

Raw Freedom



OEE Ingredients List

Week Four

Veg	Fruit	Cupboard Goods
<p>2 bags spinach 3 courgette 7 ripe avocados 11 tomatoes 1 lettuce 1 red pepper 1 yellow pepper 6 spring onions 4 Portobello mushrooms 13 brown mushrooms 1 cucumber 100g butternut squash 1 beetroot 300g parsnips ¼ cauliflower 1 pack cherry tomatoes Carrots for snacking 7 sticks celery + more for snacking</p> <p>1 pack of alfalfa sprouts (or grow your own – they take 6 to 7 days to sprout)</p> <p>1 pack/4 handfuls sprouted chickpeas (or grow your own – they take 2 to 3 days to sprout)</p> <p>Plus your choice of extras for jazzing up wraps and sandwiches, if you want to.</p>	<p>1 orange 7 limes 6 lemons 10 bananas 1 punnet blueberries 1 punnet strawberries 150g raspberries 8 + ¼ cup medjool dates</p> <p>4 apples</p> <p>Fruits of your choice to add to 1 breakfast.</p> <p style="text-align: center;">Fresh Herbs & Spices</p> <p>1 large bag fresh coriander 1 bag fresh basil 1 bag oregano</p> <p>11cm ginger root 1 large red chillies 7 garlic cloves</p> <p style="text-align: center;">Cupboard Goods</p> <p>¾ cup of cooked black beans (1 tin or carton of pre-cooked beans)</p> <p>1 cup cooked red kidney beans (1 tin or carton of pre-cooked beans)</p> <p>4 slices wheat-free bread 50g brown rice 150g quinoa 100g gluten-free pasta</p>	<p>ground cinnamon ground coriander ground cumin curry powder smoked paprika mild chilli powder chilli flakes turmeric cumin seeds marjoram mineral salt black pepper</p> <p>bee pollen (optional) spirulina / chlorella powder maca powder 4 tsp sugar-free vanilla essence ½ cup ground almonds 40ml raw agave syrup / honey</p> <p>175g pumpkin seeds 100g sunflower seeds 100g hulled hemp seeds 200g hemp seeds 200g hazelnuts 175g raw buckwheat 75g flaxseeds 50g pine nuts 500g cashews 200g almonds 50g brazil nuts 60g goji berries 5 unsulphured apricots 50g raisins 200g desiccated coconut 1 tsp sesame seeds / tahini 100g porridge oats 500ml extra virgin olive oil 145ml extra virgin coconut oil 60ml gluten-free tamari ½ tsp balsamic vinegar 3 tbsp nutritional yeast flakes 3 nori sheets</p>
<p style="text-align: center;">Deli</p> <p>4 sun dried tomato 6 green olives ½ preserved lemon (optional)</p>		