

# healthy SHOPPING LIST

Do you constantly feel exhausted? Do you suffer from forgetfulness or indecision? Nutrition plays an important role in your state of being, so make sure you add the following foods to your trolley the next time you go shopping.

## VEGETABLES

- Avocado
- Cauliflower
- Cucumber
- Herbs, fresh (*mint, parsley, coriander, etc.*)
- Mixed greens
- Red capsicum
- Tomato
- Zucchini
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## PROTEIN

- Beans, tinned or dried (*kidney, black, chickpeas, cannellini*)
- Free-range eggs
- Hummus
- Mixed nuts (*almonds, macadamia, walnut*)
- Nut butters
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## Other

- Almond milk
- Apple cider vinegar
- Cocoa, cold-pressed
- Coconut milk
- Coconut water
- Collagen or protein powder
- Corn chips
- Dandelion root, roasted
- Dark chocolate
- Goji berries
- Ground linseed (*or buy fresh and grind your own in a blender for freshness; store in the fridge*)
- Himalayan salt
- Honey
- Miso soup packets
- Pesto
- Rice or corn cakes
- Sauerkraut
- Spirulina, dried
- Teas: dried nettle, hibiscus, lemon balm
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## FRUITS

- Apples
- Bananas
- Berries, fresh or frozen
- Citrus
- Other seasonal fruits
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## GRAINS

- Buckwheat noodles
- Millet, hulled
- Oats, rolled (not quick cooking)
- Quinoa
- Rice noodles
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## FATS

- Coconut oil
- Cold-pressed olive oil
- Cold-pressed walnut oil
- Ghee
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## DAIRY

- Butter
- Goat cheese
- Sheep or goat yoghurt
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THE POSTNATAL DEPLETION CURE  
BY DR OSCAR SERRALLACH  
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Always buy organic when possible. Nutrient content differs among varieties of plants and methods of spraying, ripening, harvesting and storage can affect nutrients too. The fewer nutrients you lose from your food, the better that food will be for your body and the better you'll feel.

Want to read more? [MumsAtTheTable.com/how\\_to\\_fight\\_baby\\_brain](https://MumsAtTheTable.com/how_to_fight_baby_brain)