HOW TO CREATE A WINTER STORE CUPBOARD



EAT CLEANER

HOW-TO GUIDE

HOW-TO CREATE A WINTER STORE CUPBOARD

So it's *that* time of year! The time when suddenly the vibrant juicy salads and the fresh juicy fruits don't seem to cut it, or somehow feel off, wrong, or lacking in some way.

Don't worry my friend! This is entirely normal. Just as nature yields a different type of harvest every season, we too were not designed to eat the same foods every month of the year, and so... nothing is wrong. Quite the opposite, in fact.

Via this Guide you have the opportunity to reflect, dream into and carefully curate a winter store cupboard that feels perfect for the season, as well as one that's in alignment with your own current dietary preferences, goals and journey.

Prepare to get cosy, have fun and go on a journey into creativity, possibility and bedding-in to a season that has so much goodness waiting for you once you open to it.

So, grab a hot tea of your preference, snuggle up under a cosy blanket and get excited to discover what goodies you are going to bring into your kitchen for the next little while, until the weather gets warmer again.

Warmly,

Karen

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EXPLORING THE FOOD GROUPS

We are going to start by examining the various natural plant food groups and some of the foods within them that are really perfect for this season.

As you read each one, I invite you to check any box where you know that you like or love that particular food AND that you also know fits in with your current body goal/s. You'll also see a catch-all area at the end of this section, for any other foods or ingredients you might want to include that are not listed elsewhere but still constitute as store cupboard items*.

Of course, you may also choose to stock other non-perishable foods in your kitchen for specific family members or guests, in which case I would suggest making a separate list of those in the notes section at the back of this workbook.

** Please note, as this is about creating a winter store cupboard, fresh ingredients that need to be refrigerated or stored outside of a cupboard are not included.*

DRIED FRUITS

- ☐ Apple
- ☐ Apricot
- ☐ Cherry
- ☐ Currant
- ☐ Cranberry
- ☐ Date
- ☐ Fig
- ☐ Goji berry
- ☐ Pear
- ☐ Prune
- ☐ Raisin
- ☐ Redcurrant
- ☐ Sultana

NUTS

- ☐ Almonds
- ☐ Brazil nut
- ☐ Cashew
- ☐ Chestnut
- ☐ Hazelnut (Filbert)
- ☐ Macadamia
- ☐ Pecan
- ☐ Pistachio
- ☐ Walnut

BEANS, PULSES, LEGUMES FOR SPROUTING

- ☐ Aduki bean (Adzuki)
- ☐ Haricot bean
- ☐ Lentil, brown
- ☐ Lentil, green
- ☐ Lentil, red
- ☐ Lentil, puy
- ☐ Mung bean (Bean sprouts)

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GRAINS FOR SPROUTING

- ☐ Amaranth
- ☐ Barley (unhulled)
- ☐ Oats
- ☐ Rye
- ☐ Spelt
- ☐ Wheat

SEEDS FOR EATING

- ☐ Aniseed
- ☐ Caraway
- ☐ Celery
- ☐ Flaxseed/Linseed, brown
- ☐ Flaxseed/Linseed, gold
- ☐ Hemp
- ☐ Pumpkin
- ☐ Sesame (hulled/ unhulled)

SEEDS FOR SPROUTING

- ☐ Buckwheat groats (hulled)
- ☐ Chia seeds
- ☐ Flaxseed/Linseed
- ☐ Hemp seeds
- ☐ Pumpkin seeds
- ☐ Sesame seeds (unhulled)
- ☐ Sunflower seeds (hulled)

VEGETABLE SEEDS FOR SPROUTING

- ☐ Broccoli
- ☐ Cabbage
- ☐ Chive
- ☐ Fenugreek
- ☐ Garlic
- ☐ Kale
- ☐ Mustard
- ☐ Onion
- ☐ Radish
- ☐ Turnip

ALGAES

- ☐ Chlorella
- ☐ Spirulina

FERMENTED FOODS & DRINKS

- ☐ Apple cider vinegar, raw
- ☐ Kimchi
- ☐ Miso
- ☐ Pickles/chutneys
- ☐ Sauerkraut

