

Perform in the storm



The Handy & Healthy Long Shelf Life Shopping List



VEGETABLES AND FRUIT

- Fresh vegetables and fruit
- Onion and garlic
- Potatoes and sweet potatoes
- Canned tomatoes, corn, tomato paste and sauce
- Frozen: spinach, kale, beans, cauliflower, broccoli, red fruit

PROTEIN

- Eggs
- Beans, lentils, chickpeas, peas (canned, frozen or dried)
- Frozen: fish, chicken and meat
- Canned fish (tuna, salmon, mackerel)
- Dairy products (yoghurt, cheese) and/or plant-based alternatives (e.g oat milk and soy yoghurt) – most of these keep well for 2-3 weeks
- Tofu, tempeh



HEALTHY FATS

- Nuts and seeds (e.g. sunflower and pumpkin seeds)
- Olives and olive oil
- Coconut milk
- Butter
- 100% peanut butter

WHOLEMEAL GRAINS

- Oat flakes, brown rice, couscous, quinoa, rice noodles
- Whole wheat crackers and wraps
- Rice and corn crackers
- Wholemeal flour (wheat or other grains)
- Wholemeal bread (also for freezing)



SWEETS

- Raisins, dates, cranberries
- Honey
- High protein, low sugar energy bars

Cooking in the Time of Corona

The following meal ideas are designed with a semi-quarantine in mind, in other words, you can get to the shops but say once a week maximum. You likely have refrigerator, electricity and a spare cupboard or space to store some extras.

The starting point is always fresh produce, especially fresh vegetables and fruit. The following is a list of longer lasting veg and fruit.

If we're talking about 1 x week shopping trip, i.e. products that could last one week between supermarket visits, there are many more items you could add to the list.

VEGETABLES
Cabbage (all)
Onion and leeks
Potatoes
Sweet potatoes
Carrots
Pumpkin
Beetroot
Celery root and celery stalks
Garlic
Kohlrabi
Parsnips
Kale (whole leaf)

FRUIT
Apples
Citrus fruit, incl lemon and lime
Bananas (if bought unripe)



MEAL IDEAS

- Oatmeal - hot oatmeal, cooked in water, oat or fresh milk; topped with frozen blueberries and almond butter
- Banana pancakes - Pancakes made with 1 well-mashed banana, 2 eggs and 2 tablespoons flour. The riper the banana, the better. Flavour with cinnamon and top with fresh or frozen fruit of choice
- Yoghurt - yoghurt with nuts, seeds, fresh/frozen fruit and cinnamon
- Smoothie - smoothie with frozen red fruits, ripe banana, a bit of frozen spinach, 100ml coconut milk and some water
- Eggy start - one hard-boiled egg, one tomato, feta cheese or canned tuna/salmon

BREAKFAST

- Soup - a big pot of whatever vegetable you can lay your hands on, enough to last for 2-3 days. Sweet potatoes, pumpkin, carrots, corn or a big bag of frozen soup vegetables are all suitable pantry candidates. Flavour with onion, garlic and dried herbs/spices
- Red lentil soup - made with broth or coconut milk; one of the easiest soups to make, ever
- Toast or Wrap - with boiled egg and tomato; with peanut or cashew nut butter; with a slice of cheese; with canned mackerel; with avocado (if you can get it); or with houmous (bought or home-made). Top up with fresh vegetables or lettuce if you can get hold of them
- Salad - with chickpeas/quinoa/couscous as a basis. Add grated carrots and beetroot (both keep well for a long time), a bit of red onion and top with feta cheese
- Warm rice noodle dish - with fried tofu, peanuts, sliced greens/fried mushrooms and frozen edamame beans; flavoured with fried garlic, soy sauce and/or sweet chilli sauce

LUNCH

- Be extra generous with spices and (dried) herbs
- Omelet - of 2-3 eggs, with courgettes, chopped walnuts and grated cheese
- Chilli con or sin carne - (with onion, garlic, leek, herbs, tomato paste, kidney beans, tomatoes, corn, peas, minced meat or veggie meat substitute or tofu). Most of these are also available in freezer/jar/cans form
- Fried rice - with fried onions and chickpeas, salt and cinnamon. Or try fried rice with eggs, gherkins, leek/onion, garlic and peas with soy sauce
- Tofu/ Tempeh - marinated in garlic, ginger and soy sauce, stir-fried fresh veggies or carrots and frozen green beans and spinach. Served with whole wheat noodles or rice
- Curry - 2 bags of 400g cut veggies (fresh or frozen), sugar snaps, 2 cans of coconut milk, chicken breast or tofu, with brown rice. Flavour with curry powder or a good curry paste and add extra turmeric and ginger. Done in less than 20 minutes!
- Burritos - with black/kidney beans, tomatoes and any veggies you have to hand. Top with grated cheese
- Bean stew - with peppers, aubergine and courgette. Add passata (sieved tomatoes), onion, garlic, curry and turmeric
- Pasta plus - add a can of chickpeas to fresh-cooked pasta, throw in a few handfuls of (frozen) spinach or kale, garlic and broth

DINNER

- Carrots with houmous
- Apple with pecans nuts
- Trail mix with nuts and dried fruit
- Rice cakes with peanut butter
- Nice cup of tea with lemon, ginger and honey

SNACK