

clean eating

PROTEIN

meat & poultry

- Free-range eggs
- Organic, grass-fed beef
- Organic chicken
- Fresh fish and seafood
- Whey protein powder

dairy

- Natural, unsweetened yoghurt
- Goat's cheese
- Organic full-fat milk (or homemade nut milk of your choice)

plant-based

- Chickpeas and other legumes
- Mung bean fettuccine*
- Black bean spaghetti*
- Pea, hemp or rice protein powder
- Nuts, grains and seeds (see below for more comprehensive list)

*Available at most health food stores

GRAINS, NUTS & SEEDS

seeds

- Pepitas
- Sunflower seeds
- Chia seeds
- Quinoa and quinoa flakes
- Millet

nuts

- Macadamias
- Almonds
- Cashews
- Walnuts
- Brazil nuts

grains

- Rolled oats
- Buckwheat
- Brown or black rice

OILS

- Cold-pressed coconut oil
- Extra virgin olive oil
- Macadamia oil
- Ghee
- Organic butter

FRUIT & VEGETABLES

fruit

- Berries, fresh or frozen
- Apples
- Oranges and citrus fruits
- Bananas
- Young coconuts
- Lemons
- Limes
- Avocados

vegetables

- Spinach
- Kale
- Beetroot
- Asparagus
- Green beans
- Zucchini
- Carrots
- Broccoli
- Snow peas
- Tomatoes
- Sweet potato
- Pumpkin
- Mushrooms
- Capsicum
- Seaweed

BAKING

flours

- Spelt flour
- Coconut flour
- Almond meal
- Oat flour
- Quinoa flour
- Buckwheat flour
- Brown rice flour
- Bi-carb soda
- Gluten free baking powder

natural sweeteners

- Rapadura sugar
- Coconut sugar
- Maple syrup
- Medjool dates
- Raw honey

CONDIMENTS

herbs & spices

- Cumin (ground or whole)
- Coriander seeds (ground or whole)
- Cayenne pepper
- Sea salt
- Black pepper (ground or whole)
- Cinnamon (ground or whole)
- Fresh garlic
- Fresh ginger
- Fresh turmeric
- Fresh herbs

condiments

- Apple cider vinegar
- Tamari
- Mirin
- Dijon mustard
- Seeded mustard
- White wine vinegar
- Balsamic vinegar

DELICIOUS EXTRAS

- Coconut cream
- Coconut flakes/shredded coconut
- Coconut butter
- Goji berries
- Cacao powder and nibs
- Vanilla beans or powder

KITCHEN TOOLS

- Good quality chef's knife
- Bread knife (serrated knife)
- Large, solid chopping board (bamboo or plastic)
- Storage jars
- Pots and pans (stainless steel or cast iron)
- Steamer basket
- Food processor
- Blender
- Microplane (fine, long grater)
- Citrus juicer
- Spirooli or julienne peeler

PREPARATION

- Serving plates (for smaller serving sizes)
- Mason jars
- Protein shakers
- Glass storage containers (for taking lunch to work)
- Salad dressing containers
- Cooler bag and ice brick (for travel)