



— *The Complete* —  
**HEALTHY PANTRY**  
A GUIDE TO GOOD INGREDIENTS

*The solution is simple:* YOU NEED TO STOCK  
YOUR CUPBOARDS, FRIDGE AND FREEZER  
WITH THE RIGHT INGREDIENTS, SO YOU CAN  
RUSTLE UP A QUICK, HEALTHY, DELICIOUS SUPPER.

*Explore our three floors of fabulous food  
for your one-stop healthy shop.*



IT'S NOT SOMETHING WE DO IT'S EVERYTHING WE DO.





## At the end of a long day,

the last thing you want to do is play bumper carts down the aisles of the grocery store. However, you may still want to make a quick, nourishing, easy supper that tastes scrumptious and is good for you.

Carole Symons, one of our in-house medical herbalist nutritionists, offers you some simple guidelines on how you can achieve this.

The solution is simple: You need to stock your cupboards, fridge and freezer with the right ingredients, so you can always rustle up a quick, healthy, delicious supper. The key is to always double up, so you cook enough food to make another meal, whether it be the office lunch or the following night's supper.

Carole emphasises the importance of including ingredients that are intrinsically wholesome, including superfoods, such as walnuts, blueberries, sweet potatoes, butternut squash, spinach, organic or wild salmon and turkey, as well as fresh and dried spices and fresh or frozen herbs, garlic, mineral salt, mustard, organic olive oil and molasses.

*"It's amazing what something as simple as GOOD OLIVE OIL, GRATED GARLIC, MOLASSES and CITRUS ZEST can do. IT CAN TRANSFORM a tray of roasted vegetables into a tasty pasta sauce that is great cold or hot."*

Carole tries to impart her love of good food to her clients. She teaches them how to make appetising healthy, wholesome recipes, so they never have to sacrifice on nutrition or convenience.

"It's so important to take onboard the fact that we really are what we eat, digest and assimilate. So we all need to learn how to love nutritious foods and see cooking as a real pleasure and not a chore." Here, Carole shows you how. Carole has been in practise for more than 10 years and is one of our regular nutritionists available for private consultations in our Whole Body Clinic.

## GREENS

High in vitamin A, folate and soluble fibre, leafy green vegetables are a daily must. Carole recommends using seasonal vegetables whenever possible and making a huge salad every day with mixed leaves such as romaine lettuce, rocket, watercress and spinach as a base. Curly kale (the crispy seaweed in Chinese restaurants) is a superfood that many people have never tried. A cupful provides as much calcium as a glass of milk and is delicious thrown in to a stir-fry for the last 90 seconds to add colour and increase the nutritional content of the meal (see Turkey Stir-fry). Seasonal greens can be made more interesting. Sauté with olive oil, garlic and toasted almonds and season with a pinch of mineral salt.

## GARLIC

It inhibits 72 distinct infectious agents and is great to take at the first sign of a cold. A cornerstone in many styles of cuisine, garlic can transform a meal, a dressing or marinade in minutes. It's delicious roasted with a tray of roasted root vegetables and chicken pieces or baked in its skin and smeared on warm bread.

## SQUASHES

Butternut squash and pumpkins are great store cupboard items as they last for weeks. It's a great superfood. Just one cup provides 300% of the daily values of vitamin A, and it's an excellent source of vitamin C and one of the few vegetable sources of vitamin E. Great shaved with a potato peeler, it can be added to stir-fries or chunked and added to a tray of roasted vegetables. Roasted butternut and sweet potato soup is easy to make, and it's packed full of vitamins and minerals. It can easily be turned into a nutritious supper with the addition of a handful of leftover chicken or turkey.

## SWEET POTATOES

Carole states she just could not live without sweet potatoes. Many people don't know that regular spuds don't count towards your 5 A Day but sweet potatoes do. They have a higher nutritional value than any

other vegetable, they're low glycemic and are rich in fibre, complex carbohydrates and antioxidants and vitamins A, C and E, as well as iron, potassium and calcium. They are wonderful jacketed or roasted in their skins and only take about 30 to 40 minutes, cooked at 200 degrees. They are also great mashed with a little grated ginger or nutmeg and served with plain grilled salmon and some greens. You can also make them into scrumptious sweet potato and salmon fish cakes, adding some salmon (tinned or fresh) to the potato flesh with grated ginger, spring onion, mineral salt and sautéed kale. Shape them into patties, brush with oil and bake until golden brown. They're delicious with mixed salad greens

## ONIONS

Like garlic, onions fight infection, help regulate blood pressure and lower cholesterol. The base for just about any savoury meal, onions (especially shallots and red onions) taste fabulous thrown into the roasting tray around a roasted chicken or a joint of meat.

