

Shopping List, Shopping tour...Joyce's.

- **Best Vegetables (high vitamin content) : Frozen as good as fresh :**
Onions, garlic, carrots, Broccoli, green beans, kale, peas (good frozen garlic/Chilli in ALDI), beans.
Salad: spinach/rocket, cherry tomatoes, Beetroot, peppers, avocado, sugar snaps.
- **Best Fruit (high vitamin content).....Frozen as good/better than fresh :**
Berries, mango, oranges/mandarins, kiwis, banana, pineapple..... (Good frozen in ALDI)
- **Best nuts (high in healthy fats and protein, selenium, calcium)**
Almonds, Brazil, walnut, Hazelnuts (much cheaper in ALDI).
- **Best Seeds : (high in good fats and fibre)**
Milled linseed, Chia seeds, sunflower, pumpkin
- **Best Breads (healthy carbohydrate and B vitamins and fibre)**
Wholegrains/brown/ (Spelt and oat easier to digest/less bloating)
- **Best Milk (great source of protein and calcium)**
Avenmore Supermilk (low fat) or Arrawbawn Complete.... (Added Vitamin D)
- **Best Yogurts (high in protein and calcium and good bacteria)**
Glenisk Protein or Bio, Fage, Skyr,
- **Best Cheese : (high in protein and calcium.....go for lower fat)**
Mozzarella, cottage, feta, Edam, Gouda, ricotta
- **Best Butter/spread : (ideally non animal ones (olive/sunflower) or small amount animal ones (kerrygold/dairygold)**
Kerry gold =80% fat (animal), dairygold= 60% fat (animal), flora/olivio = 40-60% fat (non animal).
- **Best Cereals (high in carbohydrate, iron, calcium and B vitamins and fibre).....per 100g aim for about 50g carbs, under 10g sugar....**
Porridge (the best!!), granola = (lizi's (light blue) or the happy pear,

- **Pasta : (good carbohydrate and B vitamins)**
Regular dried pasta (70% carb), Fresh (egg) pasta (fridge) = 50% carbohydrate and more protein + cooks in 5 mins.
- **Best Rice (high carbohydrate, fibre , B vitamins)** Brown, basmati
- **Best Potatoes (high in carbohydrate, potassium and Vitamin C)**
Baby potatoes (leave the skins on), all potatoes, sweet potatoes (boiled = less carbs than baked!)

Best Meats: (high in protein, iron, zinc)

Lean beef/steak (Top sirloin), 5-8% fat mince, and trim fat off pork/lamb/veal

- **Best Poultry (high protein, lower fat, B Vitamins, selenium)**
Turkey/ chicken breast (remove skin), turkey burgers, turkey rashers
- **Best Fish : (best protein, calcium, vitamin D)**
d = cod, coley, haddock, plaice, whiting, monkfish, hake
Oily = salmon, mackerel, trout, sardines, pilchards (high omega 3, Vit D)
- **Eggs(best protein, Vitamin D)**
- **Legumes :(good fibre, protein, B Vitamins, magnesium, potassium)**
Chickpeas, all beans, lentils (add to stews/stir-fry), hummus, nut butters - peanut/almond/cashew
- **Good sauces : cooking ingredients :**
Rapeseed oil (cooking), **olive oil** (salads/ cold meals)
Frozen garlic/chilli/basil (ALDI)

Tinned tomatoes/ pasata (liquidized tomatoes), tomatoe puree,
Pesto (add to pasta), balsamic vinegar (add to salad),
Coconut milk (add to curries), pepper, dried herbs/spices
- **Salts :**
Iodised salt (iodine important for health (thyroid/ metabolism) and not much in our food anymore).....add to food

Pink salt (has more minerals and trace elements, magnesium, potassium)

