

Storecupboard Essentials

Storecupboard essentials	Breakfast	Snacks	Lunches
Dry goods	<ul style="list-style-type: none"> • Porridge made with water, add ground mixed seeds and/or frozen berries and/or grated apple/pear and/or cinnamon. Sweeten with real maple syrup • Eggs poached, boiled or scrambled on wholemeal toast • Scrambled egg with salmon • Hummus, cashew/ hazelnut /almond butters (Meridian brand from health food stores is good) on wholemeal toast. NB peanut butter usually contains salt and sugar. • Wholegrain cereals. Avoid added sugar varieties. Try health food store varieties but check labels. Have with organic cow's milk or if dairy free, try soya, rice, almond, oat or coconut milks. • Always choose 100% wholegrain or whole wheat bread unless wheat or gluten sensitive. 	<ul style="list-style-type: none"> • Hummus, guacamole, cottage cheese, nut butters on wholemeal bread, oatcakes (e.g. Nairns), rice cakes, corn crackers, ryvita • Avoid crackers made from white, processed flour, hydrogenated fats and salt – most supermarket brands • A piece of fruit and a handful (e.g. 6 small nuts/ 4 large ones) of mixed, raw, unsalted nuts or small handful pumpkin or sunflower seeds • A small handful of dried fruit with nuts can be good but dried fruit concentrates the sugar – avoid overeating • Crudites (slices of raw veg e.g. carrots, peppers, celery, broccoli etc) with a hard boiled egg, hummus, tahini (sesame seed paste), guacamole, mackerel pate • Miso soup (sachets) 	<ul style="list-style-type: none"> • Tinned mackerel, sardines or wild salmon on wholemeal toast with side salad – fresh lettuce, tomatoes, spinach, scallions, avocado... • Omelette – with mushrooms, peppers, spring onions. Try adding cooked chick peas or green beans, peas or sweetcorn • Use leftovers from dinner the night before e.g. salmon, sliced in a mixed salad • Leftover brown rice mixed up with diced raw vegetable e.g. peppers, tomatoes, spring onions, mushrooms, carrots, beans Add beans, seafood, egg for protein • Cooked tinned beans (bean cuisine/mixed beans or chickpeas, pinto beans, aduki beans, cannellini, red kidney, lentils...). No added sugar /salt varieties from some supermarkets & health food shops add a little protein to the meal, and are easy to prepare. If you can't get the no salt/sugar varieties, make sure you rinse well before adding to salads, soups, stews etc • Add bean sprouts, beans, pine or other nuts or ground seeds to salads for protein (if not using fish, cheese or eggs) • Make homemade vegetable soups with lentils/ beans in large quantities and freeze in portion sizes. • Try eating no more than 1 sandwich a week and add variety to your lunches. If sandwiches are the only bought option, and you can't bring food from home, always choose 100% wholegrain bread, add salad to the mix and have as wide a variety of fillings as possible.
Porridge (oats, quinoa, millet flakes)			
No added sugar muesli			
Oatcakes, ricecakes, rye crackers			
Brown (basmati) rice			
Wholemeal pasta, wheat-free pasta			
Couscous, quinoa, bulghar wheat			
Soba, udon, egg noodles			
Unsalted, unroasted, raw nuts & seeds			
Mixed dried fruit (raisins, apricots...)			
Herbs & spices, sea salt, whole peppercorns			
Tins/jars			
Beans (chickpeas, mixed beans, kidney, cannellini, butter beans, lentils)			
Tomato puree			
Wild salmon, mackerel, sardines, tuna			
Tins of tomatoes and passata			
Healthfood store pasta & Thai sauces			
Sugar-free/no-added sugar jam			
Honey (manuka)			
Oils/vinegars/condiments			
Cold pressed olive oil for cooking			
Coconut oil, extra virgin olive oil, sesame oil/hemp seed oil and/or other nut & seed oils for dressings			
Balsamic vinegar/rice vinegar			
Soy or tamari sauce			
Fish sauce			