## ORGANIC CITRUS

The juice and zest from lemons, limes and oranges bring zing to marinades, dressings and simple pastas. Citrus zest has the added benefit of enhancing digestive energy, relieving intestinal gas and swelling, and decongesting the lungs.

## TOMATOES

In most cases, the fresher the vegetable, the healthier it is. Tomatoes are the exception. Your body can absorb more lycopene from the canned variety than those that are fresh and uncooked. Lycopene reduces the risk of cardiovascular disease and some cancers. If you still prefer fresh, you can freeze tomatoes to make them last. Blanch them in hot water to remove the skins and then store in freezer-safe plastic containers, leaving an inch of room at the top. One of Carole's favourite healthy snacks is halved cherry or vine tomatoes on a slice of Sunnyvale sprouted spelt bread with a little organic butter or houmous and a sprinkle of mineral salt.

## DRIED MUSHROOMS

Though white buttons and portobellos have a great taste, when you have the choice, choose the immune-building shiitakes, maitakes and porcinis. They are known for their cancer-fighting properties, low calories and have an intense flavour.

Rehydrate them in water and then add (with their strained, flavoured liquid) to risottos, stir-fries and sautés.

## FROZEN FRUIT

While fresh fruit clearly has the advantage when it comes to taste, frozen blueberries, blackcurrants and raspberries remain antioxidant superfoods even when frozen. In winter, frozen fruit can be a better choice than imported fresh, since it's picked at the peak of ripeness, rather than early and shipped halfway round the world. Use frozen and fresh berries in smoothies with an organic carrot juice base or add to pancakes. Packed full of beta-carotene (vitamin A) and a good source of vitamin C, frozen mangoes are great added to a spicy beef curry.

## ARTICHOKES

Once prized as an aphrodisiac, artichokes now have a healthy reputation — they promote the flow of bile to the liver, which helps break down rich, fatty foods. "Eat them fresh during the spring," says Carole, "or add canned or frozen artichoke hearts to pasta."

## CHILLI PEPPERS

While chilli peppers are not suited to those with more sensitive digestive tracts, they have up to six times as much vitamin C as oranges, plus plenty of vitamins A and B. Capsaicin, the compound that makes chillies taste hot, reduces pain and stimulates circulation. Great to add zing and colour to stir-fries, marinades and salad dressings.



Garlic



Artichoke



Sweet Potato



Organic Lemon



Chilli Peppers

**DRIED HERBS & SPICES**

For those times when you can't get fresh herbs, keep dried thyme, sage, bay leaves and oregano on hand to boost the flavour of nearly any dish. Added to stocks, soups and casseroles, dried herbs give the dish its body and pizzazz. To maximize dried herbs' potential, don't skimp on price and replace every four to six months.

**FRESH HERBS**

During the spring and summer, markets overflow with aromatic bouquets of basil, mint, rosemary, parsley and coriander. When out of season, try growing your own indoors. Parsley dresses up plain potatoes and brown rice — and it tempers garlic breath when chewed after a spicy meal. Add mint and sautéed spring onions to frozen organic peas to make them more tasty and interesting.

Fresh coriander leaves are Carole's favourite aromatic herb. As well as improving digestion, it chelates heavy metals. Coriander leaves have a lovely exotic taste and can transform freshly made guacamole, a bowl of salad greens or a casserole or curry. When coriander is combined with ginger, chillies and shallots, it makes a delicate sauce for grilled salmon. Fresh or frozen fresh rosemary, another digestive herb, makes a good meal great when added to a tray of chicken and roasted vegetables with a pinch of sea salt. Basil, garlic and almonds makes a scrumptious pesto sauce that can be made in advance and refrigerated for weeks.

It can be used as a topping on a bowl of vegetables or mixed into pasta and served with salad for a quick and nourishing mid-week supper dish ([see recipe](#)).

