



# ANYTIME REBOOT

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## Welcome To Your GRP<sup>®</sup> Anytime Reboot

As ALUMNI you are now aware of All the FOOD and LIFESTYLE factors that constitute a healthy Gut Microbiome and a healthy YOU.

You may find yourself a LITTLE off track at times... Perhaps your LOAD has increased and you have allowed the 'creep'? This happens when you prioritize other things over YOU.

Your knee jerk reaction is probably wanting to START the GRP again and restrict and eliminate ... However that is 'dieting' and is detrimental to your mental health and the health of your Gut Microbiome—which is ultimately YOU.

Repeating Establishment Phase, AS IS, is NEVER recommended unless in the case of specific health conditions, where (if this is the case) will close monitoring, along with clinical therapeutic and targeted treatment.

'Restricting' and/or the removal of food groups for long periods, or repeated periods, can erode and damage the function, richness, numbers and diversity of your newly flourishing beneficial bacteria and make pathogenic bacteria more resilient and stronger.

The benefits of repeating 'chunks' of GRP is the structure, but it is VITAL that ALL fruits, ALL vegetables, ALL grains, ALL beans and legumes and ALL nuts & seeds are included.

The MOST important thing to do during a REBOOT is to REMOVE all the detrimental Food and Lifestyle elements that you have allowed to CREEP in and REINSTITUTE elements that support a health you and healthy Microbiome.

Welcome to your **GRP ANYTIME REBOOT** that guides you through this process

## Why you should NEVER repeat the GRP Establishment Phase AS IS...

Here's a simple analogy that may help to understand why it is detrimental to repeat as is...

Think of this scenario (and analogy)... you BREAK your leg and it needs to be in a cast for 6-wks. No walking, dancing, weight bearing exercise, lots of rest, gentle rehab exercises, good food etc.

After 6-wks the break will have knitted and you can get the cast off. But you don't go straight into full on exercise right? Even after the plaster cast is removed, the bone is still healing, in fact, the remodelling may take years to be completed to achieve a fully regenerated bone structure.

Once the cast is off you start with gentle walks and gauge how you feel afterwards to inform your choices of whether you will stay with the same amount of exercise, scale it back or slowly increase.

But let's say you over-do it with the exercise, go out dancing, add in too many inflammatory foods and your leg starts to throb in pain.

You don't get your leg put back in the cast again for another 6-weeks, right?? That would have no benefit, and in fact because the circumstances have changed i.e. it is not broken, just inflamed. Therefore you are highly likely do A LOT of damage by putting on the cast and restricting movement and applying the initial repair strategy to a different situation.

Instead to care for your inflamed leg you would REDUCE the load you placed on it, and INCREASE the care e.g. raise the limb to prevent swelling, get Physiotherapy to improve muscle strength, joint mobility and balance. You may even use crutches or a cane to keep weight off the affected leg for a period of time. You'd pay attention to nourishing foods. The inflammation would start to go down, the leg would start to continue with it's healing process, and you learnt an important lesson!!

The GRP is the SAME. You're not broken, you just need to INCREASE the care and REDUCE the load!

The **ANYTIME REBOOT** gently stimulates the Richness, Evenness, Diversity and Function of your Microbiome with different types of fibre, macro and micro-nutrients. It is ESSENTIAL that during the REBOOT you ALSO put into action ALL the LIFESTYLE strategies e.g. Management of Stress, Sleep Hygiene Practices, Digestive Dominoes, Movement etc. to positively impact, and support, the function and diversity of your beneficial microbial (Microbiome) population.

While food is a key determinant of the health of your Microbiome, lifestyle factors GREATLY influence its health, and especially its function.

### When to Start...

Anytime... However, depending on the time of the year, you may wish to consider doing the **WINTER or RAW REBOOT** program first then follow on with this ANYTIME REBOOT and then move forward with ANY of the many GRP Alumni Approved Meal plans in your ALUMNI hub.

### What to do After you Finish...

Spoiler alert... there is no finish, this is life, and it's about MANAGING THE LOAD, which truth be told, is bit of a juggling act at times ;-)

If you don't manage the LOAD then your beneficial bacteria, take a hit, and it can greatly hinders its growth. It also creates an inflammatory environment which can result in increased intestinal permeability and a perfect breeding ground for pathogenic bacteria and POOR health!

I know you don't want that right? Remember it is UP TO YOU and no-one else to MANAGE your own HEALTH. You have ALL the tools.

