

shopping list

WEEK 4

NOW, IT'S YOUR TURN TO WRITE DOWN HOW MUCH OF EACH ITEM YOU NEED, DEPENDING ON WHAT YOU HAVE LEFT OVER FROM PREVIOUS WEEKS. THIS ENSURES THERE IS NO WASTAGE AND WILL GET YOU INTO A ROUTINE OF PLANNING YOUR SHOPPING FOR WEEKLY MEALS.

GREEN APPLE
EGGS
BACON
AVOCADO
KALE
BRUSSEL SPROUTS
CAPSICUM
QUINOA
WHOLE CHICKEN
BROCCOLI
SWEET POTATO
CARROT
CAULIFLOWER
PEAS
MINT
TOMATO
ONION
PEPPERCORNS
CINNAMON STICKS
CLOVES
SALMON
SPINACH
BROCOLLINI
MUSHROOM
CHICKEN BREAST
EGGPLANT
GARLIC
GINGER
BASIL
PINE NUTS
ZUCCHINI
COCONUT OIL