**SPICES**

Carole adds grated ginger (a great warming digestive tonic, that helps relieve nausea) to salad dressings, stir-fries and mashed sweet potato for a really interesting taste. And she uses saffron and paprika to transform a bland meal into something extraordinary. Saffron gives paella and rice a wonderful lift.

To increase your spice intake, try a curry blend (typically a combination of turmeric, coriander, cinnamon, cumin and paprika, among others), which promotes perspiration and increases metabolism. Turmeric is an amazing medicinal herb with so many actions. It is a digestive aid, an analgesic (turmeric's main constituent is curcumin), antiseptic, expectorant and anti-inflammatory. It has also been studied for its anti-cancer properties, and it even makes a simple lentil dish so much more interesting.

Stocking up on curry pastes makes using spice blends even easier, or you can make your own. Carole mixes cumin, coriander, turmeric and chilli powders with grated ginger, garlic and olive oil, and coats chicken thighs, butternut squash and sweet potato chunks for a tasty, spicy, baked vegetable and chicken dish. Coriander seeds are great chewed after eating a curry. Before toothpaste was invented, coriander seeds were used to clean teeth and freshen breath.

**NUTS**

When it comes to nutrition, nuts like almonds (high in calcium, magnesium and fibre), and heart healthy walnuts (packed with omega-3 fatty acids), pecans (full of vitamins B<sub>6</sub> and E), and pine nuts (one of the best sources of protein in the nut family), rank at the top of the nutritional list.

Carole always chucks a handful of walnuts into salads and sauces, makes a trail mix with almonds, walnuts, pumpkin seeds, goji berries and chopped dried fruits or stuffs dried organic figs or organic medjool dates for a healthy office desk snack. Almonds, walnuts or pine nuts can be used to make a superfood pesto sauce ([see recipe](#)) or sauté garlic and pine nuts or toasted almonds to add interest and taste to hearty autumn greens.

**COOKING OILS**

All olive oils contain monounsaturated fats that when used in place of saturated fats benefits the heart by improving good cholesterol levels. Carole opts for organic olive oil because she thinks it possess a superior taste.

**FINISHING OILS**

These oils must never be heated and should be stored in a refrigerator. Carole drizzles pumpkin oil over pumpkin or butternut squash soups, chicken and fish, and adds one to four teaspoons of flax oil to smoothies and salad dressings for a nutty taste and to ensure a daily quota of essential fatty acids. Both flax seed and pumpkin oil are good sources of the beneficial omega-3s and 6s. Pumpkin oil additionally contains: vitamins A and E and zinc.

**QUINOA**

Carole advises her patients, who are gluten intolerant, to experiment with quinoa. It is a high-protein, calcium-containing seed that can be used as a grain. It can be used instead of rice and as is. And it's delicious with exotic mushrooms, fresh coriander and an olive oil and lemon zest dressing.

**WHOLE WHEAT PASTA**

With more vitamins, minerals and fibre than regular pasta, these noodles have improved since their sticky, flavourless days. Note that whole wheat varieties sometimes take longer to cook than traditional pasta.

**RICE**

Processing depletes white rice of its natural ingredients, so most wild, brown or brown basmati rice are better nutritional choices. High in nutrients and fibre and low in fat, they add texture to protein-rich meals.

**SPELT**

An ancient relative of wheat, spelt has a high water solubility that helps your body easily absorb its protein, vitamins and minerals.

Spelt is better tolerated by the body than any other grain. Although it contains gluten, some celiac patients and most wheat intolerant clients find it nonproblematic. You can cook spelt as a grain like risotto, toasting then adding stock, and simmering until completely cooked. There are wonderful ranges of spelt pasta both white and whole grain.

**LEGUMES**

Chickpeas, black beans, lentils and green beans all contain plenty of fibre, magnesium and folate. Carole always has a can of organic beans in the store cupboard to make dishes more filling.

**SOBA NOODLES**

Buckwheat, from which these Japanese noodles are made, contains all eight essential amino acids. Add to miso soup or create a cold salad with shrimp, mint and ginger. Rizopia Brown Rice Pasta and Biofair Rice and Quinoa Pasta are great gluten-free pasta alternatives that are really delicious.



