Food list for Core Vitality Cleanse - Can use as a shopping list!

ood list for Core Vitality Cleanse - Can use as a		
General vegetables etc	Salad:	Herbs and spices:
Fresh ginger root	Tomatoes	Sea Salt or Himalayan Salt
Garlic	Cucumber	Black pepper
Chilli peppers (can freeze)	Peppers	
		Cumin seeds
Onions (red have more nutrients)		Coriander seeds
Leeks	Lettuce varieties	Bay leaves
Carrots	Leaves -	Cinnamon
Celery	Rocket /watercress	
		Green herbs:
GREENS-		Thyme
Spinach		Oregano
Kale	Fruit:	Herbs de provence
Chard	Avacoado	Parsley
etc	Apples	Coriander leaves
		Dill
Des s s s li	Oranges	Dili
Broccoli	Bananas	
Cabbage		Paprika
Brussell tops	Lemons	Chilli powder / cayenne
Red cabbage		Turmeric
	Berries (can be frozen)	
Celery		
Cauliflower	Pineapple	
Peas (frozen)	Etc etc - choose what is available	
Beetroot		
Carbohydrate veg	Seeds and nuts:	Pulses
	Pumpkin	Lentil (whole Green and Puy or black)
Potato	Sunflower	Chic pea
	Sesame	Chic pea
(acorn) Squash / Pumpkin	Hemp	
Sweet potato		
	Linseed (flax)	Dried or tinned Chic peas
Parsnips	Linseed (flax)	Dried or tinned Lentils
	Walnuts	Dried or tinned Lentils
	Walnuts Almonds	Dried or tinned Lentils
	Walnuts Almonds Hazelnuts	Dried or tinned Lentils
	Walnuts Almonds	Dried or tinned Lentils
	Walnuts Almonds Hazelnuts	Dried or tinned Lentils
	Walnuts Almonds Hazelnuts	Dried or tinned Lentils
	Walnuts Almonds Hazelnuts	Dried or tinned Lentils
Parsnips	Walnuts Almonds Hazelnuts Brazil nuts	Dried or tinned Lentils (and other beans)
Parsnips 'EASY' cheat items	Walnuts Almonds Hazelnuts	Dried or tinned Lentils (and other beans)
Parsnips 'EASY' cheat items	Walnuts Almonds Hazelnuts Brazil nuts Store Cupboard items	Dried or tinned Lentils (and other beans) Other Protein powder -
Parsnips 'EASY' cheat items	Walnuts Almonds Hazelnuts Brazil nuts Store Cupboard items Wheat/gluten free mustard (eg.Dijon)	Dried or tinned Lentils (and other beans) Other Protein powder - Hemp protein
Parsnips 'EASY' cheat items Dairy free pesto and pesto varieties	Walnuts Almonds Hazelnuts Brazil nuts Store Cupboard items	Dried or tinned Lentils (and other beans) Other Protein powder - Hemp protein Pea Protein
Parsnips ' EASY' cheat items Dairy free pesto and pesto varieties Thai curry paste	Walnuts Almonds Hazelnuts Brazil nuts Store Cupboard items Wheat/gluten free mustard (eg.Dijon) " Tamari/soy sauce	Dried or tinned Lentils (and other beans) Other Protein powder - Hemp protein Pea Protein Rice Protein Rice Protein
Parsnips ' EASY' cheat items Dairy free pesto and pesto varieties Thai curry paste	Walnuts Almonds Hazelnuts Brazil nuts Store Cupboard items Wheat/gluten free mustard (eg.Dijon)	Dried or tinned Lentils (and other beans) Other Protein powder - Hemp protein Pea Protein Rice Protein (Soya protein if others unavailable)
Parsnips 'EASY' cheat items Dairy free pesto and pesto varieties Thai curry paste (Red, green or yellow)	Walnuts Almonds Hazelnuts Brazil nuts Store Cupboard items Wheat/gluten free mustard (eg.Dijon) " " Tamari/soy sauce Apple cider vinegar	Dried or tinned Lentils (and other beans) Other Protein powder - Hemp protein Pea Protein Rice Protein (Soya protein if others unavailable) Avoid brands with maltodextrin
Parsnips 'EASY' cheat items Dairy free pesto and pesto varieties Thai curry paste (Red, green or yellow) Sun dried tomatoes	Walnuts Almonds Hazelnuts Brazil nuts Store Cupboard items Wheat/gluten free mustard (eg.Dijon) " Tamari/soy sauce	Dried or tinned Lentils (and other beans) Other Protein powder - Hemp protein Pea Protein Rice Protein (Soya protein if others unavailable)
