

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

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