### Food... Anytime Reboot ...

- ✓ **Choose the 2-wk or 4-wk Anytime Reboot.**
- ✓ **Remember...** You are NOT 'restricting' but 're-balancing'... Doing the ANY-TIME REBOOT doesn't stop you from going out to parties, events, special occasions etc. and choosing ANYTHING off the menu, but WHAT are you going to choose? And what better choices can you make? When you eat, HOW MUCH are you going to eat? Bring your awareness and consciousness to HOW you feel and how you WANT to feel and your WHY.

### Lifestyle... Anytime Reboot ...

- ✓ **Download your PHA...** do a complete BODY and MIND scan. Then, when finished, revisit your PHA and compare. This is a great record of what happens when you prioritize you and your health.
- ✓ **ME schedule...** Head to the GHIL and search ... *Planning MY day so 'ME' is my Number One Priority*. Complete the activity to RE-PRIORITIZE YOU and post your schedule in the VC [#Accountability](#)
- ✓ **Share your journey in the VC...** hold yourself accountable to your commitment to your health. Share your journey using the hashtag [#AnytimeReboot](#) and [#Accountability](#). And while you're there... see if any other ALUMNI (don't choose a current GRP'er) wants to be your accountability partner, use hashtag [#alumni](#)
- ✓ **Check in with your DD's...** Have you allowed the creep of eating in front of the TV, using or scrolling on your computer or smart phone? Eating while working? Time to revisit your Podcast library and re-acquaint yourself with why Digestive Dominoes is a crucial part of your health, and the health of your Microbiome.
- ✓ **Movement...** Having done your ME schedule you will have re-allocated daily movement to your schedule. Head to the GHIL and search the words... *Benefits of ...* and re-read the benefits of 5 different types of movement and choose what you will do.
- ✓ **Hydration...** hold yourself and READ and COMMENT on [THIS POST](#) (even if you've done it before, do it again and recommit) [#Accountability](#).
- ✓ **Stress ARM ...** how is your awareness, relief and management of stress? Start (or continue) the activities depending on what level you are in (Awareness, Relief or Management) Stress is one of the biggest disruptors to your health and the health of your Microbiome. You need to consistently flex your STRESS ARM for optimal health.
- ✓ **Sleep Check...** Check your Optimal Sleep Practices. What has slipped? What do you need to pull back into line? What is your night-time bed routine?
- ✓ **Digital hygiene...** Where are you with this? Are you setting ALL electronic devices to DO NOT DISTURB from 8pm? How about the scrolling? Head to the GHIL and recommit by doing [THIS](#) activity. Even if you've done it before, do it again and recommit) [#Accountability](#).



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### What To AVOID...

This is not about AVOIDING or going WITHOUT, but rather managing and balancing. Making the decision as to what YOU will say NO to and WHY.

### Can I Expect Any Adverse Reactions?

Any change in dietary and lifestyle patterns may result in 'withdrawal symptoms'. Head to the GHL and read the section... I'm experiencing uncomfortable and unusual symptoms. What's going on?

**You can do this...** If you feel yourself wanting to give up then just focus on your 'WHY'. I am confident you CAN do this!

**Share your journey...** in the Virtual Clinic and use the hashtag #AnytimeReboot, #Accountability and #Alumni

Nat 

### IMPORTANT...

**Medical Disclaimer:** Always speak with your physician/healthcare professional before making any dietary changes and ascertain if this plan is suitable for you. Information provided is for general purposes only, it is NOT intended to diagnose, treat, cure, or prevent any disease. Neither is it intended as a substitute for the advice provided by your physician or other healthcare professional. Do not use the information provided here for treating a health problem or disease. It is recommended to work alongside a health professional to individualize this plan to meet your energy needs. Do not disregard professional medical advice or delay in seeking professional advice because of something you have read here.

A lot of time has been spent in developing and perfecting the ANYTIME REBOOT for YOU. Please respect the work, and how our team makes its living, and do NOT share, copy, reproduce, redistribute, any or part of the Gut Rebalancing Protocol Recipes and the REBOOT program to anyone, through any medium. © Anytime Reboot 2023



## WEEK 1, FOOD PRESCRIPTION... ANYTIME REBOOT

**WEEKEND ESSENTIAL PREPARATION:** Takes approx. 2-hrs. All quantities/serves are for 1 person

- + Replenish Essentials... [Lemon blend](#), [GGC mix](#), [Veggie Stock Paste Concentrate](#), [The Ultimate Loaf](#), [Coconut Yoghurt](#), [Nut butter](#)
- + Choose 2 extra meals and add required ingredients to your shopping list.
- + Fruit Salad *make 1 serve (= 2 breakfasts)*
- + Coconut yoghurt *you'll need 2 cups*
- + Berbere Spice Mix *make 35g Plant Based Essentials*
- + *Optional* – busy week ahead? Make the Ethiopian Chickpea Stew and Tomato and Lentil soup ahead of time and refrigerate
- + Peel & freeze bananas *for Smoothie bowls*
- + Brilliant Biome Boosters *make 8 Plant Based Essentials*
- + Spicy Asian Dressing *make 2 serves Plant Based Essentials*

