

SHOPPING LIST

WHOLEFOOD “Everyday” STAPLES
TRADE-UP ALTERNATIVES

White Flour/Self Raising /Baking

Whole meal or White Spelt Flour
Coconut Flour
Gluten Free Flour
Almond Meal
Hazelnut Meal
Rice Brown Flour

Pasta/Rice/Grains

Organic Red, Black or White Quinoa
Gluten Free Pasta
Spelt Pasta
Organic Brown Rice
Raw Buckwheat
Vegetable Rice Pasta

Cereal

Organic Rolled Oats
Organic Steel Cut Oats
LSA
Quinoa Flakes
Organic Rice Puffs

Sugar/Sweeteners/Syrups

Raw Honey
Manuka Honey
Raw/organic Maple Syrup
Rice Malt Syrup
Coconut Sugar
Sugarless Organic Stevia

Oils

Cold Pressed Extra Virgin Olive Oil
Coconut Oil
Avocado oil
Ghee
Macadamia Oil

Nuts/Seeds

Raw Cashews
Raw Almonds
Raw Walnuts
Pine Nuts
Chia Seeds
Sunflower Kernels
Macadamia nuts

Sauces/Spreads

Apple Cider Vinegar
Tamari Sauce
Organic Italian Tomatoes (tin)
Natural Peanut Butter

Natural Almond Butter
Tahini

Dairy/Alternatives

Organic Butter
Meredith Goat Cheese in Olive oil
Halloumi
Natural Greek Yoghurt
Full Cream Organic Milk
Organic Almond Milk
Ayam Coconut Milk Full Cream (caned)
Pure Harvest Coco Quench Milk
Pure Harvest Organic Almond Milk

Animal Protein

Meat/Poultry/ Fish/Eggs
Aim to buy free range, hormone and chemical free or organic when possible.

Vegetables & Fruit

Aim for in season; spray free or organic when possible.

Favourite extra's

Goji Berries
Cacao Powder
Pitted Dates
Greens and Black Organic Dark Chocolate 70%
organic Sultanas
Coconut Water
Coconut flakes
Organic Corn Chips
Organic Frozen blueberries/berries