Dried Parsley



Fresh Sage



Ginger Root



Quinoa



Soba Noodles

## MUSTARDS

Carole's must-have mustards are English, whole grain and Dijon varieties. They make sauces, salad dressings and marinades more interesting. She also brushes them over chicken and salmon before grilling for extra zing or serves with cold meats. Her favourite is horseradish mustard, which is naturally great with beef, but why not try it with chicken and turkey. Her preferred blend includes whole grain mustard seeds, molasses and cider vinegar and sea salt.

## OLIVES

Besides being a source of healthy fats, olives have an intense flavour that goes a long way, so keep a jar close by. Add a few pitted kalamatas to a pasta sauce.

## MOLASSES

Blackstrap molasses is a healthy sweetener. Not only is it a great source of iron and calcium, but it's also a source of potassium, magnesium, copper, manganese and vitamin B<sub>6</sub> and selenium. Carole uses it in salad dressings, pasta sauces, as a nutritious sweetener in smoothies and porridges, and as a marinade to smear over chicken and duck.

## VINEGARS

"Don't limit vinegars to salad dressing," says Carole, "Add them to sauces at the last minute to brighten the flavour." Try a little balsamic vinegar drizzled over tomatoes and mozzarella for a more mellow taste. Rice wine vinegar adds a slight acidity to rice dishes, and apple cider vinegar is great in dressings.

## MISO

This fermented soybean paste contains vitamin B<sub>12</sub>, protein, and promotes beneficial gut bacteria. Its complex flavour adds a salty and meaty taste to anything it's paired with. Use miso to glaze fish, or drink a cup of miso soup midmorning instead of coffee.

## SEA SALT

Himalayan mineral salt contains naturally evaporated sea salt with more minerals and flavour than processed table salt. It adheres better to food, which means you need less to get the same flavour kick.

## GREEN TEA

Green tea is rich in antioxidants and polyphenol compounds. It also contains L-theanine, an amino acid that may aid relaxation, thereby reducing stress levels. Green tea is also high in vitamins C, D and K, as well as riboflavin, zinc, calcium, magnesium and iron. There are many different varieties and flavours, so find one that you enjoy and make it part of your daily health regimen.

Pour yourself a relaxing cup whilst you are making supper and think of all the positive benefits. Green tea does contain caffeine, so don't drink it too late in the day if you are caffeine sensitive.

## CHEESE

Parmesan, buffalo mozzarella and Pecorino Romano make excellent, calcium-rich accents for everything from omelettes and soups to pastas and salads. Additionally the goat's, sheep's and buffalo cheeses can often be consumed by those intolerant to cow's milk cheese.

## PLAIN YOGHURT

While its calcium makes for stronger bones, Carole mixes it with garlic, lemon juice and Italian spices, and marinates lamb chunks to make delicious lamb kebabs. For dessert, try using full-fat yoghurt instead of sour cream when baking a cake.

## CHICKEN OR VEGETABLE BROTH

Low in fat, broths are a must-have. Look for fresh stocks like Joubère available in Whole Foods Market's chillers. Or make your own stock using turkey or chicken carcasses or good organic vegetables. Add a little sea salt and aromatic herbs and spices to water.

For an easy healthy soup, cook chicken or fish, add your broth to the pan, and let it reduce. Or after roasting squash or sweet potatoes, garlic and onions, add stock and purée all the ingredients.

## FISH SAUCE

Don't restrict your use of fish sauce to Asian food. A drop or two of this intense, fermented flavouring will add oomph to everything from a soy-lime dipping sauce to beef curries to a spicy barbecue marinade.

## WINE

A little bit of wine can add complexity, as well as antioxidants to sauces and gravies or desserts. Fruity reds (Pinot Noir and Zinfandel) are natural partners for duck, lamb and beef, while fragrant whites (Sauvignon Blanc and Riesling) work with lighter, herby fish. With chicken dishes, you can use either. Carole prefers to use reds as they contain the beneficial antioxidants. And quality is the key: Carole always uses organic wines in her cooking because a good wine transforms the sauces or gravies into something really special and delicious.



Olives



Miso



Parmesan



Green Tea



Red Wine

# Put that Pantry to Work!

Now that you've stocked your kitchen with an assortment of healthy additions, make use of all your new ingredients for a new you in the new year by preparing these nutritious and time-conscious recipes by Carole Symons and her daughter Chantal.

