

Raw Freedom



OEE Ingredients List

Week Three

Veg	Fruit	Cupboard Goods
<p>2 bags spinach 3 courgette 3 ripe avocados 3 tomatoes 2 lettuces 1 red pepper 6 spring onions 2 Portobello mushrooms 4 brown mushrooms 1 cucumber 3 large carrots 2 sweet potatoes 10 handful mange tout 100g butternut squash ¼ white cabbage ½ red cabbage 1 beetroot 1 small head broccoli 1 pack cherry tomatoes 1 pak choi 5 baby corn Celery for snacking 2 handfuls fresh or frozen peas</p>	<p>2 oranges 6 limes 5 lemons 6 bananas 1 punnet blueberries 1 punnet strawberries 1 punnet raspberries 9 medjool dates</p> <p>2 apples, plus more for snacks</p> <p>Fruits of your choice to add to 3 breakfasts.</p> <p style="text-align: center;">Fresh Herbs & Spices</p> <p>1 bag fresh coriander 1 bag fresh basil 1 large bag fresh parsley 1 bag oregano 5 leaves fresh mint</p>	<p>ground cinnamon ground coriander ground cumin curry powder smoked paprika paprika mild chilli powder marjoram mineral salt black pepper</p> <p>50g cocoa powder or raw cacao powder bee pollen (optional) spirulina / chlorella powder maca powder 3 tsp sugar-free vanilla essence ½ tsp raw agave syrup</p> <p>175g pumpkin seeds 150g sunflower seeds 75g hulled hemp seeds 50g hemp seeds 125g hazelnuts 225g raw buckwheat 125g sesame seeds 30g flaxseeds 75g pine nuts 200g cashews 50g pecans 200g almonds 450g walnuts 50g brazil nuts 60g goji berries 3 unsulphured apricots 400g raisins 100g porridge oats 550ml extra virgin olive oil 30ml hemp oil (optional) 60ml gluten-free tamari 65ml cider vinegar ½ tsp mustard 5 tbsp nutritional yeast flakes</p>
<p>Plus your choice of extras for jazzing up wraps and sandwiches, if you want to.</p> <p style="text-align: center;">Deli</p> <p>7 sun dried tomato 15 olives ½ preserved lemon (optional)</p>	<p style="text-align: center;">Cupboard Goods</p> <p>1 cup of cooked black beans (1 tin or carton of pre-cooked beans)</p> <p>2 slices wheat-free bread 50g brown rice 100g quinoa 1 pack oat/rice/corn cakes</p> <p>105ml extra virgin coconut oil 4tsp honey 1 cup tahini</p>	