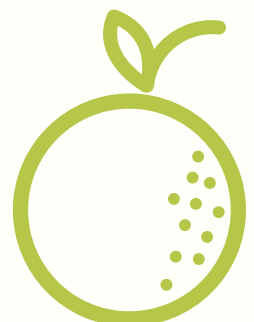
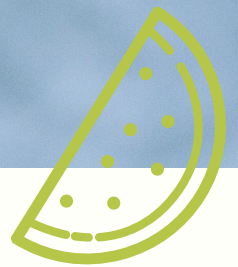


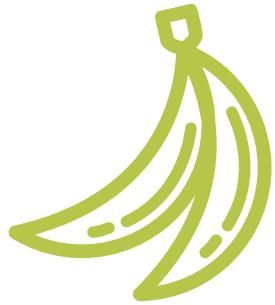
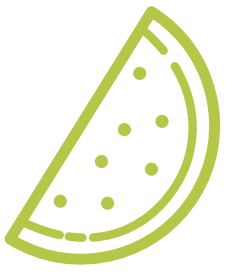


REBALANCING YOU
EMMA ROWLAND NUTRITION

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**





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
- * Canned coconut milk
- * 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 pepper
- * 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, 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

OILS, SAUCES & JARS

- * Extra virgin and mild olive oil.
- * Coconut oil - raw is best
- * Gluten free soy sauce
- * Mustard - wholegrain & Dijon
- * Vinegar - apple cider, balsamic, red and white wine
- * 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 - blueberries & raspberries (great for crumbles and smoothie).

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.

