

Store Cupboard Essentials

Here are some healthy foods you can store in your kitchen so you'll always be able to make fresh, home cooked meals...even after a busy day!

Tins/Jars

Tuna
Mackerel
Sardines
Anchovies
Salmon
Olives
Seafood
Crab
Passata
Tomatoes
Beans & Pulses
Whole Earth Baked Beans
Tomato Puree
Coconut Milk
Fruit Spread

Beans

(Frozen/Dried/Tinned)

Mung beans
Lima Beans
Black Eye Beans
Cannellini
Pinto
Flageolet
Red Lentils
Puy Lentils
Brown Lentils
Split Peas
Soup Broth Mix
Aduki Beans
Kidney beans
Chickpeas

Oils

Olive Oil
Hemp Oil
Flax Oil
Walnut Oil
Sesame Oil
Coconut Fat

Grains

Brown Basmati Rice
Wild Rice
Camargue Rice
Barley
Quinoa
Oats
Buckwheat
Amaranth
Corn
Rye
Doves Farm Wheat Free
Pastas
King Soba Buckwheat
Noodles
King Soba Brown Rice
Noodles

Frozen Fruit

Berries
Cherries
Mango

Frozen Vegetables

Broad Beans
Peas
Spinach
Leeks
Root Vegetables
Peppers
Green Beans
Broccoli
Cauliflower
Mixed Stir-fry Vegetables

Healthy Cereal Bars

Wallaby Bars
Nakd Bars
Trek Bars
Food Doctor Bars

Dried Foods

Sun Dried Tomatoes
Dried Mushrooms
Seaweeds
Seeds
Nuts
Herbs
Spices

Breads (Freeze) & Crackers

Biona Rice & Millet Bread
Village Bakery Rye or Spelt Bread
Rice Cakes
Corn Cakes
Ryvita
Oatcakes

Flavourings

Marigold Vegan Vegetable Bouillon
Braggs Amino Acids
Tamari
Tahini
Almond Butter
Hazelnut Butter
Tabasco
Balsamic Vinegar

Sweeteners

Xylitol
Agave Syrup