## One Tray Chicken & Spicy Roasted Vegetables

Serves 2

- 2 chicken thighs or drumsticks
- 1 small pumpkin or squash, chopped into 4 centimetre chunks
- 1 sweet potato, washed and chopped into 4 centimetre chunks
- 1 large red onion, peeled and cut into eighths or use shallots
- 4 cloves garlic, crushed
- 2 tablespoons fresh ginger, peeled and grated
- 1 fresh chilli, sliced thinly
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- ½ teaspoon smoked paprika
- ¼ teaspoon sea salt
- 1 tablespoon olive oil
- 450 grams curly kale

Preheat oven to 200 degrees. Take the chicken, pumpkin, potato and onion, and place in large roasting pan. Mix the garlic, ginger, chilli, spices and salt in oil. Spread oil mixture all over chicken and vegetables making sure everything is evenly coated. Place in oven and cook for approximately 35 minutes. When everything is cooked, add kale, mix around in the juices, and return to oven for two minutes.

**NUTRITION INFO (PER SERVING)**  
 Calories: 434.49, Cholesterol: 35.64 mg, Fat: 15.050 g, Saturated Fat: 2.5579 g, % Calories From Fat: 37.1%, Protein: 23.238 g, Carbohydrates: 62.552 g, Sodium: 213.19 mg, Fibre: 11.576 g, Trans Fat: 0 g, Sugars: 8.2093 g



Peppercorns



Red Onion



Olive Oil

## Turkey Stir-Fry Serves 2

- 2 tablespoons olive oil
- 2 garlic cloves, crushed
- 2 sticks fresh ginger, finely sliced
- 1 medium turkey breast, thinly sliced
- 1 large onion or bunch of spring onions, sliced
- 55 grams sugar snap peas
- 5 tender stems broccoli or purple sprouting broccoli, sliced diagonally in large pieces
- 5 asparagus spears, sliced diagonally in large pieces
- ¼ red pepper, thinly sliced
- ¼ yellow pepper, thinly sliced
- ½ courgette sliced
- 1 small carrot, cut into ribbons with a vegetable peeler
- 1 handful dulse or Clearspring Sea Salad (sea vegetables)
- 1 tablespoon wheat-free tamari sauce
- Pinch of sea salt
- 1 handful kale
- 1 packet of rice pancakes or rice pancake rolls

Lightly heat oil in a large frying pan or wok, add garlic, ginger, turkey and onion, stir-fry for 1 to 2 minutes. Add the peas, broccoli and asparagus, and stir-fry for another 3 minutes or so, until vegetables are crunchy but tender. Add the peppers, courgette and carrot, and stir-fry for another 2 to 3 minutes.

Finally add dulse and stir-fry for a minute before adding tamari sauce. Mix together; then add kale. When the kale is wilted, the dish is complete.

The stir-fry can be wrapped up in rice pancakes or rice pancake rolls. Follow instructions on the packet. These take 20 seconds to prepare.

This recipe works equally well with fresh salmon or chicken.

**NUTRITION INFO (PER SERVING)**  
 Calories: 322.02, Cholesterol: 36.105 mg, Fat: 16.324 g, Saturated Fat: 2.3406 g, % Calories From Fat: 27.9%, Protein: 20.353 g, Carbohydrates: 27.408 g, Sodium: 679.2 mg, Fibre: 6.1748 g, Trans Fat: 0 g, Sugars: 7.972 g

## Grilled Salmon with Almond Pesto Pasta Serves 4

- 75 grams spelt or Rizopia Brown Rice Pasta per person
  - 1 salmon fillet per person
- PESTO SAUCE INGREDIENTS:**
- 3 large bunches basil
  - 75 grams almonds
  - 75 milliliters olive oil
  - 1 teaspoon sea salt
  - Cracked black pepper, to taste
  - 2 cloves garlic

Place pasta in large saucepan and boil according to instructions. Add pesto sauce ingredients to food processor and blend until smooth and emulsified. Take 1 tablespoon of the pesto and smooth on top of salmon; then place salmon in a pan and cook under the grill for 10 minutes.

Stir pesto sauce in the hot, strained, cooked pasta. Place fillet of salmon on top. Serve with a simple green side salad. Dispense the remainder of the pesto sauce into a screw-top jar, cover with olive oil, and refrigerate for another day.

