

shopping list

WEEK 2

QUINOA	1 PACKET (IF NEEDED)
SARDINES	1 PACKET
EGGS	1 CARTON (IF NEEDED)
GOATS CHEESE	1 BLOCK (OPTIONAL, DO NOT BUY IF YOU WANT TO STICK WITH NO DAIRY)
SALMON	2 PIECES
CHICKEN BREAST	4 PIECES
CHICKEN DRUMSTICKS	4 PIECES
BACON	1 PACKET (OPTIONAL)
BARRAMUNDI	2 PIECES
CANNED ORGANIC ADUZUKI BEANS	1 CAN
CANNED ORGANIC CHICKPEAS	1 CAN
GREEN APPLE	5
AVOCADO	5
TOMATO	6
MUSHROOM	1 PUNNET
SPINACH	1 PACKET OR BUNCH
ONION	3
BEETROOT	2
PUMPKIN	1/2 BUTTERNUT
RED ONION	2
CUCUMBER	7
CELERY	1 BUNCH
KALE	1 BUNCH
LEMON	4
SWEET POTATO	1
BROCCOLI	1
CARROT	2
CAPSICUM	1
PEAS (FROZEN)	1 PACKET (IF NEEDED)
COCONUT CREAM	1 CAN
CHILI POWDER	1 PACKET
CORIANDER POWDER	1 PACKET
CUMIN POWDER	1 PACKET
MUSTARD POWDER	1 PACKET
GARLIC	1 POD
GINGER	1 POD