

WEEK 1

SHOPPING LIST

Things that you will need throughout the programme and will last a little while. Just check at the beginning of each week that you still have them as they are things you will always need:

Tin foil
Olive Oil
Coconut oil
Sesame oil
Red wine vinegar
Dark soy sauce
Light soy sauce
Sriracha sauce
Hummus
Honey
Himalayan pink salt
Black pepper
Cumin
Paprika

Dried goods:

2 large bags brown or basmati rice
1 large bag Quinoa
1 large bag Organic oats
1 large bag raw almonds
1 large bag raw cashew nuts
1 large bag mixed raw nuts
1 large bag of lentils
1 tub almond butter (natural and unsweetened)
Packet of rye bread (if you don't use it all you can freeze it)

Superfood powders:

Raw, organic cacao powder
Raw, organic maca powder
Premium grade, organic matcha
You can buy them all here:
<http://shop.theultimateshred.com>

Raw, vegan protein powder (Sun Warrior Classic blend – vanilla)
You can buy it here:
<http://amzn.to/2rpcFo>

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This week to buy:

Fruit and veg:

8 Lemons
5 apples
2 punnets berries (raspberries,
blackberries or blueberries)
5 avocado
3 large bags spinach
2 cucumber
1 small bunch parsley
1 bulb garlic
2 red onion
2 onion
2 bags mixed salad leaves
150g cherry tomatoes
220g tender stem broccoli
400g regular broccoli
2 large packet celery
500g asparagus spears
1 red pepper
1 yellow pepper
400g mushrooms
300g sugar snaps

Dairy/non dairy:

1 small carton non sweetened
almond milk (if you are having it
in porridge)
250g Alpro plain soya yoghurt
4 eggs

Protein source:

2 block of firm Tofu

If you do not use all of the ingredients that you have bought for the 'Beat the Bloat' smoothies, you can always freeze them. If you are going to, just chop the remaining ingredients up so it's easier to blend and pop them in the freezer. This way you aren't wasting anything and your smoothie will be colder the next time you make it!