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Freezer	Ground seed recipe: 3 tbsp linseed (flaxseed) 1 tbsp sunflower seeds 1 tbsp sesame seeds 1 tbsp pumpkin seeds 1 tbsp hemp seeds	<ul style="list-style-type: none"> • Herbal teas <ul style="list-style-type: none"> ○ Rooibos ○ Ginger ○ Peppermint ○ Chamomile ○ Fennel ○ Herb and/or fruit teas • Coffee substitutes <ul style="list-style-type: none"> ○ Bambu ○ Yannah ○ Dandelion root • Natural, caffeine free drinks available from health food shops • Home made juices. Try a mixture of fruits and vegetables e.g. apple, carrot, fennel and ginger • Home made smoothies. Use fresh / frozen fruit and add seeds, probiotic natural yoghurt, avocado, hemp protein powder to boost nutrient content. Add cucumber/celery/spinach for green smoothie • Water – filtered is better. If buying get mineral water rather than spring water 	<ul style="list-style-type: none"> • Remember half your plate at lunch and dinner should be vegetables • Homemade vegetable soups are delicious and with added pulses (see above) provide a full balanced meal • Pasta made from corn (brand Orgran from health food stores) – or whole wheat pasta – with tuna and green beans with a side salad • Make your own sauces – tomato based • For simple stirfry sauce mix soy sauce, fresh ginger and garlic, toasted sesame oil, fish sauce (optional) and add when stirfry almost ready • Stir fries – slices of fish, tofu or prawns with peppers, courgettes, mushrooms, chinese leaves such as pak choi or spinach, mangetout, baby sweetcorn...any variety. Add cashew nuts and/or sesame seeds at the end. Serve with brown rice or wholegrain noodles • Slices of salmon steamed with scallions, peppers, cannellini beans, garlic, onions red or white or leeks • Vegetable hot pots or casseroles – always add a wide mix of vegetables - sweet potato, butternut squash, courgettes, aubergine, peppers. Add tinned beans to vegetarian casseroles at the end of cooking for protein • Roasted vegetables with fish • Seafood or vegetarian curry with wholegrain rice. Use a curry paste e.g. Pataks, Thai Gold and add coconut milk for more nutrition and less spice • Try to steam, grill or stir fry fish rather than roast. Never fry. • Try roasting wedges of sweet potato as an alternative to mash or chips. Try with chilli flakes or smoked paprika for extra flavour
Frozen vegetables (e.g. peas, sweetcorn, broccoli, soya and broad beans) plain, unbattered and uncoated. Organic frozen vegetables	Whizz up in electric coffee grinder until coarse powder consistency. Store in airtight container in fridge. Add a heaped dessertspoon or more to porridge, muesli, yoghurt. Or buy ground e.g. Linwoods		
Prawns (King, tiger..), look for wild			
Wholemeal and rye bread, sliced			
Non-breaded, -coated or -battered fish with 'clean' ingredients			
Frozen berries			
Fresh	Muesli Recipe: Store bought mueslis can be high in sugar and other unnecessary ingredients. Make your own and store in an airtight container. Mix oats, chopped almonds, walnuts, hazelnuts, sunflower seeds, pumpkin seeds, chopped apricots/ sultanas/ dried cranberries. Try mixes of rice, millet or quinoa flakes with the oat flakes. For extra flavour use toasted oatflakes (spread on a shallow oven tray and place in the oven at 180C for about 10 minutes). For Bircher muesli, soak portion overnight in water and applejuice with grated apple.		
Fruit – apples, pears, oranges, bananas, mangoes, kiwi fruit, pineapple, berries...			
Vegetables – carrots, onions, garlic, leeks, cabbage, kale, broccoli, fennel, salad leaves, peppers, courgettes, aubergines, mushroom			
Fish. Buy wild not farmed.			
Organic or free range dairy and eggs			
100% wholemeal bread, rye bread. Keep in freezer and take slices as needed			
Butter or vegetable oil spreads free from trans fats			
Organic probiotic natural plain yoghurt (add your own fruit and/or vanilla)			
Goats cheese			
Tofu. Try flavoured varieties from health food shops in stirfries, sandwiches			
Falafel (chickpea patties) from health food stores or make at home. Good with salad and hummus in wholemeal pitta bread			