

Raw Freedom



OEE Ingredients List

Week Eight

Veg	Fruit	Cupboard Goods
<p>2 big bags spinach 2 courgettes 6 ripe avocados 9 tomatoes 1 pack cherry tomatoes 1 Romaine lettuce 1 cucumber 1 red pepper 1 yellow pepper 2 handfuls mange tout 5 spring onions 1 shallot 2 Portobello mushrooms 14 brown mushrooms ¼ cauliflower ¼ broccoli 2 handfuls green cabbage/kale 500g + 1 whole sweet potato 1 small beetroot 1 pak choi 5 baby corn 2 large carrots + more for snacking 6 sticks celery + more for snacking</p> <p>Plus your choice of extras for jazzing up wraps and salads, if you want to.</p>	<p>3 oranges 8 limes 3 lemons 2 punnet2 blueberries 2 punnets strawberries 2 punnets raspberries 18 medjool dates 2 ripe mangoes</p> <p>Fruits of your choice for snacking and adding to 3 breakfasts.</p> <p>Fresh Herbs & Spices</p> <p>1 large bag fresh coriander 1 bag fresh parsley 1 handful fresh mint</p> <p>7cm ginger root 3 large red chillies 1 large green chilli 7 garlic cloves 3 kaffir lime leaves (opt.) 1 lemongrass</p>	<p>ground cinnamon ground coriander ground cumin cumin seeds smoked paprika mild chilli powder ground turmeric 2 tbsp dried marjoram mineral salt black pepper</p> <p>bee pollen (optional) 50g raw cacao powder / cocoa spirulina / chlorella powder 1 tsp sugar-free vanilla essence 5 tbsp raw agave syrup/honey</p> <p>210g pumpkin seeds 180g sunflower seeds 100g hulled hemp seeds 100g sesame seeds 150g hazelnuts/filberts 200g almonds 400g cashews 100g walnuts 1 handful chia seeds 60g goji berries 150g unsulphured apricots 30g desiccated coconut 500ml extra virgin olive oil 100ml extra virgin coconut oil hemp oil (optional) 105ml gluten-free tamari 2 tsp cider vinegar 4 tbsp nutritional yeast flakes 6 nori sheets 1 tin cooked red kidney beans 1 tin cooked black beans 100g brown rice 150g quinoa 1 pack rice/oat/corn cakes 450ml coconut milk</p>
<p>Deli</p> <p>4 sun dried tomatoes 6 green olives ½ preserved lemon (optional)</p> <p>1 – 2 fresh eggs (optional)</p>		