ON WAKING	Lemon Blend in a large mug of warm water, followed with a large glass of water						
BLISSFUL BREAKFASTS <small>In Blissful Breakfasts E-book unless otherwise specified</small>	2 times a week Fruit Salad <sup>or</sup> Coconut Yoghurt		2 times a week Avocado Smash <sup>or</sup> toasted Ultimate Loaf		Have each one – only once – during the week Smoothie Bowl Trio <i>Superb Smoothies</i>		
SNACKS	Compulsory... You MUST have this snack mid-morning 1 piece fruit and ½ handful of raw unsalted nuts		Compulsory... You MUST have this snack mid-afternoon 1 piece fruit and ½ handful of raw unsalted nuts		Optional... Have this ANYTIME you like (no maximum) Banana Pennies <i>Sweets 'n' Treats</i>		
LUNCH	COMPULSORY: DINNER LEFTOVERS						
DELICIOUS DINNERS <small>In Delicious Dinners E-book unless otherwise specified</small>	20 mins Asian Greens Stir-Fry  Double or not Write in the day you'll eat	30 mins ABC Bowl <sup>or</sup> 2 Brilliant Biome Booster Patties  Double recipe	45 mins Tomato and Lentil soup <sup>or</sup> TUL Croutons  Double recipe	20 mins Spinach Zoodle Salad <sup>or</sup> 2 Brilliant Biome Booster Patties <i>Scrumptious Salads</i>  Double recipe	30 mins Ethiopian Chickpea Stew  Double recipe	___ mins <i>Insert meal chosen &amp; whether to double or not</i>	___ mins <i>Insert meal chosen &amp; whether to double or not</i>



## WEEK 2, FOOD PRESCRIPTION... ANYTIME REBOOT

**WEEKEND ESSENTIAL PREPARATION:** Takes approx. 3-hrs. All quantities/serves are for 1 person

- + Replenish Essentials... [Lemon blend](#), [GGC mix](#), [Veggie Stock Paste Concentrate](#), [The Ultimate Loaf](#), [Coconut Yoghurt](#), [Nut butter](#)
- + Choose 2 extra meals and add required ingredients to your shopping list.
- + Chai spice [make 45g Plant-Based Essentials](#) + Orange Chai Granola [make 440g \(= for more than 3 breakfasts\)](#)
- + Peel & freeze bananas [for Smoothies](#) + Bircher Muesli [make 1 serve \(= 2 breakfasts\)](#)
- + Basmati rice – white 4 cups [cook, cool, freeze \(for all weeks\)](#) + Cleopatra Dressing [make 150g Plant-Based Essentials](#)
- + *Optional* – busy week ahead? Make the Cauli Chickpea Madras and Moroccan Chickpea Stew ahead of time and refrigerate

<b>ON WAKING</b>	Lemon Blend in a large mug of warm water, followed with a large glass of water						
<b>BLISSFUL BREAKFASTS</b> <small>In Blissful Breakfasts E-book unless otherwise specified</small>	3 times a week <b>Orange Chai Granola</b> <small>serve with Coconut water or homemade milk</small>		1 of each <b>Beet This &amp; Blueberry Bliss Smoothies</b> <small>Superb Smoothies</small>		2 times a week <b>Bircher Muesli</b> $\approx$ dollop of Coconut yoghurt		
<b>SNACKS</b>	Compulsory... You MUST have this snack mid-morning  1 piece fruit and $\frac{1}{2}$ handful of raw unsalted nuts		Compulsory... You MUST have this snack mid-afternoon  1 piece fruit and $\frac{1}{2}$ handful of raw unsalted nuts		Optional... Have this ANYTIME you like (no maximum)  <b>Apple Nut Sandwich</b> <small>Sweets 'n' Treats</small>		
<b>LUNCH</b>	<b>COMPULSORY: DINNER LEFTOVERS</b>						
<b>DELICIOUS DINNERS</b> <small>In Delicious Dinners E-book unless otherwise specified</small>	25 mins <b>Green Buddha Bowl</b> $\approx$ Balsamic Vinegar drizzle  <small>Double or not? Write in the day you'll eat</small>  <small>Double recipe</small>	30 mins <b>Cauli Chickpea Madras</b> $\approx$ Basmati rice  <small>Double recipe</small>	15 mins <b>Cos 'n' Cucumber Salad</b> $\approx$ Cleopatra Dressing <small>Scrumptious Salads</small>  <small>Double recipe</small>	25 mins <b>Moroccan Chickpea Stew</b>  <small>Double recipe</small>	20 mins <b>Tomato Basil Zucchini Pasta</b>  <small>Double recipe</small>	___ mins <small>Insert meal chosen &amp; whether to double or not</small>	___ mins <small>Insert meal chosen &amp; whether to double or not</small>



