

HEALTHY KITCHEN STAPLES

A helpful guide for supermarket shopping



Ensuring you have a range of healthy foods available in your kitchen makes it easier for you to stick to a lifestyle that supports your health and wellbeing.

PANTRY ITEMS (WOOLIES OR COLES)

- Pumpkin seeds
- Sesame seeds
- Poppy seeds
- Chia seeds
- Flaxseeds (whole)
- Brazil nuts
- Walnuts
- Cocoa
- Coconut cream
- Maple syrup (Pure, not flavoured)
- Ground cinnamon
- Ground nutmeg
- Olive oil for cooking & dressings
- Wholemeal flour
- Free range eggs
- Brown rice
- Quinoa
- Mackerel in brine
- Salmon in Spring water (with bones)
- Sardines in brine
- Tinned chickpeas / lentils
- San Remo pulsa pastas or wholemeal pasta
- Rolled oats
- Carmen's muesli bars (fruit free)
- Cobs popcorn

FRESH PRODUCE

- Apples
- Bananas
- Lemons
- Potatoes
- Sweet potatoes
- Baby spinach
- Avocados
- Whole grains of choice
- Cherry tomatoes
- Carrots
- Cucumbers
- Zucchini

FREEZER ITEMS

- Mixed berries
- Peas & corn
- Spinach / kale

FRIDGE ITEMS

- Hummus dip
- Full fat cheese
- Plain or greek yoghurt (full fat)
- Feta (goats or bulgarian)
- Milk of choice (full fat if cows milk)
- Kefir yoghurt - The Culture Co.



ABOUT CAILIE FORD NUTRITION



CAILIE FORD IS A MOTIVATIONAL SPEAKER, CLINICAL NUTRITIONIST AND ACCREDITED CHANGE MANAGER.

CAILIE WORKS WITH INDIVIDUALS AND BUSINESSES ACROSS THE GLOBE, PROVIDING CUSTOMISED PROGRAMS THAT SUPPORT PEOPLE TO THRIVE AND COMPANIES SUCCEED.

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