Hormone Balancing Plan Shopping List

Don't be alarmed: You do not need everything on the list!

It will depend on which recipes you choose to use. Make your meal plan for the week, then print this list and tick what you need to stock up on.

Dried Herbs/Spices

- cayenne pepper
- chilli flakes
- chilli powder
- cumin
- curry powder
- dried oregano
- garam masala
- garlic granules
- ground cinnamon
- ground coriander
- ground ginger
- mixed spice
- nutmeg
- paprika
- smoked paprika
- thyme
- turmeric

Sweetners

- honey
- maple syrup
- pitted dates
- Troo chicory root fibre

Miscellaneous

- apple cider vinegar
- baking powder
- balsamic vinegar
- cacao powder
- chicken stock cube
- chopped tomatoes
- coconut (desiccated)
- coconut flakes
- cream of tartar
- maca powder
- miso paste
- nori sheet
- nutritional yeast
- olives
- sundried tomato paste
- sundried tomatoes
- tamari
- tomato passata
- tomato purée
- vanilla extract
- vegetable stock
- wholegrain mustard

Grains/Pasta

- brown basmati rice
- buckwheat flakes
- buckwheat flour
- edamame spaghetti
- oats
- quinoa
- quinoa flakes
- wholegrain rice

Pulses

- adzuki beans
- black beans
- butter beans
- cannellini beans
- chickpeas
- green lentils
- kidney beans
- Puy lentils
- red split lentils
- soya beans

Frozen

- frozen peas

Shopping List ... cont

Fruit

- apple
- apricots
- banana
- blackberries
- dried apricots
- goji berries
- kiwi
- lemon
- lime
- nectarine
- peach
- pear
- plums
- pomegranate seeds

Fresh Herbs/Spices

- basil
- bird's eye chilli
- chives
- coriander
- garlic
- ginger
- mint leaves
- parsley

Oils

- coconut oil
- olive oil (extra virgin)
- sesame oil

Dairy Alternatives

- coconut yoghurt
- almond milk
- coconut
- milk hemp milk

Vegetables

- artichoke
- aubergine
- avocado
- bean sprouts
- beetroot broccoli
- broccoli, tenderstem
- broccoli spouts
- butternut squash
- carrot
- cauliflower
- celeriac
- celery
- cherry tomatoes
- courgette
- cucumber
- edamame beans
- green beans
- green cabbage
- green pepper
- kale
- leeks
- lettuce
- long-stemmed broccoli
- mixed leaves
- mushrooms
- onion, yellow
- onion, red
- radish
- red pepper
- rocket
- spinach
- spring onions
- sugar snap peas
- sweet potato
- watercress

Proteins

- chicken breast
- minced turkey
- prawns
- protein powder (vanilla,chocolate)
- salmon
- smoked mackerel
- smoked salmon
- tinned tuna

Dairy/Eggs/Chilled

- eggs
- hummus
- tofu

Nuts/Seeds

- almond butter
- cashews
- chia seeds
- flaxseed (ground)
- hazelnuts
- hemp seeds
- peanut butter
- pecans
- pine nuts
- pistachios
- pumpkin seeds
- sesame seeds
- sunflower seeds
- tahini