

Healthy Grocery List: Fresh Produce

Seasonal vegetables

Seasonal Fruits

Potatoes

Garlic

Onions

Avocado

Apples

Bananas

Oranges

Lemon

Lime

Fresh mini-baguettes

Sliced bread

Brown bread scones

Wholemeal croissants

Bagels

Brown bread

Healthy Grocery List: Fridge

Milk, buttermilk

Eggs

Butter

Cream

Cheese/soft and hard

Cooked deli meats

Fresh orange juice

Hummus

Tofu

Meat, deli meat

Fish

Healthy Grocery List: Freezer

Frozen sweetcorn kernels

Frozen peas

Chopped fresh ginger

Speciality breads, rolls, baguettes, foccacia, brown bread scones

Filleted chopped fish

Filleted chopped meat

Smoked salmon

Smoked mackerel

Fresh salmon, tuna and swordfish steaks

Sirloin steak

Leg of lamb

Butcher bought round steak minced

TVP (vegetarian mince)

Ready-made puff and shortcrust pastry

Home-made puff and shortcrust pastry

Reday-made whole-wheat pizza base

Homemade pizza base

Frozen soft fruits /blueberries etc

Homecooked casseroles, pies, pizzas

Homecooked cakes, muffins, breads

Home-prepared nut burgers and hamburgers

Bagels

Healthy Grocery List: Larder

----- TINNED -----

Tinned chopped tomatoes

Tinned chickpeas

Tinned lentils

Tinned cannellini beans

Tinned flagellot beans

Tinned haricot beans

Tinned kidney beans

Tinned coconut milk

Tinned bamboo shoots

Tinned water chesnuts

Tinned bean salad

Tinned tuna

Tinned wild salmon

Tinned pineapple

----- GRAINS & PULSES -----

Muesli

Cereals

Rice (short grain, basmati, arborio)

Wheat noodles

Bulgar wheat

Pearl barley

Couscous

Spaghetti

Pasta Shells

Pasta Spirals

Multicoloured Pasta Ribbons

Wheat Noodles

Rice Noodles

Pulses

Lentils (red, green, puy)

Yellow Split Peas

Green Split Peas

Soup Mix (pulses and barley)

HERBS, SPICES AND FLAVOURINGS

Pouring sea salt

Sea salt crystals

Marigold vegetable stock powder

Atlantic sea salt crystals

DRIED HERBS:

Italian seasoning

Herbs de Provence

Mixed Herbs

Parsley

Chives

Basil

Oregano

Bay leaf

Marjoram

Thyme

Rosemary

Dill

Tarragon

SPICES:

Coarse ground black pepper

Chilli powder

Chilli flakes

Cumin

Coriander

Ginger

Allspice

Cinnamon

Cajun seasoning

Jamaican seasoning

Curry powder

Cardamon seeds

SWEET THINGS

Halva

70% cocoa dark chocolate

Nut and honey bars

Honey Waffles

Biscuits

DRINKS

Organic apple/pear concentrate

Cocoa

Low Sodium Mineral Water

Fairtrade organic coffee

Fairtrade organic tea

Organic white tea

Aveda comfort tea

Camomile tea

CONDIMENTS AND SAUCES

Tomato puree

Soy sauce: dark and light

Chutneys

Capers

Pickled gherkin

Sachets of mustard, ketchup, dressings etc.

Harrissa sauce

Light tahini

Pesto

Tabasco

Bar-B-Q sauce

Worcester sauce

Passata

Pasta sauce

Mustard/Dijon, wholegrain

Vinegar: white wine, red wine, balsamic

BAKING

Self-raising flour

Wholemeal flour

Plain flour

Buckwheat flour

Raw cane sugar

Icing sugar

Baking powder

Vanilla extract

Coffee extract

BREADS AND WRAPS

Taco Shells

Corn and flour tortillas

Tortilla chips

Naan

Chapati

Pitta Pockets

Pizza Base

Paninni

Unbleached artisan baguettes

CRACKERS/HEALTHY SNACKS

Gillian McKeith real food bars

Dr Karg's seeded crackers

Oatcakes

Crackers

Breadsticks

Sesame sticks

Pretzels

Bombay Mix

SPREADS

Molasses

Peanut butter

Chocolate spread

Apple puree

Almond butter

Maple syrup

Honey

Jam

DRIED FRUIT AND NUTS

Dried fruits

Dessicated coconut

Almond flakes

Whole almonds

Pecans

Walnuts

Cashews

Roasted and raw pistachios

Pumpkin seeds

Linseed

Flax seed

Dried fruit mix

Yogurt Raisins

OILS

Olive oil

Sunflower oil

Canola Oil

Sesame Oil

Udo's Oil

DRIED MIXES

Falaffel mix

Sosmix (vegetarians)

MISCELLANEOUS

Olives (black and green)

Capers

Sundried tomatoes in olive oil

Miso Paste

Dried seaweed salad

