

# SHOPPING LIST

## Week 1

for  
Winter

2	Bags of Baby Spinach
2	Avocados
200gr	Crunchy beans combo
5	Celery sticks
5	Zucchini's
1-2	Bunches of Spring Onion
22	Eggs
200gr	Nuts
100gr	Seeds
6	Broccoli Heads
200gr	Green Beans
6	Lemons
4 - 6	Kumaras
3	apples
100gr	Frozen Blueberries
100gr	Ginger
100gr	Linseeds (or 300gr LSA)
100gr	Sunflower seeds
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
2	Chillies

Coriander - Garlic - Chives

### Meat!

600gr	Chicken
300gr	Fish
300gr	Salmon
450gr	Lamb

### dairy

100gr	Cottage Cheese Or 1 Tub fresh organic peanut butter
100gr	Feta Cheese
150gr-200gr	Full-fat all natural yoghurt

### Other!

Fish sauce

Olive Oil

Sesame oil

Flaxseed Oil

Avocado Oil or Macadamia Oil (your choice)

3 cinnamon sticks Tamari (Wheat Free soy sauce)

# SHOPPING LIST

## Week 2

for  
Winter

3	Bags of Spinach
1	Bunch of Silverbeet
2	Zucchini's
1	Avocado
9	Asparagus
1	Small Leek
4	Celery sticks
9	Eggs
300g	Nuts
8	Broccoli Heads
400g	Green Beans
7	Lemons
3	Kumaras
4	Pears
200g	Frozen Blueberries
100g	Ginger
4	Onions
1	Red Capsicum
100g	Linseed
100g	Sunflower Seeds (or 300gr LSA)
100g	Almonds

### OPTIONAL

7	Carrots
2	Chilies
Parsley - Thyme - Garlic - Rosemary - Chives	

### Meat!

600g	Chicken
300g	Fish
450g	Salmon
300g	Lamb
1	Chicken Thigh

### dairy

100g	Feta
200g	Full-fat all natural yoghurt

### Other!

6 Cups of Organic Stock  
4 Cinnamon Sticks  
Coconut Oil  
Olive Oil  
Pink Himalayan/Sea Salt  
Peppercorns/Cracked Pepper  
Fish Sauce  
Sesame Oil

# SHOPPING LIST

## Week 3

for  
Winter

- 2 Bags of Spinach
- 1 Bunches of Silverbeet
- 6 Zucchini's
- 2 Avocados
- 9 Asparagus
- 8 Celery sticks
- 20 Eggs
- 300g Nuts
- 100g Seeds
- 6 Broccoli Heads
- 300g Green Beans
- 100g Crunchy bean combo
- 6 Lemons
- 5 Kumaras
- 1 Pears
- 2 Apples
- 100g Frozen Blueberries
- 100g Ginger
- 3 Onions
- 1 Bunch of Spring onion
- 2 Red Capsicums
- 100g Linseed
- 100g Sunflower Seeds (or 300gr LSA)
- 100g Almonds
- 1 Small Leek

### OPTIONAL

(For stir fry veggies I can use all or choose from the ones I like or increase veggies in list above)

- 4 Carrots
- 200g Bok Choy
- 1/4 Cauliflower
- 100g Garden Peas
- 3 Chillies
- Parsley - Coriander - Garlic

### Meat!

- 900g Chicken
- 150g Fish
- 300g Salmon
- 300g Lamb

### dairy

- 100g Cottage Cheese or Tub of fresh organic peanut butter.
- 100g Feta
- 200g Full-fat all natural yoghurt

### Other!

- 6 Cups of Organic Stock
- 3 Cinnamon Sticks
- Coconut Oil
- Olive Oil
- Macadamia or Flaxseed Oil
- Pink Himalayan/Sea Salt
- Peppercorns/Cracked Pepper
- Tamari (Wheat free soy sauce)
- Fish Oil