

Shopping List | Clean Food

You can find these ingredients in your supermarket, health food or specialty store. Where possible buy organic and keep it clean!

Pantry

GRAINS

Quinoa (seed - white + red (stronger flavor))
Rice - royal red, brown, black (wild). Basmati + jasmine mixed with other grains
Buckwheat groats
Barley - whole or rolled
Oats - rolled, groats, whole
Polenta - yellow or white (look for 'wholemeal')
Semolina
Hulled millet

LEGUMES

Split peas - yellow, green (sweeter)
Mung bean - (for dahl)
Lentils - red, blue green (Puy), red (cook quick)
Chickpeas
Adzuki Beans - Queen Bean in Japan
Butter (lima) Beans - delicious, cook quickly
Berlotti or Pinto Beans (light and sweet)
Cannellini - soft mellow flavour
Navy Beans - creamy textured and sweet
Red Kidney Bean - harder, deep strong flavour
Great Nthn Beans - creamy white flesh, largish
Black Eyed - popular in US
Turtle Beans - deeply flavoured

CONDIMENTS

Salt - mineral (eg Himalayan or sea (Maldon))
Vinegars - apple cider, balsamic (white + dark), raspberry, red wine etc
Tahini - paste of sesame seeds
Tamari - fermented soy sauce
Miso - fermented soy paste
Mustard - seed or 'Dijon'
Preserved Lemons
Olives

Spices: cinnamon, vanilla, nutmeg, cloves
cardamom, cumin, fennel, coriander, saffron,
paprika, bay leaves, pepper

FLOUR

Spelt Flour - white or wholemeal
Kamut - precursor to wheat
Buckwheat Flour - wholemeal
Corn Flour - no gluten added
Coconut Flour - finely ground & sieved coconut
Almond Flour - finely ground almond - no skin
Sprouted Flours
Oat
Polenta
Semolina
There is also millet, amaranth, brown rice and tapioca flours but I don't use them often

SEEDS and NUTS

Sunflower, Sesame, Pumpkin, Chia, Flaxseed
Pine nuts
Walnuts, almonds, cashews, brazil, hazelnut nut (chopped, meal, whole)

OILS

Omega 3 rich: walnut, flax seed, chia seed
Fruit oils: olive oil, avocado, citrus or herb infusions
Nut oils: pistachio, macadamia, walnut, almond
Saute: sesame + (olive + grapeseed)
Deep Fry: Coconut, rice bran, grape seed

PACKAGED / MINIMALLY PROCESSED (prefer organic. no added numbers) Minimise your wheat intake

Bread - if you eat, look for wholegrain, wholemeal, sourdough, sprouted
Wraps - not from refined flours
Pasta - look for wholemeal, spelt
Soba Noodles - buckwheat flour
Muesli
Crackers - wholesome, wheat alternatives
CANS
- coconut milk and cream
- tomatoes - roma + cherry
- chickpeas
- tuna
Rice noodles - occasionally
GM free corn shells

Fresh, Chilled or Frozen Foods

VEGETABLES

Salad/green: lettuce, rocket, spinach, kale, cucumber, watercress, broccoli, asparagus, zucchini, celery, peas (honey snap or snow or shoots), beans, bulb fennel, sprouts, shoots

Red/Yellow: tomatoes, capsicum, pumpkin, sweet corn, beetroot

Potatoes - sweet white, kumera, dutch cream, Nicola, pontiac, chats,

Allium: onion, garlic, spring onions, red shallots

Crucifers: Cabbage - red, white, Chinese, Tuscan

Other: mushrooms, eggplant,

Frozen:
Baby peas

FRESH HERBS

Garlic
Ginger
Mint
Basil
Parsley
Coriander
Rosemary
Thyme
Chives

Less common

Lemon grass
Kaffir leaves
Tarragon
Marjoram
Sage

DAIRY

Unsalted butter
Milk - Full cream
Yoghurt - natural

BEVERAGES

De-caffinated tea and coffee
Water, coconut water
Cocoa Powder - raw or semi 'Dutch processed'
Herbal teas
Chinese Medicine teas
Sipping waters - add citrus, fresh herbs...

FRUIT

Citrus: orange, grapefruit, lemon, lime,
Stone: peach, apricot, nectarine, plum, cherries,

Tropical: papaya, mango, pineapple, banana, passionate fruit

Berries: strawberries, blueberries, blackberries, raspberries, mulberries

Other: Avocado, melons, kiwi, dark grapes, pears, pomegranate, lychee, coconuts

Dried (SO2 free preferred)

- Apricots
- Dates
- Figs
- Prunes

Frozen: berries

PROTEIN (+ nuts, seeds, grains)

Eggs
Tofu - silken
+ GF beef + lamb, free range chicken, fish

DYI ESSENTIALS TO HAVE ON HAND (rotate a couple every few days)

Hummus
Mayonnaise
Masson jar of Salad dressing
Olive tapenade
Pesto
Tomato puree from slow roasted tomatoes
Grilled capsicum - julienned
Cooked grain eg quinoa or rice (in fridge)

My top 15 everyday beautifoods

1. chia seeds
2. walnuts
3. oats
4. linseed / flaxseed
5. pumpkin seeds
6. quinoa
7. yoghurt
8. papaya
9. raspberries
10. avocado
11. sprouts
12. beetroot
13. spinach
14. eggs
15. blueberries
16. lemons!