

# Raw Freedom



## OEE Ingredients List

### Week Seven

Veg	Fruit	Cupboard Goods
<p>3 bags spinach 4 courgette 3 ripe avocados 3 tomatoes 1 Romaine lettuce 1 red pepper 1 yellow pepper 7 spring onions 4 Portobello mushrooms 11 brown mushrooms 100g butternut squash ¼ white cabbage 1 pak choi 5 baby corn 10 mange tout ½ cauliflower 2 packs cherry tomatoes 2 cucumbers 1 large carrot</p> <p>1 pack of alfalfa sprouts (or grow your own – they take 6 to 7 days to sprout)</p> <p>1 pack/2 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><b>Deli</b></p> <p>7 sun dried tomato 15 olives</p>	<p>1 orange 6 limes 4 lemons 6 bananas 1 punnet berries of your choice 1 punnet strawberries 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 large bag fresh coriander 1 bag fresh basil 1 bag fresh oregano 1 bag fresh parsley</p> <p>4cm ginger root 5 large red chillies 1 large green chilli 1 lemongrass 3 kaffir lime leaves 10 garlic cloves</p> <p><b>Cupboard Goods</b></p> <p>1 cup cooked red kidney beans (1 tin or carton of pre-cooked beans) 200ml coconut milk</p> <p>6 slices wheat-free bread 50g brown rice 100g quinoa 50g gluten-free pasta 1 portion brown rice noodles</p>	<p>ground coriander ground cumin curry powder smoked paprika paprika chilli powder turmeric marjoram mineral salt black pepper</p> <p>bee pollen (optional) spirulina / chlorella powder maca powder ½ cup cocoa / raw cacao powder 2tsp sugar-free vanilla essence raw agave syrup / honey</p> <p>60g pumpkin seeds 60g sunflower seeds 60g hulled hemp seeds 500g raw buckwheat 100g pine nuts 300g cashews 450g almonds 50g brazil nuts 250g sesame seeds/1 cup tahini 400g walnuts 50g pecans 450g raisins 200g porridge oats 500ml extra virgin olive oil 90ml extra virgin coconut oil hemp oil (optional) 90ml gluten-free tamari 1tsp cider vinegar 10tbsp nutritional yeast flakes 3 nori sheets mustard</p>