Parsnips 'EASY' cheat items Dairy free pesto and pesto varieties Thai curry paste (Red, green or yellow) Sun dried tomatoes	Walnuts Almonds Hazelnuts Brazil nuts Store Cupboard items Wheat/gluten free mustard (eg.Dijon) " " Tamari/soy sauce Apple cider vinegar	Dried or tinned Lentils (and other beans) Other Protein powder - Hemp protein Pea Protein Rice Protein (Soya protein if others unavailable) Avoid brands with maltodextrin
Parsnips PASY' cheat items Dairy free pesto and pesto varieties Thai curry paste (Red, green or yellow) Sun dried tomatoes (Dried or in Jar)	Walnuts Almonds Hazelnuts Brazil nuts Store Cupboard items Wheat/gluten free mustard (eg.Dijon) " " Tamari/soy sauce Apple cider vinegar Grains: Brown rice	Dried or tinned Lentils (and other beans) Other Protein powder - Hemp protein Pea Protein Rice Protein Rice Protein (Soya protein if others unavailable) Avoid brands with maltodextrin or combo of the above
Parsnips 'EASY' cheat items Dairy free pesto and pesto varieties Thai curry paste (Red, green or yellow) Sun dried tomatoes (Dried or in Jar) Creamed Coconut (Block)	Walnuts Almonds Hazelnuts Brazil nuts Store Cupboard items Wheat/gluten free mustard (eg.Dijon) " " Tamari/soy sauce Apple cider vinegar Grains: Brown rice (Any others such as Millet, Quinoa, Barley)	Dried or tinned Lentils (and other beans) Other Protein powder - Hemp protein Pea Protein Rice Protein Rice Protein (Soya protein if others unavailable) Avoid brands with maltodextrin or combo of the above (not whey - that is dairy!)
Parsnips 'EASY' cheat items Dairy free pesto and pesto varieties Thai curry paste (Red, green or yellow) Sun dried tomatoes (Dried or in Jar) Creamed Coconut (Block)	Walnuts Almonds Hazelnuts Brazil nuts Store Cupboard items Wheat/gluten free mustard (eg.Dijon) " " Tamari/soy sauce Apple cider vinegar Grains: Brown rice (Any others such as Millet, Quinoa, Barley) Sobu noodles -	Dried or tinned Lentils (and other beans) Other Protein powder - Hemp protein Pea Protein Rice Protein Rice Protein (Soya protein if others unavailable) Avoid brands with maltodextrin or combo of the above
Parsnips 'EASY' cheat items Dairy free pesto and pesto varieties Thai curry paste (Red, green or yellow) Sun dried tomatoes (Dried or in Jar) Creamed Coconut (Block)	Walnuts Almonds Hazelnuts Brazil nuts Store Cupboard items Wheat/gluten free mustard (eg.Dijon) " " Tamari/soy sauce Apple cider vinegar Grains: Brown rice (Any others such as Millet, Quinoa, Barley) Sobu noodles - (Are made with Buckwheat flour)	Dried or tinned Lentils (and other beans) Other Protein powder - Hemp protein Pea Protein Rice Protein Rice Protein Goya protein if others unavailable) Avoid brands with maltodextrin or combo of the above (not whey - that is dairy!) Coconut oil (Jar / tub)
Parsnips 'EASY' cheat items Dairy free pesto and pesto varieties Thai curry paste (Red, green or yellow) Sun dried tomatoes (Dried or in Jar) Creamed Coconut (Block)	Walnuts Almonds Hazelnuts Brazil nuts Store Cupboard items Wheat/gluten free mustard (eg.Dijon) " " Tamari/soy sauce Apple cider vinegar Grains: Brown rice (Any others such as Millet, Quinoa, Barley) Sobu noodles -	Dried or tinned Lentils (and other beans) Other Protein powder - Hemp protein Pea Protein Rice Protein (Soya protein if others unavailable) Avoid brands with maltodextrin or combo of the above (not whey - that is dairy!)
