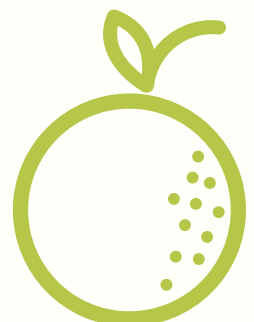
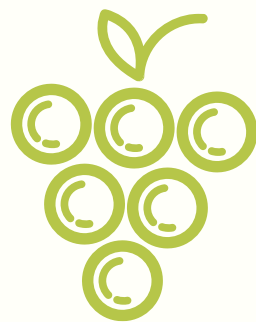


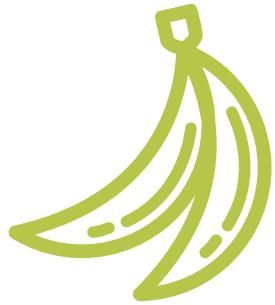
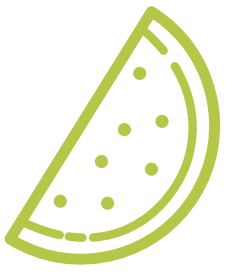


REBALANCING YOU  
EMMA ROWLAND NUTRITION

# THE ULTIMATE HEALTHFUL WELL STOCKED KITCHEN

IT'S ALWAYS A GOOD IDEA TO HAVE  
THE BASICS TO HAND. THAT WAY,  
YOU CAN PUT TOGETHER A SIMPLE  
AND NUTRITIOUS MEAL AT  
SHORT NOTICE.





**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.**

### **CANS & JARS**

- \* Tomatoes - chopped / plum
- \* Coconut milk - canned
- \* Pulses - 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
- \* Garam masala
- \* Curry powder
- \* Ground coriander
- \* Ground cumin
- \* Cinnamon - ground & sticks
- \* Cardamom pods
- \* Dried oregano
- \* Nigella seeds
- \* Smoked paprika
- \* Maldon sea salt and whole black peppercorn - pepper grinder needed
- \* Stock - vegetable - marigold bouillon
- chicken & beef - organic if possible

### **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, almonds, pecans & 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

### **OILS, SAUCES & JARS**

- \* Olive oil - extra virgin for salads and mild for roasting & frying
- \* Coconut oil - raw is best
- \* Gluten free soy sauce
- \* Mustard - wholegrain & Dijon
- \* Vinegar - apple cider, balsamic, red wine and rice wine
- \* Nut butters - almond & peanut

### **FRIDGE**

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

### **FREEZER**

- \* Peas
- \* Spinach
- \* Berries - blueberries & raspberries (great for crumbles and smoothies)



**TOP TIP - Fresh herbs like parsley, coriander, basil, chives & mint can really transform a dish. Try growing your own on a windowsill or in terracotta pots outside.**