

# Raw Freedom



## OEE Ingredients List

### Week Six

Veg	Fruit	Cupboard Goods
<p>2 bags spinach 2 courgette 8 ripe avocados 9 tomatoes 30 cherry tomatoes 1 lettuce 1 red pepper 1 yellow pepper 5 spring onions 4 Portobello mushrooms 3 brown mushrooms 8 button mushrooms 2 cucumbers 100g butternut squash 1 beetroot 2 carrots 7 sticks celery 1 red onion 2 handfuls of fresh or frozen peas 1 head of broccoli 3 handfuls dark green cabbage 1 shallot 1 leek 500g sweet potato</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 salads, if you want to.</p>	<p>1 orange 5 limes 4 lemons 9 bananas 3 pears 1 punnet blueberries 1 punnet raspberries 8 medjool dates</p> <p>Fruits of your choice to add to 1 breakfast.</p> <p><b>Fresh Herbs &amp; Spices</b></p> <p>1 bag fresh coriander 2 bags fresh basil 1 bag fresh oregano 1 bag fresh mint</p> <p>10cm ginger root 2 large red chillies 11 garlic cloves</p> <p><b>Deli</b></p> <p>9 sun dried tomato 14 green olives</p>	<p>ground cinnamon ground coriander ground cumin curry powder smoked paprika paprika chilli flakes turmeric cumin seeds mineral salt black pepper</p> <p>bee pollen (optional) spirulina / chlorella powder maca 1 tbsp raw cacao powder/cocoa 30g cacao butter sugar-free vanilla essence raw agave syrup / honey</p> <p>125g pumpkin seeds 125g sunflower seeds 75g hulled hemp seeds 100g hemp seeds 150g hazelnuts 75g pine nuts 150g cashews 250g almonds 75g brazil nuts 200g walnuts 100g sesame seeds 100g pecan nuts 60g goji berries 3 un sulphured apricots 30g desiccated coconut 500ml extra virgin olive oil 90ml extra virgin coconut oil 1 tbsp hemp oil 60ml gluten-free tamari 3 tbsp nutritional yeast flakes 6 slices wheat-free bread 150g brown rice 100g quinoa</p>

