



# THE SWEDISH SOLUTION

SIMPLE WAYS TO WELLNESS

## ESSENTIAL INGREDIENTS

Stock your kitchen with these foods for simple, healthy eating anytime



# ESSENTIAL INGREDIENTS

Here's my healthy ingredient items I keep on hand at all times. This list is by no means complete and I'm sure you could all add a bunch more items, but these are what I use regularly. Of course it has taken me a long time to have what I have in my pantry so take your time and do what your budget allows.

## **Fresh Fruits:**

Always keep fresh seasonal fruits on hand for easy snacking. Leave most in the fridge and fill up an easy to access fruit bowl as you get through it. A good idea is to have a fruit bowl in the kitchen and another one on the hallway table so that you can easily grab some on the way out. Aim to eat seasonal fruits, it's cheaper and fresher and also freeze some for use in smoothies later on.

## **Fresh Vegetables:**

Keep plenty of fresh vegetables at home so that you can easily whip up a salad, smoothie or side dish. Some of my favourites include mixed lettuce, english spinach and capsicum, sweet potatoes, carrots, zucchini, brussel sprouts, broccoli, cauliflower, green beans but as with fruit always buy seasonal, try farmers markets for fresh, affordable produce. Check this website out to determine seasonal fruits and vegetables around Australia: <http://seasonalfoodguide.com>

## **Nuts, Nut Butters & Seeds:**

Nuts are great for snacks as well as added to dishes to provide additional protein and fat and extra crunch. You can also make nut butters by simply processing nuts with a little nut oil until smooth and creamy. Choose your favourites or mix it up: almonds, peanuts (not as good so limit the amount you have), pecans, hazelnuts, cashews, walnuts, peanut butter, almond butter...you name it, I LOVE it!

Also get some seeds like chia, sesame, flaxseed, pumpkin and sunflower seeds, they're great to sprinkle on a salad, smoothie or as a substitute for nuts if making bliss balls for kids to bring to a nut free school. Tahini is also great and can be used as a delicious salad dressing instead of mayo in a coleslaw.

## **Fresh Produce:**

### **Seafood:**

Try to incorporate seafood at least 2x / week if possible. However, please be sure you are buying sustainably. Your purchases have an impact here in a big way on the health of our oceans. Check out Australia's sustainable seafood guide for up to date info on what fish is safe to purchase in any given season.

### **Meat:**

Buy as good quality meat as you can afford and always choose grass fed and humanely raised meat as they are sustainable and the healthiest option. It's also tastier and tender. To keep the costs down don't be afraid to try cheaper cuts of meat as well as offal. Avoid processed deli meat as much as possible.

### **Poultry:**

Organic is best if you can afford it but at least go for free range chicken and eggs. Eggs are a staple in my household as they're so versatile, healthy and delicious. If there's nothing else in the fridge you can always whip up some scrambled eggs for dinner. I also love to boil eggs for the week to help me have healthy breakfasts or snacks ready to go!

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## **Oils:**

I like to use unrefined fats for cooking including coconut oil, ghee or duck fat. Although high in saturated fat we need some high quality fats to satisfy our appetite and support our brain and nervous system. Olive Oil is also great in dressings but as it's got a low smoking point avoid using it to cook on high heat. Other oils to use include avocado, sesame and nut oils. Avoid vegetable oils like vegetable, sunflower, canola, corn and rice bran as they are highly processed and are high in omega-6 polyunsaturated fatty acids which aren't great when consumed in excess.

## **Grains:**

Replace white products for whole wheat or whole grain, like brown rice and pasta and wholemeal bread in order to get more nutritional bang for your buck. It usually has more fibre and contain a lot more nutrients leaving you feeling full for longer. Quinoa, which is actually a seed, is also a great substitute for rice or pasta as it contains a lot more nutrients. Although I like oats, opt for steel cut oats or traditional rolled oats as opposed to the more processed quick oats, experiment with other whole grains such as barley and millet or again, quinoa flakes.

## **Sweeteners:**

As much as possible avoid processed white sugar. Although these substitutes are still "sugar" and are a better choice they should still be eaten as a treat and not on a daily basis. I use raw honey, pure maple syrup, brown rice syrup and stevia.

## **Spices & Herbs:**

Are brilliant to add flavour to dishes. Try to grow your favourite herbs in pots in summer. Purchase singular herbs such as basil, parsley and thyme, rather than the spice/herb mixes as some have added sugars and or salts.

Some of my staples areas follows:

- Allspice
- Cayenne Pepper
- Chilli Powder
- Curry Powder
- Dried Basil
- Dried Oregano
- Dried Thyme
- Fennel Seed
- Garlic Powder
- Ground Cinnamon
- Ground Cumin
- Ground Nutmeg
- Ground Mustard
- Cumin
- Onion Powder
- Paprika, sweet and smoked
- Sea Salt

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## **Pantry Items:**

It's always good to have a well stocked pantry to be able to throw something together last minute. When buying canned items read the label to ensure there is no added sugar (sugar, evaporated cane juice, dextrose, fructose, corn syrup, high fructose corn syrup, etc...). Also, watch the sodium content in canned goods. There are also more and more BPA free cans on the market these days.

## ***Canned goods:***

- black beans, chick peas, tinned tomatoes
- Coconut Cream
- Tinned Tomatoes
- Sun Dried tomatoes
- Tomato Paste
- Tuna

## ***Beans and legumes (canned or dry)***

- Black Beans
- Cannelini or Northern Beans
- Chickpeas
- Kidney beans
- Lentils

Also have a few good vinegars on hand including apple cider vinegar, balsamic vinegar, red and white wine vinegar

## **Baking Items**

- Arrowroot powder
- Baking Powder
- Carob chips
- Chocolate, unsweetened
- Chocolate Chips
- Sugar-Free Chocolate Chips
- Cocoa Powder, unsweetened
- Vanilla Extract
- Lemon Extract
- Peppermint Extract



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