



Everyday Essentials

Shopping Guide

Flours, Powders, Baking

- * Almond flour (almond meal)
- * Coconut flour
- * Buckwheat flour*
- * Tapioca flour
- * Bicarbonate of soda (baking soda)
- * Vanilla extract
- * Cacao or unsweetened cocoa powder
- * Psyllium husks
- * Desiccated coconut
- * Baking powder*

There are other flours e.g. rice, teff, cassava – the above feature the most on Nourish Everyday.

Grains and pseudo-cereals

- * Raw buckwheat groats (kernels)
- * Quinoa (any colour)
- * Buckwheat flakes*
- * Rice (white and/or brown)
- * Rolled oats*
- * Rice or buckwheat (soba) noodles*

Flaked or puffed quinoa, buckwheat and/or rice are also handy. You might like to have a healthy wholegrain “pasta” e.g. buckwheat spirals or mung bean spaghetti on hand too for quick meals.

Sweeteners

- * Rice malt syrup (brown rice syrup)
- * Honey
- * Stevia (liquid and/or granules/powder)
- * Maple syrup

Try to use sweeteners sparingly; reserve them primarily for making treats.

Oils, Spreads, Dressings

- * Extra virgin olive oil
- * Coconut oil
- * Tahini – unhulled, hulled, both
- * Peanut butter – 100% peanuts
- * Other nut/seed spreads of choice
- * Apple cider vinegar
- * Balsamic vinegar
- * Sesame oil

Choose nut and/or seed spreads that are additive-free i.e. just nuts/seeds. There are other healthy oils that you can add to your pantry too e.g. avocado, macadamia, pumpkin seed.

Other Pantry

- * Brown rice cakes and/or crackers
- * Coconut flakes (chips) - unsweetened
- * Canned coconut milk and/or cream
- * Cacao nibs
- * Nutritional yeast flakes
- * Stock cubes - organic, additive-free
- * Tomato paste
- * Canned chopped tomatoes
- * Canned legumes (e.g. lentils)
- * Canned salmon and/or tuna
- * Tinned sardines
- * Dark chocolate
- * Coffee
- * Tea and/or herbal tisanes

Aim to buy canned products that are BPA free, and no-added-salt, organic if possible. Try to purchase sustainably-caught seafood as much as possible.



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Nuts, Seeds and Dried Fruit

- * Pepitas (pumpkin seeds)
- * Sunflower seeds
- * Sesame seeds
- * Chia seeds - black, white, mixed
- * Almonds
- * **Add your favourites**
- * _____
- * Walnuts
- * Brazil nuts
- * Cashews
- * Dried raisins or berries
- * Macadamia nuts
- * _____
- * _____

Dried Herbs and Spices

- * Quality salt (e.g. Himalayan or Celtic)
- * Black pepper
- * Cinnamon (ground)
- * Ginger
- * Turmeric
- * Nutmeg (ground)
- * Cumin (ground)
- * Cardamom (ground)
- * Mild paprika
- * Smoked paprika
- * _____
- * Coriander (ground)
- * Cayenne pepper
- * Chili flakes
- * Sage
- * Oregano
- * Thyme
- * Rosemary
- * Bay leaves
- * Curry powder
- * **Add your favourites**
- * _____

Fridge

- * Eggs
- * Yogurt - full-fat, unsweetened
- * Milk of choice - unsweetened
- * Butter
- * Feta cheese
- * Cheddar cheese
- * Crushed garlic
- * Crushed ginger
- * Miso paste
- * Thai-style curry paste
- * Sauerkraut - unpasteurised
- * Mustard - Dijon and wholegrain
- * Gluten-free tamari (soy sauce)
- * Ground flaxseed

Freezer

See my note on the next page for other items that you can freeze, too!

- * Berries
- * Peas
- * Spinach
- * Bread*



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Greengrocer

This section is very flexible; adjust depending on seasonal availability and/or personal preference.

- * Salad leaves: lettuce varieties, baby spinach, rocket etc.
- * Brassicas: cabbage, kale, broccoli, cauliflower, Brussels sprouts
- * Capsicum (peppers)
- * Potatoes
- * Sweet potato (kumara)
- * Zucchini (courgette)
- * Pumpkin (squash)
- * Cucumbers
- * Tomatoes
- * Eggplant (aubergine)
- * Lemons + Limes
- * **Add your favourites**
- * _____
- * Leafy greens: swiss chard, Asian greens like bok choy etc.
- * Other root vegetables: parsnips, carrots, beetroot, swedes, turnips
- * Fennel
- * Mushrooms
- * Ginger, Garlic, Fresh herbs
- * Onions
- * Radish
- * Avocado
- * Bananas
- * Berries
- * Other fruit of choice e.g. apples
- * _____
- * _____

Butcher / Fishmonger

For non-meat eaters, try eggs, dairy and/ or plant protein like quinoa, buckwheat, nuts, seeds and/or legumes. You may also like to use a quality plant protein powder e.g. rice, pea and/or hemp.

- * Meat: grass-fed beef, lamb, pork, bacon, game meats etc.
- * Poultry: free-range chicken, turkey, etc.
- * Seafood: quality salmon, trout, prawns, firm white fish fillets, etc. Aim for sustainable.
- * **Add your favourites**
- * _____
- * _____
- * _____

What Else can I Keep in my Freezer? Some ideas:

- ✓ bananas (when overripe, peel, chop and pop in a zip lock bag);
- ✓ diced raw or par-cooked vegetables (zip lock bag);
- ✓ chopped fresh herbs (zip lock bag or freeze in ice cube trays with olive oil);
- ✓ leftover quantities of liquids e.g. stock, tinned tomatoes, coconut milk;
- ✓ small pieces of, or grated, cheese;
- ✓ cooked portions of quinoa, buckwheat or rice for quick meals.

**Everything on this list is naturally gluten-free or can be made gluten-free e.g. noodles, bread. Items with an asterisk are marked because often these products aren't guaranteed gluten-free (whether because of ingredients or risk of cross-contamination during processing). Check the ingredients list + packaging; if you are celiac look for a certified gluten-free label. Note, some celiac sufferers cannot tolerate oats even if they certified gluten-free, so avoid oats if necessary.*