

MY HAPPY HEALTHY KITCHEN CHECKLIST

VEGETABLES	Seasonal veg box delivered weekly + salad carrots mushrooms ginger	tomatoes potatoes onions garlic avocados
FRUITS		bananas blueberries lemons limes dried fruit frozen fruit
GRAINS AND LEGUMES	porridge granola rice cous cous quinoa	rice noodles chick peas black beans pasta lentils
FRIDGE	yogurt milk feta halloumi hummus	miso tofu butter salmon
HERBS AND SPICES	bouillon seasalt pepper light olive oil extra virgin olive oil coconut oil	paprika soy sauce chipotle chilli flakes cumin nigella seeds tumeric
STORE CUPBOARD	olives passata pesto tomato puree nuts	flour bicarb honey peanut butter dark chocolate