

# Healing Foods Shopping List

## Kitchen Essentials for Healthy Cooking

---



Health & Nutrition Coach

These basic ingredients can help you prepare healthy dishes, check [my recipes](#) for ideas. Always check the organic option - many times the price difference is minimal.

### Heal inflammation

- ♥ Raw Coconut oil
- ♥ Extra virgin olive oil
- ♥ Turmeric
- ♥ Ginger
- ♥ Garlic
- ♥ Black Pepper
- ♥ Chia seeds
- ♥ Flax seeds

### Super Greens

- ♥ Kale
- ♥ Spinach
- ♥ Edamame
- ♥ Green beans
- ♥ Peas
- ♥ Rocket salad
- ♥ Avocados

### Nutritious Carbs

- ♥ Quinoa
- ♥ Brown rice
- ♥ Oats
- ♥ Kasha
- ♥ Millet
- ♥ Rice crackers
- ♥ Oat crackers
- ♥ Polenta

### Energy Food

- ♥ Almonds
- ♥ Walnuts
- ♥ Cashews
- ♥ Cacao nibs
- ♥ Dark Chocolate
- ♥ Hummus
- ♥ Sesame seeds
- ♥ Pumpkin seeds

### Natural sweeteners

- ♥ Rice syrup
- ♥ Maple syrup
- ♥ Raw honey
- ♥ Dates
- ♥ Stevia
- ♥ Agave
- ♥ Cocoa

### Add Flavouring

- ♥ Miso paste
- ♥ Apple cider vinegar
- ♥ Soya sauce
- ♥ Cayenne pepper
- ♥ Ground cumin
- ♥ Herbs the Provence
- ♥ Coriander fresh or ground

### Butter

- ♥ Almond Butter
- ♥ Peanut butter

Do you want to learn how to use these ingredients? Contact me at [satraj@healingfoods.org.uk](mailto:satraj@healingfoods.org.uk)

I would love to connect with you, and hear about how you are doing with your eating habits.



*My Mission:*

"Helping you to feed your soul & body, healing your relationship with food and supporting you to achieve your ideal weight without diets".

Satraj Kaur - Holistic Health & Nutrition Coach