/sheep cheese
- Goat milk
- Kefir (unsweetened)
- Blackstrap molasses
- Whey protein (My favourite brand is *The Organic Protein Company*
<https://theorganicproteincompany.co.uk/>)

- Walnuts
- Macadamia nuts
- Pinenuts
- Almond butter (no added vegetable oil or sugar)
- Walnut butter (no added vegetable oil or sugar)
- Flaxseeds
- Chia seeds

- Pumpkin seeds
- Sunflower seeds
- Hemp seeds
- Tahini
- Avocado
- Olives (in olive oil)
- Dark chocolate (+85%)/Raw Cacao
- Shredded Coconut
- Coconut milk
- Coconut flour

Herbs & Spices

- Mint
- Basil
- Parsley
- Oregano
- Thyme
- Rosemary
- Dill
- Sage
- Lemon Grass
- Coriander (Cilantro)
*You can buy all the above fresh or dry, single or in combinations like Herbs de Provence)
- Turmeric (fresh or dry)
- Cinnamon
- Ginger (fresh or dry)
- Cumin
- Cloves
- Nutmeg
- Cardamom
- Paprika (sweet or smoked)
- Fennel seeds
- Saffron
- Bay leaves
- Fenugreek
- Black pepper
- Sea salt

Other

- Almond/ Coconut milk (unsweetened, no seed oil added)
- Apple cider vinegar (with the mother)
- Organic coffee beans
- Teas: Nettle, Red Raspberry, Holy Basil, Spearmint, Red Clover, Chamomile.

Notes:

-*Bread: not a single food ingredient but read the label and choose one with the least and cleanest ingredients.

Gluten free options: Biona Organic Millet wholegrain bread <https://biona.co.uk/>

Biona Organic Rice Bread <https://biona.co.uk/>

Good Grain Gluten Free Olive and Herb Sourdough <https://www.goodgrainbakery.com/>

Good Grain Bakery Activated Charcoal Loaf <https://www.goodgrainbakery.com/>

Gluten options: Biona Organic Rye Bread <https://biona.co.uk/>

Sourdough Loaf from your local bakery/supermarket

-Buy Organic whenever possible, familiarize with the *Dirty Dozen List*. (<https://www.ewg.org/foodnews/dirty-dozen.php>) for a list of the 12 fruits and vegetables most contaminated with pesticides. Soaking non-organic produce in apple cider vinegar or bicarbonate soda for 10-15 minutes reduces pesticide content.

-Avoid foods/ beverages stored in plastic and as much as possible opt for glass.

-If you do need to occasionally use sweeteners these are better option than refined sugar:
Unpasteurized honey, coconut sugar, maple syrup, date syrup, blackstrap molasses.