

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/dehydrated 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 these 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

JS Bruner



Feingold Shopping Guide:

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