

# Winter Wellness Shopping List

- Root vegetables

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- Salty flavours

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- Bone broths

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- Warming grains like buckwheat & millet

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- Slow cooked casseroles, soups, stews & porridge

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- Roast vegetables

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- Sturdy greens like kale & broccoli leaves

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- Brassicas

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- Adzuki Beans

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- Mineral-rich sea vegetables like wakame & kombu

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- Tamari

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- Tahini

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- Miso

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- Garnishes: Sauerkraut, kimchi & other ferments;  
fresh parsley

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- Warming spices like ginger, cinnamon, turmeric,  
cloves, thyme, cardamom, oregano, garlic, black  
pepper, cayenne & chilli powders

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- Good fats & oils: like olive oil, ghee, sesame oil  
(black & white)

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- Kidney & bladder nourishing foods

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