



# Shopping List - Week 2

Print this off and bring shopping with you

## PANTRY

- Sea Salt or Himalayan Sea Salt
- Whole black peppercorns
- Gluten free baking powder
- 500g/1lb organic oats
- 1 box of organic miso soup sachets (e.g. Clearspring)

## MEAT, EGGS & SEAFOOD

- 1/2 dozen Organic Eggs
- 2 Smoked Wild Mackerel Fillets (or smoked sardines)
- 1 tin fresh wild mackerel or sardines (in spring water if possible)
- 1 large organic/free range chicken (or 3 raw carcasses)

## NUTS & SEEDS

- 100g/4oz Almonds
- 100g/4oz Hazelnuts
- 100g/4oz Walnuts
- 50g/2oz Pumpkin Seeds
- 50g/2oz Sesame Seeds
- 100g/4oz Chia Seeds (O)

## FRUITS & VEGETABLES

- 1 punnet organic berries (O)
- 1 Avocado - dark, rough skin is best
- 2 Lemons
- 6 shitake mushrooms (O)
- Fresh herbs - coriander, thyme, parsley...
- 1 small bunch spring onions
- 2 carrots

## OTHER

- 1 Loaf of sourdough or gluten free bread
- 250g/9oz pack of butter from grass fed cows
- 1 Large tub natural yoghurt (or coconut yoghurt if lactose intolerant)
- Coconut Yoghurt if lactose intolerant
- 200g/8oz Coconut Sugar (also called coconut blossom sugar)
- 100g/4oz ground almonds
- 250g/9oz 85% Dark chocolate

O = Optional for Breakfast

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## Kitchen Equipment:

You'll have seen from the recipes for this week that I'd like you to consider how you store your food. If you don't already, start to build up a small collection of glass storage jars. IKEA sell a great selection of dishwasher and freezer safe glass dishes with plastic clip-on lids which are excellent. As you buy more glass, recycle your old plastic storage.

The other piece of equipment you may not have is a very large stock saucepan with a lid. The bigger the better, so figure out what you can store easily at home and buy the biggest stainless steel saucepan you can find. Avoid aluminium and those with a copper base, as both metals can easily transfer through food and disrupt heavy metal levels in your body, which can impact your fertility.

## If you need to make extra granola:

### NUTS & SEEDS

- 100g/4oz Almonds
- 100g/4oz Cashews
- 100g/4oz Hazelnuts
- 100g/4oz Walnuts
- 200g/8oz Pumpkin Seeds
- 100g/4oz Sesame Seeds
- 100g/4oz Chia Seeds (O)

Check your larder for stocks of nut butter, coconut oil and honey to make granola. You should have enough of all 3 to make another batch if necessary