

Nourish & Flourish Shopping List

As a gluten free, whole-food omnivore prioritising protein and plants and minimising refined sugars and starches.

PROTEIN SOURCES

Eggs
Chicken breast
Turkey breast
Greek yoghurt
Salmon
Red lentils
Chickpeas
Extra firm tofu
Nuts: almonds, walnuts, cashews
Seeds: Ground flax, chia seeds, pumpkin seeds, sunflower seeds, pine nuts, sesame seeds

VEGETABLES

Baby leaf spinach
Rocket
Kale
Broccoli
Cauliflower
Asparagus
Bell peppers
Red onions
Garlic
Tomatoes
Carrots
Mushrooms
Sweet potatoes
Fresh herbs: Coriander
Dried Herbs: Turmeric, cumin, coriander, cinnamon, black pepper

DAIRY

Greek yoghurt
Kefir
Whole milk
Cottage cheese
Feta cheese
Parmesan cheese
Soft goat's cheese
Butter

DRINKS

Fresh coffee
Herbal tea
Sparkling water
Kombucha

FRUIT

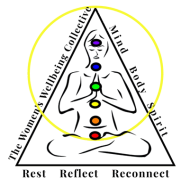
Avocado
Berries- raspberries, blueberries, strawberries
Apples
Oranges
Lemons
Limes
Bananas
Dried fruit- goji berries, raisins, dates

FROZEN

Frozen berries - cherries, blueberries
Frozen peas
Frozen edamame beans

CUPBOARD

Quinoa
Buckwheat
Brown rice
Organic steel/rolled cut oats
Legume pasta (i.e made with chickpea flour)
Kidney beans
Passata/tomatoes/ tomato puree
Olive oil
Coconut oil
MCT oil
Peanut/nut butters
Honey/Maple syrup
Apple cider vinegar
>70% dark chocolate
Cornish sea salt



Meal Ideas

I use the single-ingredient foods on this list to make variations of the following:

BREAK-FAST IDEAS

Prioritise protein at breakfast

- Scrambled eggs with sautéed spinach and berries
- Greek yoghurt with kefir, nuts, seeds and berries
- Overnight oats with nuts, seeds and berries or peanut butter and banana
- Loaded omelettes
- Frittata with broccoli, asparagus and cheese
- Avocado and eggs
- Shakshuka
- Baked egg muffins

MEAL IDEAS

- Nourish Bowl - whole grains/sweet potato, protein, vegetables, avocado, top with nuts/ seeds/olive oil
- Chicken and vegetable stir fry with brown rice
- Lentil dahl with coriander
- Chickpea curry with spinach
- Roasted vegetable quinoa with feta cheese
- Crustless quiche with roasted vegetables and cheese
- Legume pasta bake with kale and parmesan
- Carrot and coriander soup
- Vegetable and bean chilli on sweet potato

BAKES & TREATS

- Chia seed pudding topped with fruit, nuts, chocolate
- Snickers/stuffed dates
- Sesame seed bars
- Cottage cheese chocolate cake
- Chavocado mousse
- Banana oat cookies
- Sweet potato brownies
- Energy balls

SNACK & DRINK IDEAS

- Homemade houmous with crudités
- Boiled eggs
- Roasted chick peas and edamame beans
- Greek yoghurt with berries
- Sliced apple with nut butter
- Handful of nuts and seeds
- Turmeric latte with black pepper and cinnamon
- Sparkling water with apple cider vinegar

MEAL PLAN

Mon	Tues	Wed	Thurs	Fri	Sat	Sun