

e:lationcentre

yoga.running.nutrition.

Grains & Legumes

Brown rice, millet, quinoa, barley, oats

Red lentils, chick peas, adzuki beans, kidney beans, black beans

Our favourite band of canned beans is [Eden Foods](#) brand

Pasta

buckwheat, spelt, kamut, brown rice, or quinoa pasta

Flour

spelt and multi-grain flour

Nuts & Seeds and Oils

Whole raw almonds, walnuts, unsalted sunflower seeds, pumpkin seeds, black sesame seeds

Flax seed or/and hemp oil for dressings, safflower & sunflower oil for baking “dark bottles”.

Olive, grapeseed and coconut oil for cooking

All above mentioned oils should be refrigerated.

Condiments & Sweets

Barley or brown rice miso, unsweetened apple butter, tahini, maple syrup, dates, almond butter, umoboshi vinegar, apple cider vinegar, red star nutritional yeast

Fruits and Vegetables

Variety and abundance is the key! Think colourful, seasonal and fresh. You want to have enough to be able to eat 5 to 7 portions of vegetables a day, and 2 to 3 fruits a day. Don't forget your sprouts, and develop a taste for sea vegetables: they contain high amounts of needed minerals and vitamins! Remember we crave what we eat!

Our favourite sea vegetables are: hijiki, dulse, arame and nori sheets.