## WEEK 3, FOOD PRESCRIPTION... ANYTIME REBOOT

**WEEKEND ESSENTIAL PREPARATION:** Takes approx. 4-hrs. All quantities/serves are for 1 person

- + Replenish Essentials... [Lemon blend](#), [GGC mix](#), [Veggie Stock Paste Concentrate](#), [The Ultimate Loaf](#), [Coconut Yoghurt](#), [Nut butter](#)
- + Choose 2 extra meals and add required ingredients to your shopping list.
- + Spiced Baked Apples *make 2 serves (= 3 breakfasts)*                      + Overnight oats *make 1 serve (= 2 breakfasts)*
- + *Optional* Almond Blueberry Muffins *make 6 Sweets 'n' Treats*            + Divine Green Dressing *make 200ml Plant-Based Essentials*
- + Corn 'n' Zucchini fritters *make 8 Plant-Based Essentials*               + Thai Red Curry Paste *make 150g Plant-Based Essentials*
- + *Optional* – busy week ahead? Make the Mushroom Dahl and Rich Red Cauli Curry ahead of time and refrigerate

ON WAKING	Lemon Blend in a large mug of warm water, followed with a large glass of water						
BLISSFUL BREAKFASTS <small>In Blissful Breakfasts E-book unless otherwise specified</small>	2 times a week Banana Passion		3 times a week Spiced Baked Apples ≡ Coconut Yoghurt		2 times a week Overnight Oats <small>Choose toppings from variations</small>		
SNACKS	Compulsory... You MUST have this snack mid-morning 1 piece fruit and ½ handful of raw unsalted nuts		Compulsory... You MUST have this snack mid-afternoon 1 piece fruit and ½ handful of raw unsalted nuts		Optional... Have this ANYTIME you like (max 1 a day) Almond Blueberry Muffins <small>Sweets 'n' Treats</small>		
LUNCH	<b>COMPULSORY: DINNER LEFTOVERS</b>						
DELICIOUS DINNERS <small>In Delicious Dinners E-book unless otherwise specified</small>	15 mins Phyto-Green Salad ≡ Divine Green Dressing ≡ Corn 'n' Zucchini Fritters <small>Scrumptious Salads Plant Based Essentials</small>  Double or not Write in the day you'll eat	40 mins Mushroom Dahl  Double recipe	30 mins Creamy Broccoli and Leek Soup  Double recipe	30 mins Rich Red Cauli Curry ≡ Basmati rice <small>Freeze any left-over Thai Red Curry Paste</small>  Double recipe	15 mins Miso Mushroom Trio ≡ Corn 'n' Zucchini Fritters <small>Plant Based Essentials</small>  Double recipe	___ mins <small>Insert meal chosen &amp; whether to double or not</small>	___ mins <small>Insert meal chosen &amp; whether to double or not</small>



## WEEK 4, FOOD PRESCRIPTION... ANYTIME REBOOT

**WEEKEND ESSENTIAL PREPARATION:** Takes approx. 3.5-hrs. All quantities/serves are for 1 person

- + Replenish Essentials... [Lemon blend](#), [GGC mix](#), [Veggie Stock Paste Concentrate](#), [The Ultimate Loaf](#), [Coconut Yoghurt](#), [Nut butter](#)
- + Choose 2 extra meals and add required ingredients to your shopping list.
- + Cinnamon Lime Pear Granola *Make 400g (= 3 breakfasts)*      + Apple Raspberry Crumble *make 2 serves (= 4 breakfasts)*
- + *Optional* – Chilli Roast Capsicum Dip *make 1 serve Delectable Dips*      + Tandoori Paste *make 140g Plant Based Essentials*
- + *Optional* – busy week ahead? Make the Lentil Minestrone and Dahl Palak ahead of time and refrigerate