Parsnips 'EASY' cheat items Dairy free pesto and pesto varieties Thai curry paste (Red, green or yellow) Sun dried tomatoes (Dried or in Jar) Creamed Coconut (Block)	Walnuts Almonds Hazelnuts Brazil nuts Store Cupboard items Wheat/gluten free mustard (eg.Dijon) " Tamari/soy sauce Apple cider vinegar Grains: Brown rice (Any others such as Millet, Quinoa, Barley) Sobu noodles - (Are made with Buckwheat flour) Tahini paste	Dried or tinned Lentils (and other beans) Other Protein powder - Hemp protein Pea Protein Rice Protein Rice Protein Goya protein if others unavailable) Avoid brands with maltodextrin or combo of the above (not whey - that is dairy!) Coconut oil (Jar / tub)
Parsnips 'EASY' cheat items Dairy free pesto and pesto varieties Thai curry paste (Red, green or yellow) Sun dried tomatoes (Dried or in Jar) Creamed Coconut (Block)	Walnuts Almonds Hazelnuts Brazil nuts Store Cupboard items Wheat/gluten free mustard (eg.Dijon) " " Tamari/soy sauce Apple cider vinegar Grains: Brown rice (Any others such as Millet, Quinoa, Barley) Sobu noodles - (Are made with Buckwheat flour) Tahini paste Gram four (chic pea)	Dried or tinned Lentils (and other beans) Other Protein powder - Hemp protein Pea Protein Rice Protein Soya protein if others unavailable) Avoid brands with maltodextrin or combo of the above (not whey - that is dairy!) Coconut oil (Jar / tub)
Parsnips EASY' cheat items Dairy free pesto and pesto varieties Thai curry paste (Red, green or yellow) Sun dried tomatoes (Dried or in Jar) Creamed Coconut (Block)	Walnuts Almonds Hazelnuts Brazil nuts Store Cupboard items Wheat/gluten free mustard (eg.Dijon) " Tamari/soy sauce Apple cider vinegar Grains: Brown rice (Any others such as Millet, Quinoa, Barley) Sobu noodles - (Are made with Buckwheat flour) Tahini paste	Dried or tinned Lentils (and other beans) Other Protein powder - Hemp protein Pea Protein Rice Protein Rice Protein Goya protein if others unavailable) Avoid brands with maltodextrin or combo of the above (not whey - that is dairy!) Coconut oil (Jar / tub)
Parsnips 'EASY' cheat items Dairy free pesto and pesto varieties Thai curry paste (Red, green or yellow) Sun dried tomatoes (Dried or in Jar) Creamed Coconut (Block)	Walnuts Almonds Hazelnuts Brazil nuts Store Cupboard items Wheat/gluten free mustard (eg.Dijon) " " Tamari/soy sauce Apple cider vinegar Grains: Brown rice (Any others such as Millet, Quinoa, Barley) Sobu noodles - (Are made with Buckwheat flour) Tahini paste Gram four (chic pea) and / or Rice flour	Dried or tinned Lentils (and other beans) Other Protein powder - Hemp protein Pea Protein Rice Protein Rice Protein Goya protein if others unavailable) Avoid brands with maltodextrin or combo of the above (not whey - that is dairy!) Coconut oil (Jar / tub)
Parsnips EASY' cheat items Dairy free pesto and pesto varieties Thai curry paste (Red, green or yellow) Sun dried tomatoes (Dried or in Jar) Creamed Coconut (Block)	Walnuts Almonds Hazelnuts Brazil nuts Store Cupboard items Wheat/gluten free mustard (eg.Dijon) " " Tamari/soy sauce Apple cider vinegar Grains: Brown rice (Any others such as Millet, Quinoa, Barley) Sobu noodles - (Are made with Buckwheat flour) Tahini paste Gram four (chic pea)	Dried or tinned Lentils (and other beans) Other Protein powder - Hemp protein Pea Protein Rice Protein Rice Protein Goya protein if others unavailable) Avoid brands with maltodextrin or combo of the above (not whey - that is dairy!) Coconut oil (Jar / tub)
