

Healthy Eating Pantry / Freezer Staples

ANIMAL PROTEINS

- Frozen grass-fed or pastured meats of various types if you eat meats
- Grass-fed burgers e.g. turkey or beef
- Frozen salmon or tuna steaks (wild, ocean caught fish & seafood are highly preferred)
- Canned fish e.g. anchovies, sardines, tuna and salmon
- Frozen prawns
- Cured meats
- Eggs (from pasture fed chickens, free-range preferred)
- Hard cheeses (e.g. parmesan or haloumi)
- Kefir or milks to feed own grains

LEGUMES – VEGGIE PROTEINS

- Chickpeas (dried / tin / packet)
- Dry or tinned mixed beans (butter/kidney/black/cannellini/flageolet/pinto/borlotti beans) If baked beans, pick low salt and low sugar
- Dry or tinned lentils e.g. beluga or puy, (Merchant Gourmet for packets)
- Veggie burgers e.g. Gosh!

VEGETABLES

- Select a rainbow of different coloured fresh vegetables
- Root vegetables e.g. potatoes, sweet potatoes, squashes, pumpkin, carrots, parsnips, turnips, radishes, celeriac, beetroot
- Plenty of frozen veg including frozen spinach,

- peas, and mixed veg
- Garlic, celery, onion and shallots
- Fresh root ginger

FRUITS

- Frozen fruits – especially blueberries, strawberries, raspberries, blackberries
- Oranges, apples or pears and other fresh fruit of choice
- Limes or lemons (squeeze into water / herbal teas in the mornings)
- Dried fruit such as goji berries, Peruvian golden berries, cranberries

GRAINS

- Quinoa / buckwheat – dried or packets
- Whole oats/steel cut/full flake for porridge
- Brown basmati or wild rice – dried or packets
- Oat cakes (gluten-free) e.g. Nairns
- Breads of choice to slice and freeze. e.g. Rankin soda bread; rye bread; or fresh sour dough bread. Or gluten free, wheat free e.g. Artisan Breads Online or Biona Buckwheat or Millet; BeFree Sweet potato wraps.
- Flour of choice for baking projects e.g. brown rice/ buckwheat/almond/coconut flours/chickpea flour
- Wholewheat/pea/lentil/chickpea pasta

EATING FATS

- Avocados
- Olives
- Raw nuts e.g. brazil, cashews, almonds, walnuts, pecans – brazil nuts are rich in selenium
- Ground flax seeds e.g. Linwood, chia seeds, pinenuts, sesame seeds, pumpkin seeds
- Tahini (sesame seed paste) – good for making hummus
- Almond butter or other nut butter or seed butter (organic best) e.g. Meridian

- Dark chocolate (90% best) or raw chocolate e.g. Ombar

COOKING FATS / OILS

- Extra virgin olive oil
- Coconut oil for adding to porridge, yoghurt or cooking at high temperatures
- Organic butter e.g. Kerrygold, Rachel's, or St Helens Farm goats butter
- Coconut cream/milk – tinned – for curries

OTHER FLAVOURSOME INGREDIENTS

- Chili flakes
- Garlic powder
- Fresh Himalayan sea salt
- Dried/ground spices: paprika, cinnamon sticks or powder, turmeric, curry powder, ginger, cumin, nutmeg
- Tinned tomatoes for sauces
- Handy sauces e.g. coconut aminos / tamari sauce (gluten free soy sauce)
- Vegetable stock (Kallo: gluten-free, yeast free)
- Manuka or local honey – good for the immune system
- Potted fresh herbs e.g. basil, parsley

HYDRATION

- Black and herbal teas e.g. green tea (sencha or matcha) / ginger and lemon / peppermint / chamomile etc
- UnoCoco, Chi, Coco Face, Tiana or Coco Libre
- Fresh lemon, hot water and apple cider vinegar
- Unsweetened almond milk / oat milk / rice milk e.g. Rude Health or Oatly
- Coconut water e.g. Rude Health, Jax,
- 100% pomegranate juice
- 100% concord grape juice
- 100% tart cherry juice (Montmorency)

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