ON WAKING	Lemon Blend in a large mug of warm water, followed with a large glass of water						
BLISSFUL BREAKFASTS <small>In Blissful Breakfasts E-book unless otherwise specified</small>	3 times a week Cinnamon Lime Pear Granola <small>serve with Coconut water or homemade milk</small>			4 times a week Apple Raspberry Crumble			
SNACKS	Compulsory... You MUST have this snack mid-morning 1 piece fruit and ½ handful of raw unsalted nuts		Compulsory... You MUST have this snack mid-afternoon 1 piece fruit and ½ handful of raw unsalted nuts		Optional... Have this ANYTIME you like (no maximum) Chilli Roast Capsicum Dip <sup>≡</sup> Celery sticks <i>Delectable Dips</i>		
LUNCH	<b>COMPULSORY: DINNER LEFTOVERS</b>						
DELICIOUS DINNERS <small>In Delicious Dinners E-book unless otherwise specified</small>	30 mins Lentil Minestrone  Double or not Write in the day you'll eat	40 mins Zucchini Cauli Chowder  Double recipe	25 mins Tandoori Vegetable Curry <sup>≡</sup> Basmati rice  Double recipe	50 mins Dahl Palak  Double recipe	15 mins Yum Choy Sum <sup>≡</sup> Basmati rice  Double recipe	___ mins Insert meal chosen & whether to double or not	___ mins Insert meal chosen & whether to double or not



# WEEK 1, SHOPPING LIST

## ANYTIME REBOOT

Shop at home first, check off items on your list



**REPLENISH GRP ESSENTIALS...** Prior to shopping, check stock of Lemon blend, GGC mix, Veggie Stock Paste Concentrate, The Ultimate Loaf, Coconut Yoghurt & Nut butter. If stock is low, then add ingredients to your shopping list

For items with 'read' next to them, you MUST read your 'Ingredients A to Z' sheet, BEFORE you go shopping.

**ORGANIC...** You MUST buy ORGANIC when it is specified **organic** next to the shopping list item.

<input checked="" type="checkbox"/> FRUIT, VEGETABLES, FRESH HERBS	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> Apple – Green	3 whole	6 whole	9 whole	12 whole
<input type="checkbox"/> Asparagus spears	10 spears	20 spears	30 spears	40 spears
<input type="checkbox"/> Avocado <i>medium-large</i>	3 whole	5 whole	8 whole	10 whole
<input type="checkbox"/> Banana <i>must be unripe</i> <b>read</b>	7 whole	14 whole	21 whole	28 whole
<input type="checkbox"/> Basil <i>fresh, leaves and stems</i>	½ handful	1 handful	1 ½ handfuls	2 handfuls
<input type="checkbox"/> Bean shoots	1 handful	2 handfuls	3 handfuls	4 handfuls
<input type="checkbox"/> Blueberries fresh or frozen topping	2 tbsp	¼ tbsp	½ cup	½ cup
<input type="checkbox"/> Bok Choy/Pak Choy or other Asian green	2 bunches	4 bunches	6 bunches	8 bunches
<input type="checkbox"/> Capsicum/Bell Pepper – Red <i>medium</i>	2 whole	4 whole	6 whole	8 whole
<input type="checkbox"/> Carrot	2 whole	4 whole	6 whole	8 whole
<input type="checkbox"/> Cauliflower <i>medium</i>	1 whole	2 whole	3 whole	4 whole
<input type="checkbox"/> Celery – 1 stick = approx. 20cm (7") long	4 sticks	8 sticks	12 sticks	16 sticks
<input type="checkbox"/> Chilli pepper – Green 10cm (4") long	1 whole	2 whole	3 whole	4 whole
<input type="checkbox"/> Fruit, choose an assortment <b>read</b>	14 pieces	28 pieces	42 pieces	56 pieces
<input type="checkbox"/> Garlic [1 bulb = approx 8 cloves] <b>read</b>	6 cloves	12 cloves	18 cloves	24 cloves
<input type="checkbox"/> Grapefruit – Red/Pink	1 whole	2 whole	3 whole	4 whole
<input type="checkbox"/> Mushrooms, button <i>small</i>	140 g 5oz	280 g 10oz	420 g 15oz	560 g 20oz
<input type="checkbox"/> Mushrooms, Enoki	160 g 5.6oz	320 g 11oz	480 g 16.6oz	640 g 22oz
<input type="checkbox"/> Nectarine – Yellow or White	1 whole	2 whole	3 whole	4 whole
<input type="checkbox"/> Onion – Brown	4 whole	8 whole	12 whole	16 whole
<input type="checkbox"/> Onion – Red	1 whole	2 whole	3 whole	4 whole
<input type="checkbox"/> Oregano <i>fresh, leaves and stems</i>	½ handful	1 handful	1 ½ handfuls	2 handfuls
<input type="checkbox"/> Snow peas	2 handfuls	4 handfuls	6 handfuls	8 handfuls
<input type="checkbox"/> Spinach leaves, baby	2 ½ handfuls	5 handfuls	7 ½ handfuls	10 handfuls
<input type="checkbox"/> Strawberries <i>small</i>	10 whole	20 whole	30 whole	40 whole
<input type="checkbox"/> Sweet Potato – Gold <i>choose small ones</i>	600 g 1.3lb	1.2 kg 2.6lb	1.8 kg 3.9lb	2.4 kg 5.2lb
<input type="checkbox"/> Tomatoes – Cherry or Grape <b>read</b>	16 whole	32 whole	48 whole	64 whole
<input type="checkbox"/> Tomato – Roma	1 kg 2.2lbs	2 kg 4.4lbs	3 kg 6.6lbs	4 kg 8.8lbs
<input type="checkbox"/> Zucchini/Courgette	1 kg 2.2lbs	2 kg 4.4lbs	3 kg 6.6lbs	4 kg 8.8lbs
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input checked="" type="checkbox"/> NUTS AND SEEDS	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> Almonds, flaked or slivered <b>read</b>	2 tbsp	¼ tbsp	⅓ cup	½ cup
<input type="checkbox"/> Cashews raw unsalted	¼ cup	½ cup	¾ cup	1 cup
<input type="checkbox"/> Chia seeds – Black, white or mix <b>read</b>	1 tbsp	2 tbsp	3 tbsp	¼ cup
<input type="checkbox"/> Hazelnuts raw unsalted	1 tbsp	2 tbsp	3 tbsp	¼ cup
<input type="checkbox"/> Hemp seeds <b>organic</b>	2 tbsp	¼ tbsp	½ cup	½ cup
<input type="checkbox"/> Nuts, raw unsalted (for snacks) <b>read</b>	200 g 7oz	400 g 14oz	600 g 21oz	800 g 28oz
<input type="checkbox"/> Pumpkin seeds	½ cup	1 cup	1 ½ cups	2 cups

