

# 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  
Honey  
Himalayan pink salt  
Black pepper

### 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 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)  
3 avocado  
3 large bags spinach  
2 cucumber  
1 small bunch parsley  
1 bulb garlic  
2 red onion  
2 bags mixed salad leaves  
150g cherry tomatoes  
220g tender stem broccoli  
400g regular broccoli  
1 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

### Meat and fish:

2 185g can tuna in spring water  
2 chicken breasts  
4 fillets seabass  
2 salmon fillets

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!