



foodie

MUST HAVES



the wellness project

holistic health coaching with claire obeid



FOR THE CUPBOARD

- » Tinned tuna/sardines/wild salmon
- » Dried chickpeas, lentils, beans (requires soaking + boiling)
- » Canned legumes and beans (choose organic where possible, rinse and pre-boil once)
- » Grains - Brown Rice, Barley, Buckwheat
- » Quinoa
- » Activated nuts (overnight soaking followed by dehydration)
- » Gluten-free oats
- » Coconut cream + milk

FLAVOUR STATION

- » A mix of dried spices - chilli, oregano, basil, cumin, turmeric, all-spice, fennel, coriander, thyme, rosemary, sage
- » Himalayan or Pink Salt
- » Black Pepper
- » Cayenne Pepper
- » Sumac, Paprika
- » Tahini (Unhulled)
- » Nut butters -ABC, Almond, Cashew
- » Wheat-free Tamari or Shoyu
- » Apple Cider Vinegar

CHEW THE FAT

- » Olive Oil
- » Macadamia Oil
- » Coconut Oil
- » Sesame Oil
- » Walnut Oil
- » Avocado Oil
- » Organic Full-fat Butter
- » Organic Ghee

SUPERFOODS

- » Cacao
- » Chia Seeds
- » Maca
- » Cacao Nibs
- » Goji Berries
- » Coconut Flakes
- » SuperGreens/Spirulina (I like SynergNaturals)
- » Vegan Protein (I like Sunwarrior Protein Powder)
- » Good Green stuff





A LITTLE SWEETNESS

- » Brown Rice Malt Syrup
- » Raw honey
- » Stevia (granulated and dropper)
- » Vanilla Bean Powder
- » Cinnamon Powder
- » Nutmeg powder

TOP OF THE FOOD CHAIN

- » Grass fed Beef
- » Pastured Lamb and Pork
- » Pastured Chicken + eggs
- » Goat's cheese
- » Wild fish
- » Full-fat yoghurt
(goat's/sheep/coconut)

KEEP IT FRESH

- » Avocados
- » Sprouts
- » Green beans
- » Kale, Silverbeet, Ruby Chard, Bok Choy, Spinach, Watercress
- » Zucchini
- » Asparagus
- » Broccoli
- » Sweet potato
- » Pumpkin
- » Ginger
- » Garlic
- » Capsicum
- » Tomatoes
- » Eggplant

- » Fennel
- » Blueberries
(I prefer frozen and organic)
- » Bananas
- » Medjool Dates (soak them first)
- » Grapefruit
- » Lemon
- » Lime

QUENCH YOUR THIRST

- » Chai tea
(leaves, not syrup or powder)
- » Little China Teas
(I love the Bo He!)
- » Green tea
- » Lavender tea
- » Cinnamon bark for boiling
into tea
- » Chlorophyll - add to your drinking water
- » Filtered water
- » Coconut water

THE MILKS

- » Almond Milk
- » Rice Milk
- » Coconut water

GET YOUR BAKE ON

- » Almond meal
- » LSA
- » Coconut flour
- » Buckwheat flour
- » Gluten-free baking powder
- » Bi carb soda