Parsnips 'EASY' cheat items Dairy free pesto and pesto varieties Thai curry paste (Red, green or yellow) Sun dried tomatoes (Dried or in Jar) Creamed Coconut (Block)	Walnuts Almonds Hazelnuts Brazil nuts Store Cupboard items Wheat/gluten free mustard (eg.Dijon) " " Tamari/soy sauce Apple cider vinegar Grains: Brown rice (Any others such as Millet, Quinoa, Barley) Sobu noodles - (Are made with Buckwheat flour) Tahini paste Gram four (chic pea) and / or Rice flour	Dried or tinned Lentils (and other beans) Other Protein powder - Hemp protein Pea Protein Rice Protein Rice Protein Goya protein if others unavailable) Avoid brands with maltodextrin or combo of the above (not whey - that is dairy!) Coconut oil (Jar / tub)
Parsnips 'EASY' cheat items Dairy free pesto and pesto varieties Thai curry paste (Red, green or yellow) Sun dried tomatoes (Dried or in Jar) Creamed Coconut (Block)	Walnuts Almonds Hazelnuts Brazil nuts Store Cupboard items Wheat/gluten free mustard (eg.Dijon) " Tamari/soy sauce Apple cider vinegar Grains: Brown rice (Any others such as Millet, Quinoa, Barley) Sobu noodles - (Are made with Buckwheat flour) Tahini paste Gram four (chic pea) and / or Rice flour Tomato paste	Dried or tinned Lentils (and other beans) Other Protein powder - Hemp protein Pea Protein Rice Protein Rice Protein Goya protein if others unavailable) Avoid brands with maltodextrin or combo of the above (not whey - that is dairy!) Coconut oil (Jar / tub)
Parsnips 'EASY' cheat items Dairy free pesto and pesto varieties Thai curry paste (Red, green or yellow) Sun dried tomatoes (Dried or in Jar) Creamed Coconut (Block)	Walnuts Almonds Hazelnuts Brazil nuts Store Cupboard items Wheat/gluten free mustard (eg.Dijon) " " Tamari/soy sauce Apple cider vinegar Grains: Brown rice (Any others such as Millet, Quinoa, Barley) Sobu noodles - (Are made with Buckwheat flour) Tahini paste Gram four (chic pea) and / or Rice flour	Dried or tinned Lentils (and other beans) Other Protein powder - Hemp protein Pea Protein Rice Protein Rice Protein Goya protein if others unavailable) Avoid brands with maltodextrin or combo of the above (not whey - that is dairy!) Coconut oil (Jar / tub)
Parsnips 'EASY' cheat items Dairy free pesto and pesto varieties Thai curry paste (Red, green or yellow) Sun dried tomatoes (Dried or in Jar) Creamed Coconut (Block)	Walnuts Almonds Hazelnuts Brazil nuts Store Cupboard items Wheat/gluten free mustard (eg.Dijon) " Tamari/soy sauce Apple cider vinegar Grains: Brown rice (Any others such as Millet, Quinoa, Barley) Sobu noodles - (Are made with Buckwheat flour) Tahini paste Gram four (chic pea) and / or Rice flour Tomato paste	Dried or tinned Lentils (and other beans) Other Protein powder - Hemp protein Pea Protein Rice Protein Rice Protein Goya protein if others unavailable) Avoid brands with maltodextrin or combo of the above (not whey - that is dairy!) Coconut oil (Jar / tub)
Parsnips 'EASY' cheat items Dairy free pesto and pesto varieties Thai curry paste (Red, green or yellow) Sun dried tomatoes (Dried or in Jar) Creamed Coconut (Block)	Walnuts Almonds Hazelnuts Brazil nuts Store Cupboard items Wheat/gluten free mustard (eg.Dijon) " Tamari/soy sauce Apple cider vinegar Grains: Brown rice (Any others such as Millet, Quinoa, Barley) Sobu noodles - (Are made with Buckwheat flour) Tahini paste Gram four (chic pea) and / or Rice flour Tomato paste Oils - e.g. Cold pressed Virgin Olive oil	Dried or tinned Lentils (and other beans) Other Protein powder - Hemp protein Pea Protein Rice Protein Rice Protein Goya protein if others unavailable) Avoid brands with maltodextrin or combo of the above (not whey - that is dairy!) Coconut oil (Jar / tub)
