

Shopping List

- naturopath approved -

Vegies / Salad

- Green vegies
- Orange vegies
- Red vegies
- Purple vegies
- Onions, leek, garlic
- Mushrooms
- Snacking vegies
- Avocado
- Fresh herbs
- Something new or different

Fruit

- Citrus - orange, lemon and limes
- Apples and pears
- Berries
- Tropical fruits
- Dates
- Something new or different

Dairy (opt for organic)

- Almond, macadamia, cashew milk
- Greek, coconut or natural yoghurt
- Your favourite cheese
- Coconut cream or milk
- Butter
- Kefir

Protein (opt for organic)

- Meat (grass fed, hormone & nitrate-free)
- Seafood (wild-caught)
- Eggs
- Tofu/ tempeh (not genetically modified)
- Beans & legumes (not GM)

Pantry

- Nuts & seeds (organic and/or activated)
- Nut or seed butter, tahini
- Sea salt, black pepper, spices
- Flour substitutes (e.g. spelt, coconut)
- Oils - coconut, olive, macadamia
- Sweeteners - honey, maple, stevia
- Grains/seeds - oats, quinoa, millet, chia
- Vinegar - balsamic, apple cider
- Condiments - tomato paste, vegetable stock, bone broth, tamari, passata

Notes



And most importantly - a special treat!

Simple Meal Ideas

- naturopath approved -

Breakfast

- Poached Eggs with Spinach, Mushrooms, Bacon & Tomato
- Zucchini Fritters
- Almond Meal Pancakes
- Yoghurt with Fresh Fruit & Nuts
- Scrambled Eggs or Tofu with Smoked Salmon
- Vegetable & Cheese Frittata
- Oat or Quinoa Porridge
- Chia Pudding
- Smoothie
- Homemade Granola

Lunch

- Your favourite salad with a protein
- Homemade Quiche
- Chicken and Vegetable Soup
- Stuffed Mushrooms or Capsicum
- Cauliflower Fried Rice
- Tuna Nicoise Salad
- San Choy Bow
- Glutenfree Wrap with Cheese and Salad

Looking for recipes?

You can find great healthy recipes on Google!

Or let me write a custom designed meal plan which takes into account your health goals, preferences, food intolerance and individual situation.

Simply book in for a consultation to get started! www.josiecarin.com

Dinner

- Grilled Fish, Steak or Chicken with Vegetables and Salad
- Stirfry
- Lentil Curry
- Chicken Tagine
- Lasagne made with Ricotta and Rice Noodles
- Roast Chicken and Vegetables
- Hearty Winter Stew
- Meatballs with Zucchini Noodles

Snacks

- Mini Almond Meal Pancakes
- No-Bake Peanut Butter Chocolate Muesli Bars (recipe overleaf)
- Homemade Trail Mix
- Fruit and Cheese Platter
- Chicken Wings
- Grilled Haloumi Cheese
- Apple Slices with Almond Butter
- Tuna and Celery Sticks
- Raw or Dark Chocolate
- Turmeric Latte
- Green Smoothie



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No-Bake Peanut Butter Chocolate Muesli Bars

Ingredients

- 2 cups old fashioned oats
- ¼ cup sunflower seeds
- ¼ cup flaxseeds
- ¼ cup goji berries
- ¾ cup peanut butter
- ⅓ cup honey or maple syrup
- ½ teaspoon vanilla extract
- ½ cup cacao nibs or raw chocolate chips



Method

1. Mix oats, goji berries and seeds in a large bowl.
2. Add peanut butter, honey, and vanilla. Stir until all ingredients are combined. Mixture will be thick.
3. Place mixture into an 8in x 8in baking pan. Cover and place in freezer for at least 1 hour.
4. Cut into bars or squares with a sharp knife.

Keep leftover bars in the freezer.

About Josie

I am an accredited, qualified naturopath with a special interest in weight loss, migraine and headaches, women's health, anxiety, stress and low energy.

I love supporting busy women go from overwhelmed, in pain, tired, burnt out and flat to enjoying life, achieving their goals and feeling on top of the world.

Online consultations are available, in addition to testing food intolerance, microbiome, hormonal balance and nutritional status.