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<input checked="" type="checkbox"/> NUTS AND SEEDS	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> Sunflower seeds	½ cup	1 cup	1 ½ cups	2 cups
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input checked="" type="checkbox"/> BEANS, LEGUMES, GRAINS, FLOURS, NOODLES	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> Chickpeas/Garbanzo beans 400g (14oz) <i>organic read</i>	1 can	1 can	2 cans	2 cans
<input type="checkbox"/> Lentils – Red split <i>dry, not canned</i>	500 g 17oz	1 kg 35oz	1.5 kg 52oz	2 kg 70oz
<input type="checkbox"/> Rice, Basmati – White <i>read</i>	200 g 7oz	400 g 14oz	600 g 21oz	800 g 28oz
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input checked="" type="checkbox"/> PANTRY GOODS	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> Apple Cider Vinegar w 'Mother' <i>organic read</i>	1 tbsp	2 tbsp	3 tbsp	¼ cup
<input type="checkbox"/> Artichoke hearts in oil or brine <i>read</i>	200 g 7oz	400 g 14oz	600 g 21oz	800 g 28oz
<input type="checkbox"/> Baby corn spears 400g (14oz) or fresh <i>read</i>	1 can	2 cans	3 cans	4 cans
<input type="checkbox"/> Cacao nibs <i>read</i>	1 tbsp	2 tbsp	3 tbsp	¼ cup
<input type="checkbox"/> Cacao powder <i>organic read</i>	2 tbsp	¼ tbsp	½ cup	½ cup
<input type="checkbox"/> Coconut flakes/chips or shredded	2 tbsp	¼ tbsp	½ cup	½ cup
<input type="checkbox"/> Olive oil, extra virgin <i>organic read</i>	2 tbsp	¼ tbsp	½ cup	½ cup
<input type="checkbox"/> Olives, Green, whole, pitted or unpitted <i>read</i>	12 whole	24 whole	36 whole	48 whole
<input type="checkbox"/> Rice Vinegar <i>read</i>	1 tbsp	2 tbsp	3 tbsp	¼ cup
<input type="checkbox"/> Sesame oil <i>read</i>	½ tsp	1 tsp	1 ½ tsp	2 tsp
<input type="checkbox"/> Tamari <i>organic read</i>	2 tbsp	¼ tbsp	½ cup	½ cup
<input type="checkbox"/> Tomato paste <i>organic</i>	75 g 2.6oz	150 g 5.3oz	225 g 7.9oz	300 g 10oz
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input checked="" type="checkbox"/> FRIDGE / FREEZER ITEMS	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> Peas – Green <i>frozen</i>	200 g 7oz	400 g 14oz	600 g 21oz	800 g 28oz
<input type="checkbox"/> Raspberries <i>frozen</i>	300 g 10oz	600 g 20oz	900 g 30oz	1.2 kg 40oz
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input checked="" type="checkbox"/> HERBS & SPICES <i>dried</i>	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> Cinnamon powder	¼ tsp	½ tsp	¾ tsp	1 tsp
<input type="checkbox"/> Cloves, whole	5 whole	10 whole	15 whole	20 whole
<input type="checkbox"/> Coriander powder	½ tsp	1 tsp	1 ½ tsp	2 tsp
<input type="checkbox"/> Cumin powder	1 tsp	2 tsp	3 tsp	1 tbsp
<input type="checkbox"/> Ginger powder	½ tsp	1 tsp	1 ½ tsp	2 tsp
<input type="checkbox"/> Paprika powder	1 tbsp	2 tbsp	3 tbsp	¼ cup
<input type="checkbox"/> Pepper, black cracked	½ tsp	1 tsp	1 ½ tsp	2 tsp
<input type="checkbox"/> Red Chilli Flakes	1 tbsp	2 tbsp	3 tbsp	¼ cup
<input type="checkbox"/> Turmeric powder	1 tsp	2 tsp	3 tsp	1 tbsp