Parsnips 'EASY' cheat items Dairy free pesto and pesto varieties Thai curry paste (Red, green or yellow) Sun dried tomatoes (Dried or in Jar) Creamed Coconut (Block)	Walnuts Almonds Hazelnuts Brazil nuts Store Cupboard items Wheat/gluten free mustard (eg.Dijon) " Tamari/soy sauce Apple cider vinegar Grains: Brown rice (Any others such as Millet, Quinoa, Barley) Sobu noodles - (Are made with Buckwheat flour) Tahini paste Gram four (chic pea) and / or Rice flour Tomato paste Oils - e.g. Cold pressed Virgin Olive oil Sunflower	Dried or tinned Lentils (and other beans) Other Protein powder - Hemp protein Pea Protein Rice Protein Rice Protein Goya protein if others unavailable) Avoid brands with maltodextrin or combo of the above (not whey - that is dairy!) Coconut oil (Jar / tub)
Parsnips 'EASY' cheat items Dairy free pesto and pesto varieties Thai curry paste (Red, green or yellow) Sun dried tomatoes (Dried or in Jar) Creamed Coconut (Block)	Walnuts Almonds Hazelnuts Brazil nuts Store Cupboard items Wheat/gluten free mustard (eg.Dijon) " Tamari/soy sauce Apple cider vinegar Grains: Brown rice (Any others such as Millet, Quinoa, Barley) Sobu noodles - (Are made with Buckwheat flour) Tahini paste Gram four (chic pea) and / or Rice flour Tomato paste Oils - e.g. Cold pressed Virgin Olive oil Sunflower Hemp	Dried or tinned Lentils (and other beans) Other Protein powder - Hemp protein Pea Protein Rice Protein Rice Protein Goya protein if others unavailable) Avoid brands with maltodextrin or combo of the above (not whey - that is dairy!) Coconut oil (Jar / tub)
Parsnips 'EASY' cheat items Dairy free pesto and pesto varieties Thai curry paste (Red, green or yellow) Sun dried tomatoes (Dried or in Jar) Creamed Coconut (Block)	Walnuts Almonds Hazelnuts Brazil nuts Store Cupboard items Wheat/gluten free mustard (eg.Dijon) " Tamari/soy sauce Apple cider vinegar Grains: Brown rice (Any others such as Millet, Quinoa, Barley) Sobu noodles - (Are made with Buckwheat flour) Tahini paste Gram four (chic pea) and / or Rice flour Tomato paste Oils - e.g. Cold pressed Virgin Olive oil Sunflower Hemp Flax	Dried or tinned Lentils (and other beans) Other Protein powder - Hemp protein Pea Protein Rice Protein Rice Protein Goya protein if others unavailable) Avoid brands with maltodextrin or combo of the above (not whey - that is dairy!) Coconut oil (Jar / tub)
Parsnips 'EASY' cheat items Dairy free pesto and pesto varieties Thai curry paste (Red, green or yellow) Sun dried tomatoes (Dried or in Jar) Creamed Coconut (Block)	Walnuts Almonds Hazelnuts Brazil nuts Store Cupboard items Wheat/gluten free mustard (eg.Dijon) " Tamari/soy sauce Apple cider vinegar Grains: Brown rice (Any others such as Millet, Quinoa, Barley) Sobu noodles - (Are made with Buckwheat flour) Tahini paste Gram four (chic pea) and / or Rice flour Tomato paste Oils - e.g. Cold pressed Virgin Olive oil Sunflower Hemp Flax Walnut	Dried or tinned Lentils (and other beans) Other Protein powder - Hemp protein Pea Protein Rice Protein Rice Protein Goya protein if others unavailable) Avoid brands with maltodextrin or combo of the above (not whey - that is dairy!) Coconut oil (Jar / tub)
