

Shopping list

Protein, meat & poultry

Free-range eggs
Organic, grass-fed meat
Fresh fish and seafood
Tinned tuna & sardines (oil or brine)
Whey or plant protein powder
Organic tempeh & tofu

Dairy & dairy substitutes

Coconut yoghurt
Greek yoghurt
Rice or almond milk
Organic butter
Feta cheese
Parmesan cheese

Fruit & vegetables

Fresh seasonal fruit
Frozen mixed berries
Lemons & limes
Fresh seasonal vegetables
Avocados
Red & brown onions
Potatoes
Sweet potatoes
Frozen peas
Goji berries
Dried cranberries
Tinned tomatoes

Nuts & seeds

Pepitas
Sunflower seeds
White or black chia seeds
Almonds
Cashews
Nigella seeds
Black & white sesame seeds
Linseeds /flax seeds

Grains & legumes

Dried chickpeas
Dried beans
Wholemeal or spelt pasta
Quinoa
Organic rolled oats
Buckwheat
Brown, black & wild rice
Arborio rice
Brown or green lentils
Dried soba & udon noodles

Herbs & spices

Himalayan sea salt
Black peppercorns
Cumin (whole)
Coriander seeds (whole)
Fennel seeds
Mustard seeds
Cardamon pods
Star anise (whole)
Paprika (ground)
Cloves (whole)
Cinnamon (ground and whole)
Fresh red chilli
Fresh ginger
Fresh garlic
Fresh turmeric
Fresh herbs (basil, parsley, oregano, rosemary, lemongrass)

Oil, vinegar & condiments

Coconut oil
Extra virgin olive oil
Sesame oil
Apple cider vinegar
Dijon & seeded mustard
Tomato paste
Fish sauce
Tamari or soy sauce

Spreads & natural sweeteners

Organic peanut butter
Organic almond butter
Manuka honey
Pure maple syrup
Blackstrap molasses
Medjool dates
Palm sugar
Rapadura or coconut sugar
Stevia
Unhulled tahini

Baking supplies

Almond meal
Wholemeal or GF plain flour
Bi-carb soda
Baking powder
Shredded coconut
Cacao powder & nibs
Vanilla bean extract

Other

Coconut milk
Vegetable stock powder
Miso paste

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