

Basic Shopping List for an Anti-Ageing Lifestyle

10 Years
Younger
in 10
Weeks

Here is a basic shopping list full of great foods. Right now, it's important that you let your curiosity and desire to try new things determine the pace, instead of going out shopping for everything at once. Make delicious anti-ageing food using the recipes in the book and on the website, and feel the effects.

Grains

- Whole quinoa
- Brown rice, whole or as flour
- Millet, whole or as flour
- Buckwheat, whole or as flour
- Buckwheat noodles (soba)
- Brown rice noodles
- Oats, coarse
- Wholemeal spelt flour
- Wholemeal spelt pasta
- Wholemeal lasagne sheets
- Barley
- Five grain flake mix
- Wholemeal rye crispbread or round Swedish crispbread

Nuts and seeds

- Almonds
- Walnuts
- Hazelnuts
- Cashew nuts
- Brazil nuts

- Macadamia nuts
- Pumpkin seeds
- Flaxseeds
- Sesame seeds
- Peanut butter without added sugar, either smooth or crunchy, from your local health food store
- Almond butter
- Tahini (sesame butter)

Pulses (tinned is alright, provided they are organic)

- Chickpeas
- Mung beans
- Kidney beans
- Lentils, brown or red
- Other beans

Food in tins or jars

- Tuna in brine or olive oil
- Sardines in olive oil
- Mackerel in tomato sauce without added sugar

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- Salmon in brine
- Coconut milk
- Organic peeled tomatoes
- Organic tomato sauce (without added sugar)
- Vegetable pâtés
- Tofu
- Gherkins without added sugar (cornichons)
- Sun-dried tomatoes in organic cold-pressed oil
- Mustard without added sugar

Alternative beverages to milk (without added sugar)

- Soy milk
- Rice milk
- Almond milk
- Hazelnut milk
- Hemp milk
- Coconut milk
- Oat milk
- Soya cream
- Almond cream
- Canned coconut milk

Packaged food

- Miso soup, instant.

- Organic, instant clear soups
- Miso paste on rice or buckwheat crispbreads

Spices

They must be free of monosodium glutamate (also known as MSG or E621) and be as organic as possible.

- Cinnamon powder
- Vanilla pod or powder (not to be confused with vanilla sugar!)
- Liquorice powder.
- Cardamom
- Rosemary
- Thyme
- Oregano
- Turmeric
- Allspice
- Juniper berries
- Cloves
- Whole coriander seeds
- Garlic
- Organic spice mixes, e.g. Indian or Moroccan
- Black pepper
- Red pepper
- Pepper mixes (e.g. red/pink, black, white, green and allspice)

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- Ginger
- Sea salt or rock salt, Himalayan salt
- Bay leaves
- Caraway seeds
- Cumin
- Star anise
- Cayenne pepper
- Wasabi powder

Organic oils

- Cold-pressed extra virgin flaxseed oil
- Cold-pressed extra virgin hemp oil
- Cold-pressed extra virgin olive oil
- Cold-pressed extra virgin coconut oil
- Cold-pressed extra virgin sesame oil
- Cold-pressed extra virgin pumpkin oil

Tea

- Green tea, leaves or teabags
- Green Matcha tea
- Liquorice root
- Other herbal teas.

And now for your sweet tooth

- Xylitol or other similar sugar "alcohols" such as sukrin

- Fruit and nut balls, etc. from your local health store
- Dates
- Apricots without added sulphur
- Prunes
- Figs
- Raisins
- Cranberries and other dried berries without added sugar
- Fruit rings and slices without added sugar, like apple, banana, mango, pear, peach and pawpaw
- Fruit bars without added sugar
- 85% dark chocolate without added sugar
- Carob chocolate without added sugar
- Raw dark chocolate
- Raw cacao nibs

Fats

- Pure, organic butter
- Ghee

Dairy products

- Organic plain curd cheese
- Organic plain yoghurt
- Goat's feta
- Goat's and sheep's cheese

Vegetables

- Broccoli
- Cauliflower
- Brussels sprouts
- Spring cabbage
- Lettuce
- Spinach
- Rocket
- Cos lettuce
- Sweet potatoes
- Carrots
- Beetroot
- Turnips
- Parsnips
- Radishes
- Onions
- Garlic
- Leeks
- Pumpkin
- Zucchini (courgettes)
- Tomatoes
- Red bell peppers
- Leafy greens
- Parsley

- Basil
- Coriander
- Rosemary

Fruit

- All types of fruit
- Berries

Other

- Plain whey protein powder isolate.
- Rice or pea protein for those who can't tolerate dairy products at all.
- Hemp protein powder