

# Rebalancing You

Emma Rowland Nutrition

**The Ultimate, Healthful, Well Stocked Kitchen** — It is always a good idea to have the basics to hand, that way you can put together a simple nutritious meal at short notice.

## CANS & JARS

- \* Chopped/plum tomatoes.
- \* Canned coconut milk
- \* Pulses, such as red kidney beans, cannellini beans and chickpeas. (Great source of protein and fibre).
- \* Tuna in spring water or olive oil. (Great for salads and jacket potatoes).
- \* Capers
- \* Anchovies in olive oil
- \* Olives – kalamata, green & black
- \* Tomato puree
- \* Sun dried tomatoes

## SPICES & FLAVOURINGS

- \* Dried chillies
- \* Turmeric
- \* Ground coriander
- \* Ground cumin
- \* Cinnamon
- \* Cardamom pods
- \* Dried oregano
- \* Smoked paprika
- \* Salt and black pepper
- \* Stock – vegetable/chicken/beef

## DRY STUFF

- \* Pasta - choose wholemeal or buckwheat for extra fibre.
- \* Rice - try brown or wild rice
- \* Quinoa
- \* Porridge oats
- \* Lentils – red, green & Puy
- \* Nuts – walnuts, almond & cashews
- \* Seeds sunflower, sesame, pumpkin

## BETTER BAKING

- \* Tahini
- \* Maple Syrup
- \* Flour – try buckwheat & gram
- \* Cacao or cocoa powder
- \* Vanilla extract
- \* Medjool dates
- \* Chia & flax seeds
- \* Ground almonds
- \* Honey – raw if possible
- \* Coconut sugar

## VEGETABLE RACK

- \* Onions.
- \* Garlic
- \* Root Ginger
- \* Potatoes – white & sweet

**TOP TIP-** Fresh herbs like parsley, coriander, basil & mint can really transform a dish. Try growing your own in a window

## OILS, SAUCES & JARS

- \* Extra virgin and mild olive oil.
- \* Coconut oil – raw is best
- \* Gluten free soy sauce
- \* Mustard.- wholegrain & Dijon
- \* Vinegars - apple cider, balsamic, red and white wine vinegar.
- \* Nut butters – almond & peanut

## FRIDGE

- \* Butter (unsalted)
- \* Cheeses – Parmesan, feta & halloumi
- \* Eggs free range
- \* Milk – try coconut, oat or almond
- \* Live natural yogurt
- \* Fresh chilli
- \* Lemons & limes

## FREEZER

- \* Peas
- \* Spinach
- \* Berries (great for crumbles and smoothies).

**SHOPPING** - Fruit, vegetables, meat, and fish are best bought fresh weekly or every few days if you can.

Menu planning, batch cooking and taking packed lunches can be a great way to save you time and money

Energise Restore Nourish

[www.rebalancingyou.com](http://www.rebalancingyou.com)