# WEEK 2, SHOPPING LIST

## ANYTIME REBOOT

Shop at home first, check off items on your list



**REPLENISH GRP ESSENTIALS...** Prior to shopping, check stock of Lemon blend, GGC mix, Veggie Stock Paste Concentrate, The Ultimate Loaf, Coconut Yoghurt & Nut butter. If stock is low, then add ingredients to your shopping list

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**ORGANIC...** You MUST buy ORGANIC when it is specified **organic** next to the shopping list item.

<input checked="" type="checkbox"/> FRUIT, VEGETABLES, FRESH HERBS	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> Apple – Green <i>medium</i>	2 whole	3 whole	4 whole	5 whole
<input type="checkbox"/> Apple – Red or Green <i>for optional apple nut sandwich</i>	2 whole	4 whole	6 whole	8 whole
<input type="checkbox"/> Asparagus spears	8 spears	16 spears	24 spears	32 spears
<input type="checkbox"/> Avocado <i>medium-large</i>	1 whole	2 whole	3 whole	4 whole
<input type="checkbox"/> Banana <i>must be unripe read</i>	1 whole	2 whole	3 whole	4 whole
<input type="checkbox"/> Basil <i>fresh, leaves and stems</i>	1 handful	2 handfuls	3 handfuls	4 handfuls
<input type="checkbox"/> Beetroot/Beets raw fresh, small	1 whole	2 whole	3 whole	4 whole
<input type="checkbox"/> Broccoli	4 stems	8 stems	12 stems	16 stems
<input type="checkbox"/> Brussel Sprouts	4 whole	8 whole	12 whole	16 whole
<input type="checkbox"/> Capsicum/Bell Pepper – Green	1 whole	2 whole	3 whole	4 whole
<input type="checkbox"/> Celery – 1 stick = approx. 20cm (7") long	1 stick	2 sticks	3 sticks	4 sticks
<input type="checkbox"/> Coriander/Cilantro	2 handfuls	4 handfuls	6 handfuls	8 handfuls
<input type="checkbox"/> Cos/Romaine Lettuce <i>large</i>	½ whole	1 whole	1 ½ whole	2 whole
<input type="checkbox"/> Cucumber <i>medium</i>	½ whole	1 whole	1 ½ whole	2 whole
<input type="checkbox"/> Fruit, choose an assortment <i>read</i>	14 pieces	28 pieces	42 pieces	56 pieces
<input type="checkbox"/> Garlic [1 bulb = approx 8 cloves] <i>read</i>	5 cloves	10 cloves	15 cloves	20 cloves
<input type="checkbox"/> Green String Beans	20 whole	40 whole	60 whole	80 whole
<input type="checkbox"/> Lemon	3 whole	3 whole	5 whole	6 whole
<input type="checkbox"/> Mushrooms, button <i>small</i>	140 g 5oz	280 g 10oz	420 g 15oz	560 g 20oz
<input type="checkbox"/> Onion – Brown small	2 whole	4 whole	6 whole	8 whole
<input type="checkbox"/> Onion – Red small	3 whole	5 whole	8 whole	10 whole
<input type="checkbox"/> Orange	2 whole	4 whole	6 whole	8 whole
<input type="checkbox"/> Snow peas	10 whole	20 whole	30 whole	40 whole
<input type="checkbox"/> Spring (green) onions	1 sprig	2 sprigs	3 sprigs	4 sprigs
<input type="checkbox"/> Tomatoes – Cherry or Grape <i>read</i>	24 whole	48 whole	72 whole	96 whole
<input type="checkbox"/> Zucchini/Courgette	500 g 17oz	1 kg 35oz	1.5 kg 52oz	2 kg 70oz
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input checked="" type="checkbox"/> NUTS AND SEEDS	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> Almonds, flaked or slivered <i>read</i>	1 ¼ cups	2 ½ cups	4 cups	5 cups
<input type="checkbox"/> Chia seeds – Black, white or mix <i>read</i>	2 tbsp	¼ cup	½ cup	½ cup
<input type="checkbox"/> Flaxseeds – Whole, not ground. Brown or gold <i>organic</i>	½ cup	1 cup	1 ½ cups	2 cups
<input type="checkbox"/> Hemp seeds <i>organic</i>	1 tbsp	2 tbsp	3 tbsp	¼ cup
<input type="checkbox"/> Nuts, raw unsalted (for snacks) <i>read</i>	200 g 7oz	400 g 14oz	600 g 21oz	800 g 28oz
<input type="checkbox"/> Pecans, raw unsalted	½ cup	1 cup	1 ½ cups	2 cups
<input type="checkbox"/> Pine nuts	½ cup	1 cup	1 ½ cups	2 cups
<input type="checkbox"/> Pumpkin seeds	½ cup	1 cup	1 ½ cups	2 cups
<input type="checkbox"/> Sunflower seeds	½ cup	1 cup	1 ½ cups	2 cups

