

Healthy Grocery List

General Pantry

- Rice cakes and/or GF crackers
- Canned tomatoes or passata
- Tomato paste
- Canned legumes eg lentils
- Canned coconut milk/cream
- Canned tuna and/or salmon and tinned sardines
- Nutritional yeast flakes
- Stock cubes
- Cacao nibs
- Coconut flakes
- Coffee and Tea
- Dark chocolate

Flours, Baking, etc

- Almond flour
- Coconut flour
- Cacao powder or unsweetened cocoa powder
- Buckwheat flour
- Tapioca flour
- Gluten-free flour blend (store bought) and/or plain brown rice flour
- Psyllium husks
- Desiccated coconut
- Bicarbonate of soda
- Baking powder (GF)
- Vanilla extract

Grains

- Quinoa
- Rice
- Buckwheat groats/kernels
- Rolled oats (GF), and/or buckwheat or quinoa flakes
- Rice or buckwheat noodles
- Pasta (GF)

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Healthy Grocery List

Fridge

- Eggs
- Yogurt (unsweetened) – dairy and/or non-dairy
- Milk (unsweetened) – dairy and/or non-dairy
- Butter
- Cheese – cheddar, feta, etc
- Hummus
- Ground flaxseed (linseed)
- Mustard – grain, dijon
- Gluten-free tamari or gluten-free soy sauce
- Miso paste
- Thai-style curry paste e.g. red or green curry paste
- Sauerkraut (unpasteurised)

Greengrocer

- Leafy greens
- Root vegetables eg beetroot, parsnip, sweet potato
- Lemons and/or limes
- Fresh herbs
- Berries
- Bananas
- Avocado
- Continue to add your faves...
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____

Meat/Poultry/Fish

- Add your faves...
 - _____
 - _____
 - _____
 - _____

Freezer

- Peas
- Spinach
- Mixed vegetables
- Berries
- Bread (GF)


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Healthy Grocery List

Oils, Spreads, etc

- Extra virgin olive oil
- Coconut oil
- Sesame oil
- Apple cider vinegar
- Balsamic vinegar
- Tahini
- Pure peanut butter and/or other nut or seed spreads

Sweeteners

- Honey and/or maple syrup
- Rice malt syrup
- Stevia
- Coconut sugar

Dried herbs + spices

- Salt and Pepper
- Cinnamon
- Ginger
- Nutmeg
- Turmeric
- Cumin
- Coriander
- Curry powder
- Chilli flakes
- Mild and Smoked paprika
- Sage
- Rosemary
- Thyme
- Oregano
- Mixed herbs

Nuts, Seeds + Fruit

- Nuts eg almonds, cashews, brazil nuts, etc
- Seeds eg pumpkin, sunflower, sesame seeds
- Chia seeds
- Dried fruit eg sultanas, medjool dates

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