

Raw Freedom



OEE Ingredients List

Week Five

Veg	Fruit	Cupboard Goods
<p>2 big bags spinach 2 courgettes 8 ripe avocados 8 tomatoes 1 lettuce 1 Romaine lettuce 3 red pepper 1 yellow pepper 1 handful mange tout 6 spring onions 4 Portobello mushrooms 6 brown mushrooms 1 cucumber ¼ cauliflower 2 packs cherry tomatoes ¼ broccoli 500g sweet potato 2 large carrots + more for snacking 5 sticks celery + more for snacking</p> <p>Plus your choice of extras for jazzing up wraps and sandwiches, if you want to.</p>	<p>4 oranges 7 limes 3 lemons 2 bananas 1 punnet blueberries 2 punnets strawberries 14 medjool dates</p> <p>Fruits of your choice to add to 3 breakfasts.</p> <p>Fresh Herbs & Spices</p> <p>1 large bag fresh coriander 1 large bag fresh parsley</p> <p>7cm ginger root 3 large red chillies 7 garlic cloves 3 kaffir lime leaves (opt.) 1 large green chilli 1 lemongrass</p>	<p>ground cinnamon ground coriander ground cumin curry powder smoked paprika mild chilli powder turmeric 2 tbsp dried marjoram mineral salt black pepper</p> <p>bee pollen (optional) 50g raw cacao powder / cocoa spirulina / chlorella powder 1½ tsp sugar-free vanilla essence 4 tbsp raw agave syrup 6 tbsp raw honey</p> <p>275g pumpkin seeds 325g sunflower seeds 100g hulled hemp seeds 100g sesame seeds 100g hemp seeds 200g hazelnuts 300g raw buckwheat 400g almonds 200g cashews 200g almonds 200g walnuts 4 brazil nuts 1 handful chia seeds 60g goji berries 150g unsulphured apricots 50g desiccated coconut 500ml extra virgin olive oil 150ml extra virgin coconut oil hemp oil (optional) 80ml gluten-free tamari 2 tsp cider vinegar 2 tbsp nutritional yeast flakes 6 nori sheets</p>
<p>Deli</p> <p>3 sun dried tomato 6 green olives ½ preserved lemon (optional)</p>	<p>Cupboard Goods</p> <p>2 slices wheat-free bread 100g brown rice 200g quinoa 1 pack rice/oat/corn cakes 200ml coconut milk</p>	