Parsnips 'EASY' cheat items Dairy free pesto and pesto varieties Thai curry paste (Red, green or yellow) Sun dried tomatoes (Dried or in Jar) Creamed Coconut (Block)	Walnuts Almonds Hazelnuts Brazil nuts Store Cupboard items Wheat/gluten free mustard (eg.Dijon) " Tamari/soy sauce Apple cider vinegar Grains: Brown rice (Any others such as Millet, Quinoa, Barley) Sobu noodles - (Are made with Buckwheat flour) Tahini paste Gram four (chic pea) and / or Rice flour Tomato paste Oils - e.g. Cold pressed Virgin Olive oil Sunflower Hemp Flax Walnut etc, etc	Dried or tinned Lentils (and other beans) Other Protein powder - Hemp protein Pea Protein Rice Protein Rice Protein Goya protein if others unavailable) Avoid brands with maltodextrin or combo of the above (not whey - that is dairy!) Coconut oil (Jar / tub)
	Walnuts Almonds Hazelnuts Brazil nuts Store Cupboard items Wheat/gluten free mustard (eg.Dijon) " Tamari/soy sauce Apple cider vinegar Grains: Brown rice (Any others such as Millet, Quinoa, Barley) Sobu noodles - (Are made with Buckwheat flour) Tahini paste Gram four (chic pea) and / or Rice flour Tomato paste Oils - e.g. Cold pressed Virgin Olive oil Sunflower Hemp Flax Walnut	Dried or tinned Lentils (and other beans) Other Protein powder - Hemp protein Pea Protein Rice Protein Rice Protein Goya protein if others unavailable) Avoid brands with maltodextrin or combo of the above (not whey - that is dairy!) Coconut oil (Jar / tub)
Parsnips 'EASY' cheat items Dairy free pesto and pesto varieties Thai curry paste (Red, green or yellow) Sun dried tomatoes (Dried or in Jar) Creamed Coconut (Block)	Walnuts Almonds Hazelnuts Brazil nuts Store Cupboard items Wheat/gluten free mustard (eg.Dijon) " Tamari/soy sauce Apple cider vinegar Grains: Brown rice (Any others such as Millet, Quinoa, Barley) Sobu noodles - (Are made with Buckwheat flour) Tahini paste Gram four (chic pea) and / or Rice flour Tomato paste Oils - e.g. Cold pressed Virgin Olive oil Sunflower Hemp Flax Walnut etc, etc NOT - blended anonymous oils	Dried or tinned Lentils (and other beans) Other Protein powder - Hemp protein Pea Protein Rice Protein Rice Protein Goya protein if others unavailable) Avoid brands with maltodextrin or combo of the above (not whey - that is dairy!) Coconut oil (Jar / tub)
Parsnips EASY' cheat items Dairy free pesto and pesto varieties Thai curry paste Red, green or yellow) Sun dried tomatoes Dried or in Jar) Creamed Coconut (Block)	Walnuts Almonds Hazelnuts Brazil nuts Store Cupboard items Wheat/gluten free mustard (eg.Dijon) " Tamari/soy sauce Apple cider vinegar Grains: Brown rice (Any others such as Millet, Quinoa, Barley) Sobu noodles - (Are made with Buckwheat flour) Tahini paste Gram four (chic pea) and / or Rice flour Tomato paste Oils - e.g. Cold pressed Virgin Olive oil Sunflower Hemp Flax Walnut etc, etc	Dried or tinned Lentils (and other beans) Other Protein powder - Hemp protein Pea Protein Rice Protein Rice Protein Goya protein if others unavailable) Avoid brands with maltodextrin or combo of the above (not whey - that is dairy!) Coconut oil (Jar / tub)
Parsnips EASY' cheat items Dairy free pesto and pesto varieties Thai curry paste Red, green or yellow) Sun dried tomatoes Dried or in Jar) Creamed Coconut (Block)	Walnuts Almonds Hazelnuts Brazil nuts Store Cupboard items Wheat/gluten free mustard (eg.Dijon) " Tamari/soy sauce Apple cider vinegar Grains: Brown rice (Any others such as Millet, Quinoa, Barley) Sobu noodles - (Are made with Buckwheat flour) Tahini paste Gram four (chic pea) and / or Rice flour Tomato paste Oils - e.g. Cold pressed Virgin Olive oil Sunflower Hemp Flax Walnut etc, etc	Dried or tinned Lentils (and other beans) Other Protein powder - Hemp protein Pea Protein Rice Protein Soya protein if others unavailable) Avoid brands with maltodextrin or combo of the above (not whey - that is dairy!) Coconut oil (Jar / tub)