

shopping list

WEEK 1

EGGS	1 CARTON MIN
CHICKEN BREAST	4 PIECES
BACON	1 PACKET
WHOLE CHICKEN	1
MINCE MEAT	2 X 500G
ALMOND MILK	1 CARTON (CHOICE OF BRAND: PUREHARVEST)
COCONUT MILK	1 CARTON (CHOICE OF BRAND: PUREHARVEST)
CACAO POWDER	1 PACKET (FROM A HEALTH STORE OR HEALTH FOOD AISLE)
STEVIA	1 BOTTLE / PACKET (FROM HEALTH STORE OR HEALTH FOOD AISLE)
RICE MALT SYRUP	1 BOTTLE (FROM A HEALTH STORE OR HEALTH FOOD AISLE)
COCONUT NECTAR	1 BOTTLE
LSA	1 PACKET (FROM A HEALTH STORE OR HEALTH FOOD AISLE)
PEA OR BROWN RICE PROTEIN POWDER	1 CONTAINER (FROM A HEALTH FOOD STORE)
QUINOA	1 PACKET
BROWN RICE	1 PACKET
CHIA SEEDS	1 PACKET
ALMOND BUTTER	1 BOTTLE
DESICCATED COCONUT	1 PACKET
ORGANIC BUTTER	1 BLOCK
ALMONDS	1 PACKET
WALNUTS	1 PACKET
BROWN RICE CAKES	1 PACKET
PAPRIKA	1 BOTTLE
TAMARI SAUCE	1 BOTTLE
OLIVE OIL	1 BOTTLE
RICE BRAN OIL OR GRAPESEED OIL	1 BOTTLE
PINK SALT OR SEA SALT	1 PACKET OR GRINDER
GROUND PEPPER	1 PACKET OR GRINDER
TURMERIC	1 PACKET
WILD CAUGHT CANNED SALMON	2
TUNA IN OLIVE OIL, SPRING WATER	2 CANS
CASHEWS	1 PACKET
ALMOND MEAL	1 PACKET (FROM HEALTH STORE OR HEALTH FOOD AISLE)
COCONUT YOGHURT	1 TUB (EXPIRY LASTS FOR 2 WEEKS OR BUY LATER)
BROCCOLI	1
CARROTS	2
TOMATO	5
ONION	4
MUSHROOMS	1 PACKET
SWEET POTATO	3
CAULIFLOWER	1 1/2
EGGPLANT	1
CAPSICUM	2
PEAS	1 PACKET FROZEN
RED ONION	1
BOK CHOY	1 BUNCH
CHILI	HANDFUL FRESH
CELERY	1 BUNCH
CUCUMBER	4
GREEN APPLE	4
LEMON	3
KALE	2 BUNCHES
BERRIES	1 PACKET (FROZEN)
AVOCADO	4
PUMPKIN	1/2
SPINACH	1 PACKET OR 1 BUNCH
GARLIC	1 POD OR 1 BOTTLE
GINGER	1 POD OR 1 BOTTLE