

Special quarantine grocery shopping list :



-Grains : gluten free pastas, quinoa, millet, buckwheat (grain-like seed), wild rice, oats, sliced sourdough to keep in the freezer.

-Seeds : hemp seed (anti-inflammatory), flaxseed, sunflower, pumpkin, chia, sesame seeds,...

-Nuts and dried fruits + nut butter (sugar free).

-Baking essentials: Gluten free flours and almond powder, 100% cacao powder, coconut oil, maple syrup, date paste or whole dates, coconut sugar, baking soda, parchment paper : you will have plenty of time to make healthy(ish) treats for you friends and family. (check [my website](#) for recipes ideas).

-Legumes / Pulses : chickpeas, split peas, beans, lentils,...

Chose the dry form no more excuses to use canned legumes, you have time to soak them now.

-Onion (store in the dark) and garlic.

-Fresh fruits and vegetables to consume throughout the next few days.

-Fresh vegetables that last for a long time like carrots (cut the green tops and use it in juices or broth), beetroots (cut off the green roots as well), cabbage, potatoes (store in the dark), pumpkin and squash (do not store in the fridge), celeriac, rutabaga

-Fresh fruits that last longer : apples, citrus fruits, pomegranate (immunity booster), pears

-Fruits and vegetables to freeze for juices : spinach, berries, bananas, celery, cucumber

-Frozen vegetables : look at the composition on the package, there should only be vegetables (no oil, salt and preservatives)

-Fresh fish and fresh meat (if they are part of your diet) to eat quickly. The current situation may be an opportunity to think about reducing and adopting a more responsible consumption of animal products.

*The fishes least polluted with heavy metals are: **whiting, sea bass, mullet, cod, pollack, hake, John Dory, haddock, julienne, anchovy (fresh), herring (from the Atlantic and North Sea), spotted mackerel, black cod, sardines, lobster and shrimp.***

** **Limit your consumption of overfished fish (in red).***

-Fish to keep in the freezer Do not overload canned tuna either, and if you choose to eat it, get tuna fillets in olive oil in a glass jar.

-Pasture raised or organic eggs.

-Olive oil; Walnut, flaxseed or hempseed oil (for their Omega 3 intake, do not heat); Avocado or coconut oil (for high heat cooking)

-Herbs and spices to boost digestion and immunity

-Fresh ginger and turmeric if you can find it, otherwise go for powders

And don't forget to make pretty colorful plates to awaken your senses and brighten up your meals.

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