**NUTRITION INFO**  
 Calories: 489.43, Cholesterol: 27.225 mg, Fat: 28.231 g, Saturated Fat: 3.3855 g, % Calories From Fat: 42.0%, Protein: 16.814 g, Carbohydrates: 43.594 g, Sodium: 589.16 mg, Fibre: 5.2253 g, Trans Fat: 0 g, Sugars: 1.073 g

## AN OVERVIEW OF

# HOW TO JUICE

### WHEATGRASS

Cut grass very low and as close to its root as possible. Slowly feed one handful at a time into the juicer. With your other hand, squeeze the grass that comes out to release as much juice as possible. Clean the juicer after about 10 juices.

### APPLES, PEARS

Remove any sticker from the fruit. Cut the fruit in half and then halve again. Remove any seeds from core and stem. Feed through juicer.

### GINGER

It can be juiced unpeeled. If a juice calls for ginger, feed it through first so the other ingredients 'wash' the ginger through the juicer.

### LEMONS, ORANGES, LIMES

All citrus fruits should be peeled prior to using.

### SPINACH

This vegetable yields little juice, so like ginger it should be fed into the juicer first to allow the other ingredients to grab as much of the juice as possible.

### CELERY

It is usually best to feed celery through top first. This allows the leafy tops, which contain little juice, to be followed by the thick juice-heavy base, extracting as much nutrients and flavour as possible from the entire stalk.

### BELL PEPPERS

Cut the pepper in four slices directly surrounding the stem. This leaves only the stem at the end. Use a small spoon to scoop out the seeds. Feed through the juicer.

### BEETROOT

Beetroot needs to be handled very carefully as its intense red color can often stain the juicer and turn all other juices slightly red. The best way of preventing this is to make one pitcher of beetroot juice at the beginning to use throughout, or keep a large pitcher of water next to the juicer to clean the machine. After making a juice with beetroot, keep the juicer running and pour the pitcher of water through the machine to clean it.

### CUCUMBER, CARROT, OTHER GENERAL PRODUCE

Remove any stickers and feed produce through the juicer.

PRODUCE	AMOUNT	JUICE
Apples, Pears	18 KG BOX	11.4 LITRES
	4.5 KG	2.8 LITRES
	450 G	300 ML
Bell Peppers	5 KG CASE	5.6 LITRES
	450 G (2 1/2 PEPPERS)	470 ML
Carrots, Beets	450 G	315 ML
	225 G	160 ML
Celery	1 CASE (30 COUNT)	15 LITRES
	7.5 HEADS	3.8 LITRES
	1 HEAD	450 ML
Cucumbers	1 CASE (6.8 KG, 25 COUNT)	6.6 LITRES
	3 CUCUMBERS	760 ML
	1 CUCUMBER	240 ML
Garlic	2.25 KG PEELED	350 ML
	450 G LB	75 ML
	10 CLOVES	15 ML
Ginger	450 G	240 ML
	3 TBSP CHOPPED	15 ML
Grapefruits	1 CASE (55 COUNT)	9.5 LITRES
	22 COUNT	3.8 LITRES
	5 COUNT	760 ML
	1 GRAPEFRUIT	160 ML
Kale, most varieties	6 BUNCHES	1.1 LITRES
	1 BUNCH	180 ML
Lemons	17.25 KG CASE (98 COUNT)	2.4 LITRES
	10 COUNT	240 ML
	1 LEMON	22 ML
Limes	11.35 KG	1.4 LITRES
	2.25 KG	265 ML
	1 LIME	15 ML
Most Herbs	5 BUNCHES	360 ML
	2 BUNCHES	135 ML
	1/2 BUNCH	37 ML
Oranges	1 CASE (80+ COUNT)	11.4 LITRES
	28 COUNT	3.8 LITRES
	7 COUNT	240 ML
	1 ORANGE	60 ML
Spinach	1 CASE (24 COUNT)	2.8 LITRES
	2 BUNCHES	240 ML
	1/2 BUNCH	60 ML
Tomatoes	2 LAYERS (10 KG, 40 COUNT)	6.6 LITRES
	2.25 KG	950 ML
	570 G (2 TOMATOES)	240 ML
Young Thai Coconuts	1 CASE (9 COUNT)	3.8 LITRES
	1 COCONUT	415 ML
Courgettes	9 KG CASE	4.8 LITRES
	2.25 KG	1.2 LITRES
	450 G (2 COURGETTES)	240 ML



Orange



Pepper



Lime



Apple

# Outfitting the Healthy Kitchen

Sizes vary on many kitchen items. Consider your family and entertaining needs when selecting.

