

SHOPPING LIST

for
Summer

Veggies!

- 3 Bags of baby Spinach
- 3 Avocado
- 300gr Crunchy beans combo
- 25 cucumber stick
- 2 Spanish/Red Onions
- 18 Eggs
- 50gr Pine Nuts
- 300gr Nuts
- 100gr Seeds
- 8 Broccoli Heads
- 200gr Mung Beans
- 6 Lemons
- 2 Kumara
- 3 Different Fruits
- 100gr Ginger
- 100gr Linseeds
- 100gr Sunflower Seeds (or 300gr LSA)
- 100gr Almonds
- 10 Carrots (small - med size)
- 5 Capsicums (2red - 2green)
- 1 Zucchini
- 150gr Broccini
- 6 Tomatoes
- 13 Baby Cos Leaves
- 100gr Lemon Grass
- 52 Snow Peas
- 200gr Alfalfa
- 2 Bunch of Rocket
- 1 Small Bunch of Asparagus
- Chives - Tamari - Garlic

Meat!

- 700gr Chicken
- 150gr Fish
- 300gr Salmon
- 100gr Lamb
- 100gr Tuna (Seared Fresh)
- 1 Piece of Snapper

dairy

- 200gr Cottage Cheese
(If you choose instead of organic fresh peanut butter)
- 120gr Feta Cheese
- 120 - 150gr Yoghurt
- 100gr Persian Feta

Other!

- Olive Oil
- Balsamic Vinegar
- Tamari (Wheat Free Soy Sauce)