

Getting Started: Your RAW Shopping List

Pantry

- ☑ Apple cider vinegar
- ☑ Cocoa powder (raw cocoa - great for smoothies and nut balls)
- ☑ Coconut oil
- ☑ Dates (for sweetening smoothies or snacking on with almond butter/cashew butter)
- ☑ Dried fruits like sulfonates/raisins/cranberries/apricots
- ☑ Dried herbs/spices/seasonings eg black pepper, fennel, garlic powder, onion powder, cumin, cinnamon etc.
- ☑ Extra virgin olive oil
- ☑ Himalayan or sea salt
- ☑ Nori or rice paper sheets for wrapping vegetables and dipping into sauces
- ☑ Nuts (various) like almonds, cashews, pecans, macadamia, pine, Brazilian.
- ☑ Nut butters like almond/cashew/brazil for putting on fruit for snacks like apple/banana or celery or make your own with nuts.
- ☑ Nutritional yeast (available from a health food store - may be called savoury yeast) - used for salad dressings and making nut cheese/pate.
- ☑ Seeds like pumpkin + sunflower seeds, hemp seeds for making raw granola and topping fresh fruit for breakfast
- ☑ Roasted sesame oil (for dressings)
- ☑ Shredded/desiccated coconut (for nut balls and raw bars)
- ☑ Superfoods like spirulina, maca, lucuma etc usually available from health food stores only or online. Don't go crazy for these ingredients, a little goes a long way!
- ☑ Tahini (to make dressings and dips)
- ☑ Tamari (gluten free soy) or nama shoyu
- ☑ Whole golden flax (don't get brown as it tastes different) - don't grind them until you need to use them, great in smoothies or dehydrated crackers and breads.

Fresh Produce

- ☑ Avocados for making guacamole, or topping a salad to give it more density
- ☑ Bananas for snacking for peeling then freezing for smoothies. Buy a variety of green, ready to eat now and super ripe so you can eat them as they all ripen on the bench.
- ☑ Capsicum (usually red or yellow - green is unripe and can cause digestive problems in some people)
- ☑ Carrots for juicing and grated in salads
- ☑ Celery for juicing
- ☑ Cucumbers for juicing and salads and dipping
- ☑ Fresh herbs like basil, parsley + coriander/ dill/cilantro for guacamole, salads, juicing and smoothies
- ☑ Fresh garlic/ginger
- ☑ Greens (eg baby spinach, romaine/cos lettuce, kale) for salads, smoothies + juices. If you cannot find any fresh spinach or dark greens I will buy some frozen spinach.
- ☑ Green onions/shallots for salads and also nut cheese/pate
- ☑ Lemons/limes (for dressings, juices etc)
- ☑ Oranges (for snacking and to juice with lemons for liver flush drink)
- ☑ Red + green cabbage for juicing and also for shredding and putting in a salad with other greens and salad veggies and topping with a delicious home made dressing
- ☑ Red/golden apples (red for eating, golden for juicing)
- ☑ Seasonal fruits that you like: mangoes, watermelon, berries, pineapples, whatever you like. If you wish you can buy frozen berries, mangoes, peaches etc if you cannot get anything seasonal for smoothies
- ☑ Sprouts (or grown your own) to top salads and put in smoothies
- ☑ Tomatoes (cherry or roma usually)
- ☑ Zucchini for making pasta or salads

Feingold Shopping Guide

Xiang Xie



Feingold Shopping Guide:

Feingold Shopping Guide Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Feingold Shopping Guide**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we will delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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