STORE CUPBOARD GEMS POSTPARTUM

- low sugar / homemade granola
- pulses (lentils, chickpeas, beans) - jarred, tinned or in sachets
- grains: rice, quinoa
- pasta (ideally chickpea etc)
- oats
- manuka & local honey
- nut butters
- tomato puree
- tins of organic tomatoes
- passata
- tinned sardines
- jar of roasted peppers
- organic apricots
- seeds
- nuts
- extra virgin olive oil
- cinnamon
- favourite herbs & spices
- oat cakes
- dark chocolate
- redbush tea
- fennel tea
- peppermint tea
- chamomile tea
- butter
- yoghurt - live
- eggs
- assorted cheeses (feta, goats cheese are good)
- sweet potatoes
- other root veg
- avocados
- lemons
- hummus
- pesto
- sauerkraut / kimchi
- miso
- ginger
- garlic
- ideally 5 prepped meals (freezer)
- bone broth (freezer)
- frozen spinach
- frozen berries
- stewed apples (freezer)
- loaf of sliced sourdough (freezer)