

Cupboard Staples

If we only have to hand fresh, natural and healthy food choices we are more likely going to stick to them. How many of the foods below do you have in your home?



Tinned Cupboard Foods

- Tuna
- Salmon
- Tomatoes
- Chickpeas
- Kidney Beans

Oils, Spices & Herbs

- Olive Oil
- Coconut Oil
- Salt, Pepper, Basil, Cumin, Turmeric, Dried Herbs
- Cinnamon

Cupboard Staples

- Unprocessed Nuts (almonds, brazils, cashews, hazelnuts, etc)
- Unprocessed Seeds (pumpkin, sunflower, etc)
- Porridge Oats
- Peanut Butter
- Pre-cooked Rice or Quinoa

Fridge

- Eggs
- Salad Leaves

Freezer

- Mixed Vegetables
- Chicken Breasts/Thighs
- Minced Meat
- Berries (strawberries, raspberries, Blackberries, etc)

With the above ingredients we can make meals, snacks