

Basic Shopping List - Nourishment Week

Vegetables & Fruit - Whatever Vegetables you like best and that is in season – Organic if Possible

Suggestions:

- Leafy greens – spinach, kale, lettuce (a lot!)
- Tomato
- Sweet potato
- Beetroot
- Zucchini
- Capsicum
- Pumpkin
- Cauliflower
- Carrot
- Avocado
- Broccoli
- Red cabbage
- Mushrooms
- Apples
- Kiwi fruit
- Frozen berries
- Banana

Proteins

- Dried beans of choice (use organic canned if short on time)

- Chickpeas
- Organic/free range chicken
- Fish of choice
- Free range/organic eggs
- Tofu

Nuts, Seeds & Oils

- Chia Seeds
- Mixed raw nuts
- Flaxseed oil or hemp oil
- Cold pressed olive oil
- Coconut oil
- Nut Butter

Various

- Turmeric
- Cinnamon
- Various herbs
- Dukkha
- Coconut milk
- Coconut water
- Fermented vegetables
- Kombucha
- Tomato Passata sauce
- Tomato paste

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