

Raw Freedom



OEE Ingredients List

Week Two

| Veg | Fruit | Cupboard Goods |
|--|---|---|
| <p>3 bags spinach 1 courgette 8 ripe avocados 10 tomatoes 1 lettuce (any kind) 1 Romaine lettuce 1 red peppers 2 yellow peppers 6 spring onions 9 Portobello mushrooms 15 brown mushrooms 4 celery sticks 1 cucumber 1 large carrot 1 baking potato 1 handful mange tout 300g parsnips</p> <p>1 pack of alfalfa sprouts (or grow your own – they take 6 to 7 days to sprout)</p> <p>Plus your choice of extras for jazzing up wraps and sandwiches, if you want to.</p> <p>Cupboard Goods</p> <p>¾ cup of cooked black beans (1 tin or carton of pre-cooked beans) 2 handfuls chickpeas for sprouting (allow 3 days to sprout)</p> <p>200ml organic coconut milk</p> <p>10 slices wheat-free bread 100g brown rice 50g quinoa 1 portion brown rice noodles 1 pack oat/rice/corn cakes</p> | <p>1 orange 5 limes 3 lemons 11 bananas 1 punnet blueberries 1 punnet strawberries 1 punnet raspberries</p> <p>7 medjool dates, plus dates for snacking.</p> <p>Fruits of your choice to add to 2 breakfasts.</p> <p>Fresh Herbs & Spices</p> <p>1 large bag fresh coriander 2 bags fresh basil</p> <p>9cm ginger root 2 large red chillies 5 garlic cloves 3 kaffir lime leaves 1 lemongrass</p> <p>Deli</p> <p>1 sun dried tomato</p> | <p>ground cinnamon ground coriander ground cumin ground turmeric chilli flakes mild curry powder smoked paprika mineral salt black pepper</p> <p>30g cocoa powder or raw cacao powder 30g raw cacao butter bee pollen (optional) spirulina powder chlorella powder 4 tsp maca powder 2 tsp sugar-free vanilla essence 120ml raw agave syrup</p> <p>110g pumpkin seeds 200g sunflower seeds 160g hulled hemp seeds 100g hemp seeds 150g hazelnuts 200g raw buckwheat 50g sesame seeds/1 tsp tahini 2 handfuls pine nuts 100g cashews 50g pecans 60g goji berries 50g almonds, plus for snacking 6 unsulphured apricots 100g porridge oats 400ml extra virgin olive oil 15ml hemp oil 70ml gluten-free tamari 1 tsp cider vinegar 2 tbsps nutritional yeast flakes 90ml extra virgin coconut oil Honey (optional) 3 nori sheets</p> |