## BAKING EQUIPMENT

- Several glass or ceramic baking dishes
- Tart pan with removable bottom
- Springform cake pan
- Glass, ceramic or tin pie plate
- Square pan
- Loaf pan
- 2 or 3 baking sheets or jelly roll pans
- Baker's stone (pizza stone)
- Long-stemmed, instant-read thermometer for testing water and bread dough
- Plastic spray bottle
- Scale that measures grams and ounces

## BLENDER

## BOWLS

## BOX GRATER

## CHEESECLOTH

## CITRUS REAMER

## COFFEE MILL

## COLANDER

## CUTTING BOARD

## DEHYDRATOR

## FOOD MILL

## FOOD PROCESSOR

## FRUIT & VEGETABLE JUICER

## KITCHEN TIMER

## KNIVES

- 18 cm serrated bread knife
- 20 cm all-purpose chef's knife
- 10 cm paring knife
- 18 cm fine serrated knife

## LADLES

## MEASURING CUPS AND SPOONS

## MORTAR AND PESTLE

## PARCHMENT PAPER

## POTS AND PANS

- Stainless steel, slope-sided skillet
- Cast iron skillet
- Stainless steel sauté pan with lid
- Stainless steel stock pot with lid and steamer insert
- Stainless steel pressure cooker
- Enamel-coated cast iron pot for soups and stews
- Flameproof earthenware casserole with lid for baking and braising
- Cast iron Dutch oven for baking breads and stews

## RASP

## SALAD SPINNER

## SALT AND PEPPER MILLS

## SIEVE OR STRAINER

## SPATULA

## SPIDER

## SPOONS

## SPROUTER

## STORAGE CONTAINERS

## TONGS

## VEGETABLE PEELER

## WHISKS



## HEALTHY EATING FOUNDATIONAL PRINCIPLES

### EAT WELL

- Eat a variety of whole foods — real, fresh, natural, organic, local, seasonal and unprocessed — as much as possible.
- Emphasize plant-based foods, no matter what type of diet generally followed.
- Minimize the consumption of refined, highly processed foods and non-nutritive substances, such as hydrogenated fats and artificial flavourings, colours, preservatives and sweeteners.

### HAVE FUN

- Food should be delicious, pleasurable and fun.
- Joyful eating inspires and nourishes body, mind and spirit.
- By celebrating where and how our food is grown and its bond with nature, we complement and enrich our relationship with our food and community.

### TAKE CHARGE

- We acknowledge all dietary paths on the road to health and approach all our customers with kindness, courtesy and respect.
- We provide support with tools, education and guidance to expand awareness about health-supportive food choices.
- We empower our customers to make the best personal decisions for their own health and well-being.



— *The Complete* —  
**HEALTHY PANTRY**  
A GUIDE TO GOOD STOCKING

*Explore our three floors of fabulous food,  
and let your best intentions meet the best inspiration.*

The adventure begins at the Whole Foods Market flagship store on Kensington High Street, where we have combined the expertise and advantages of a farmer’s market, a specialty market, a grocer, an old-fashioned butcher, a fishmonger, a bakery, our Whole Body Clinic and Treatment Rooms, and a team of chefs making restaurant-quality, take-out meals — ALL UNDER ONE ROOF.

DISCOVER RECIPES, MASTER CLASSES AND EVENTS ONLINE AT  
[WHOLEFOODSMARKET.COM](http://WHOLEFOODSMARKET.COM).

**THE BARKERS BUILDING**  
63–97 Kensington High Street, London W8 5SE

**STORE HOURS:**

Monday – Saturday: 8 a.m. – 10 p.m.

Sundays: 12 Noon – 6 p.m.

Sundays: Upstairs at the Market Restaurant open for brunch from 10 a.m.

**OTHER LOCATIONS:**

**CAMDEN**

49 Parkway, London NW1 7PN • (020)74287575

**SOHO**

69–75 Brewer St., London W1F 9US • (020)74343179

**STOKE NEWINGTON**

32–40 Stoke Newington Church St.  
London N16 0LU • (020)72542332

**CLAPHAM JUNCTION**

305–311 Lavender Hill  
London SW11 1LN • (020)75851488