

Raw Freedom



OEE Ingredients List

Week One

Veg	Fruit	Cupboard Goods
<p>4 bags spinach 1 pak choi / 1 bag spinach 1 courgette 7 ripe avocados 8 tomatoes 1 lettuce 2 red peppers 2 yellow peppers 8 spring onions 10 brown mushrooms 9 celery sticks 1 cucumber 3 sweet potatoes 1 baking potato 10 mange tout 5 baby corn 500g parsnips 1 beetroot ¼ red cabbage</p> <p>Plus your choice of extras for jazzing up wraps and sandwiches, if you want to.</p>	<p>1 oranges 2 limes 3 lemons 3 bananas 1 punnet blueberries 1 big punnet strawberries</p> <p>15 medjool dates, plus dates for snacking.</p> <p>Fruits of your choice to add to 6 breakfasts.</p> <p style="text-align: center;">Fresh Herbs & Spices</p> <p>1 large bag fresh coriander 1 bag fresh basil 1 bag fresh parsley</p> <p>9cm ginger root 1 large red chilli 1 large green chilli (optional) 5 garlic cloves</p> <p style="text-align: center;">Deli</p> <p>1 sun dried tomato</p> <p>¾ cup of cooked black beans (1 tin or carton of pre-cooked beans)</p>	<p>ground cinnamon ground coriander ground cumin ground turmeric chilli powder mild curry powder smoked paprika mineral salt black pepper</p> <p>125g cocoa powder or raw cacao powder bee pollen (optional) 2 tsp sugar-free vanilla essence spirulina/chlorella powder</p> <p>200g pumpkin seeds 250g sunflower seeds 300g hulled hemp seeds 100g hemp seeds 250g hazelnuts 100g sesame seeds 1 handful pine nuts 200g cashews 100g pecans 50g goji berries 200g raisins 50g chia seeds Almonds for snacking 200g unsulphured apricots 400g porridge oats 180ml extra virgin olive oil hemp oil (optional) 45ml gluten-free tamari 15ml cider vinegar 2 tbsps nutritional yeast flakes 160ml extra virgin coconut oil agave/honey 3 nori sheets 12 slices wheat-free bread 200g brown rice 50g gluten-free pasta 50g quinoa</p>