OILS

- ☐ Sesame oil
- ☐ Walnut oil

STIMULANTS

- ☐ Cayenne pepper
- ☐ Chilli
- ☐ Chinese five spice
- ☐ Curry powder (up to 20 spices)
- ☐ Ginger
- ☐ Pepper (ground from peppercorns)

DRIED HERBS

- ☐ Coriander (Cilantro)
- ☐ Oregano
- ☐ Parsley
- ☐ Rosemary
- ☐ Sage
- ☐ Thyme

SPICES

- ☐ Allspice
- ☐ Anise (star of)
- ☐ Aniseed
- ☐ Cardamom
- ☐ Cinnamon
- ☐ Clove
- ☐ Cumin
- ☐ Nutmeg
- ☐ Paprika
- ☐ Turmeric

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FLAVOURINGS & SWEETENERS

- ☐ Cacao beans (or nibs)
- ☐ Raw chocolate powder
- ☐ Carob powder
- ☐ Coconut chips or flakes
- ☐ Mesquite powder
- ☐ Stevia
- ☐ Vanilla essence
- ☐ Vanilla pods

SUPERFOODS

- ☐ Bee pollen
- ☐ Green powders
- ☐ Hemp protein powder
- ☐ Maca powder
- ☐ Wheatgrass powder

MISC. OTHERS

- ☐ Almond butter
- ☐ Brazil nut butter
- ☐ Cashew nut butter
- ☐ Dehydrated snacks (bars, cakes, cookies etc.)
- ☐ Dehydrated vegetables mix
- ☐ Flax crackers
- ☐ Halva
- ☐ Hemp butter
- ☐ Herbamare (organic vegetable salt seasoning)
- ☐ Nama Shoyu (as for tamari)
- ☐ Nori sheets
- ☐ Olives
- ☐ Pecan butter
- ☐ Pumpkin seed butter
- ☐ Sea vegetables flakes mix
- ☐ Sprouted wheat bread
- ☐ Sundried tomatoes
- ☐ Sundried tomatoes in oil
- ☐ Sunflower seed butter
- ☐ Tahini (Sesame seed paste)
- ☐ Tamari (a wheat-free soy sauce)
- ☐ Vine leaves

LIST ANYTHING ELSE YOU WANT IN YOUR WINTER STORE CUPBOARD HERE

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WHAT DO YOU KNOW FOR SURE?

What you know for sure creates the foundations on which to build.

Specifically, we are talking about the things that you already know, consciously or otherwise, that you want to consume, enjoy and experience this winter.

In ECLL Magazine Issue 7 (Eating Healthy in Winter) you have the opportunity to do a really deep dive into this via Playsheet 2. If you wish to complete that Playsheet first, great. Doing so will give you a much more thorough and well thought out list.

However, if you don't have the time or inclination for that, simply proceed by answering the questions below for a quicker, easier way to create your final list.

INSTRUCTIONS: Answer each of the following questions one at a time by writing or typing your answer directly under the question. Then, in the opposite box, list the foods/ingredients that will be a fit for your answer.

IMPORTANT NOTE: Any foods or ingredients you list below should ONLY be drawn from those you have checked or added to the previous lists, otherwise they won't fit your taste and body goal/s criteria.

	PERFECT FOODS/INGREDIENTS
What health goals do you have this winter?	

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PERFECT FOODS/INGREDIENTS

What hearty meals/dishes do you already know you want to make regularly?

What savoury snack or sweet recipes do you know you want to make?

What drink recipes do you know you want to make?

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PERFECT FOODS/INGREDIENTS

What celebrations and experiences around food and drink do you want to experience?	
Anything else? (This is also a catch-all area for anything else coming out of Playsheet 2 mentioned previously.)	

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YOUR SHOPPING LIST

Now that you have your various different lists of store cupboard foods, drinks and ingredients that you'd love to consume this winter and that are a fit for your personal desires and needs, it's time to pull it all together into one final shopping list.

Simply use the space below so that you have everything all in one place and can shop/order accordingly to get your winter store cupboard set up and good-to-go as soon as possible.

ITEM	QTY	STORE	DONE?

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