

# SHOPPING LIST

for  
Winter

## Veggies!

- 1-2 bags of baby spinach
- 2 Avocado
- 200gr Crunchy beans combo
- 3 Celery stick
- 1 Bunch of Spring onions
- 24 Eggs
- 100gr Nuts
- 100gr Seeds
- 3 Broccoli heads
- 200gr Green Beans
- 2-3 Lemon
- 6 Kumara
- 3 apples or pears (my choice)
- 100gr Linseeds
- 100gr Sunflower seeds (or 300gr LSA)
- 100gr Almonds

## OPTIONAL

(for stir fry veggies I can use all or choose from the ones I like)

- 500gr Bok Choy
- 8 Carrots
- 1-2 Capsicums
- 1 Cauliflower head (small)
- 100gr Garden Peas
- 100gr Frozen Blue berries
- 5 Zucchini
- Coriander - Tamari - Garlic - Chives

## Meat!

- 700gr Chicken
- 300gr Fish
- 250gr - 300gr Salmon
- 300gr Lamb

## dairy

- 100gr Cottage Cheese  
(if choose in stead of organic fresh peanut butter)
- 100gr Feta Cheese
- 150gr - 200gr yogurt

## Other!

- Fish sauce
- Olive Oil
- Sesame oil
- Avocado Oil or Macadamia Oil (my choice)
- 3 cinnamon sticks
- Wheat free soy sauce