

## "Healthy Doesn't Have To Be Hard"

### FUELLED Bermuda Group Cooking Demonstrations



### Grocery List – Monday, October 26, 2020

#### “Maple Madness”

- **Spinach Salad, Goat Cheese, Maple Roasted Walnuts, Omega 3 and Berries Homemade Maple Vinaigrette**
- **Canadian Maple & Pink Salt Salmon**

#### Produce

1 container of organic spinach

1 bag of frozen mixed berries or wild blueberries or raspberries

#### Meat & Fish/Optional Plant Protein

1 cup of raw walnut halves

2 – 4 pieces of organic salmon or wild salmon

#### Spices and Condiments

Pink Himalayan salt (ground)

Virgin coconut oil – big container (best price is at Price Rite for Virgin Organic Coconut Oil ~\$23)

Maple syrup

Flaxseed oil, Hempseed oil (both are at Lindos or Supermart) or Udo's oil (at Rock On the Health Food store on Front Street). If you don't have any of those, olive oil will do but the flavour will be stronger

Balsamic vinegar or apple cider vinegar

Ground pepper, to taste

### **Flour, Grains & Pasta**

None

### **Dairy**

4 – 6 oz of goat cheese (Tucker's farm goat cheese made here in Bermuda is the BEST but any Canadian or European one will do)

