

YOUR PAINTRY





Farmed Meat

Beef

Buffalo

Lamb

Eggs

Chicken eggs

Duck eggs

Quail eggs



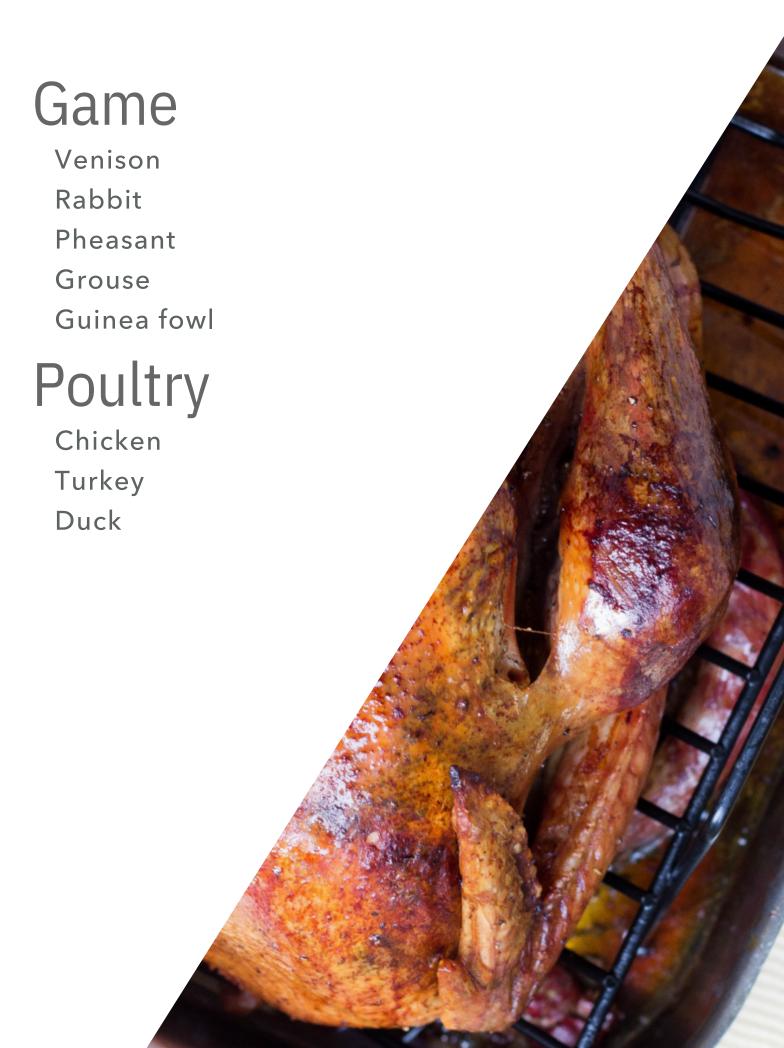
Liver

Kidney

Heart



Protein



Protein





Fats

Solid fats

Beef fat

Goose fat

Lard

Coconut cream (tin or carton)

Nuts, nut butters & milk

Almond

Brazil

Cashews

Chestnuts

Hazelnuts

Macadamias

Pecans

Pistachios

Walnuts

Coconut

Oils

Avocado oil

Extra virgin coconut oil

Extra virgin olive oil

Macadamia oil

Seeds

Chia

Flaxseed

Hemp



Carbohydrates

Grains/Starch

Starchy Vegetables

Celeriac

Parsnips

Sweet potatoes

Turnips

White potatoes

Yams

Buckwheat

Rolled oats

Rice (brown, red, black and

white)

Oat bran

Quinoa

Bulgur Wheat

Legumes

Chickpeas

Lentils

Borlotti beans

Butter beans

Black beans

Green beans

Peas



Vegetables

Salad/Veg

Artichoke

Asparagus

Aubergine

Broccoli

Brussels sprouts

Butternut squash

Cabbage

Carrots

Cauliflower

Celeriac

Celery Parsnips

Courgette Peppers

Cucumber Radish

Kale Red onions

Lettuce Rocket

Leeks Spinach

Mushrooms Swiss chard

Watercress

White onions

Fruits



Condiments



Apple cider vinegar Balsamic vinegar Cocoa powder Raw honey

Coconut palm sugar

Stevia drops

Tamari sauce (gluten free soya)

Wholegrain mustard





Condiments



Miscellaneous

Food

Protein powders

Dark chocolate

Arrowroot (to thicken casseroles)

Tapioca flour (to thicken casseroles)

Gluten free flour

Butter

Cheese

Double cream or sour cream

Crème fraiche





Miscellaneous



Notes

This pantry is not an exhaustive list, but simply a guide to help you see how much flexibility there is to enjoy the foods that you like and get excited about making fresh foods!

Focus on

- 1 Fresh tastes
- 2 Variety on your plate
- 3 Your appetite and portions
- 4 Eating with your friends and family

