

SHOPPING LIST

for
Summer

Veggies!

- 2 Bunch of Spinach
- 3 Avocado
- 300gr Crunchy beans combo
- 25 cucumber stick
- 2 Red onions
- 18 Eggs
- 300gr Nuts
- 100gr Seeds
- 2 Broccoli Heads
- 200gr Mung Beans
- 1 Lemon
- 2 Kumara
- 3 different fruits
- 100gr Linseeds
- 100gr Sunflower seeds
- 100gr Almonds
- 10 Carrots (small and medium size)
- 4 Capsicums (2 red- 2 green)
- 1 Zucchini
- 150gr Boccini
- 6 Tomatoes
- 11 baby cos leaves
- 100gr Lemon Grass
- 45 Snow peas
- 200gr Alfalfa
- 2 Bunch of Rocket
- Chives - Tamar - Garlic -

Meat!

- 700gr Chicken
- 100gr Fish
- 150gr Salmon
- 100gr Lamb

dairy

- 200gr Cottage Cheese
- 120gr Feta Cheese
- 120gr-150gr yogurt

Other!

- Olive Oil
- Balsamic Vinegar
- Wheat free soy sauce

(or 300gr LSA)