# WEEK 2, SHOPPING LIST

## ANYTIME REBOOT

Shop at home first, check off items on your list



<input checked="" type="checkbox"/> NUTS AND SEEDS	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input checked="" type="checkbox"/> BEANS, LEGUMES, GRAINS, FLOURS, NOODLES	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> Chickpeas/Garbanzo beans 400g (14oz) <i>organic</i>	2 cans	4 cans	6 cans	8 cans
<input type="checkbox"/> Oats, wholemeal, rolled <i>organic read</i>	300 g 10oz	600 g 20oz	900 g 30oz	1.2 kg 40oz
<input type="checkbox"/> Rice, Basmati – White <i>read</i>	500 g 17oz	1 kg 35oz	1.5 kg 52oz	2 kg 70oz
<input type="checkbox"/>				
<input checked="" type="checkbox"/> PANTRY GOODS	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> Balsamic vinegar <i>read</i>	1 tbsp	2 tbsp	3 tbsp	¼ cup
<input type="checkbox"/> Coconut flakes/chips or shredded	½ cup	1 cup	1 ½ cups	2 cups
<input type="checkbox"/> Coconut water <i>read</i>	1 litre	2 litres	3 litres	4 litres
<input type="checkbox"/> Dijon mustard <i>read</i>	2 tsp	1 tbsp	6 tsp	2 tbsp
<input type="checkbox"/> Nutritional/Savoury yeast flakes <i>read</i>	1 tbsp	2 tbsp	3 tbsp	¼ cup
<input type="checkbox"/> Olive oil, extra virgin <i>organic read</i>	½ tsp	1 tsp	1 ½ tsp	2 tsp
<input type="checkbox"/> Tamari <i>organic read</i>	¼ tsp	½ tsp	¾ tsp	1 tsp
<input type="checkbox"/> Tomato paste <i>organic</i>	75 g 2.6oz	150 g 5.3oz	225 g 7.9oz	300 g 10oz
<input type="checkbox"/> Tomatoes diced 400g (14oz) <i>organic</i>	3 cans	5 cans	8 cans	10 cans
<input type="checkbox"/>				
<input checked="" type="checkbox"/> FRIDGE / FREEZER ITEMS	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> Blueberries <i>frozen</i>	500 g 17oz	1 kg 35oz	1.5 kg 52oz	2 kg 70oz
<input type="checkbox"/> Miso paste – White (SHIRO) <i>organic read</i>	1 tsp	2 tsp	3 tsp	1 tbsp
<input type="checkbox"/>				
<input checked="" type="checkbox"/> HERBS & SPICES <i>dried</i>	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> Cardamon pods	4 whole	8 whole	12 whole	16 whole
<input type="checkbox"/> Cardamon powder	2 tsp	1 tbsp	6 tsp	2 tbsp
<input type="checkbox"/> Cayenne powder <i>optional</i>	¼ tsp	½ tsp	¾ tsp	1 tsp
<input type="checkbox"/> Cinnamon powder	2 tbsp	¼ cup	⅓ cup	½ cup
<input type="checkbox"/> Cloves, whole	6 whole	12 whole	18 whole	24 whole
<input type="checkbox"/> Coriander powder	1 tsp	2 tsp	3 tsp	1 tbsp
<input type="checkbox"/> Cumin powder	2 tsp	1 tbsp	6 tsp	2 tbsp
<input type="checkbox"/> Garam Masala powder	1 tsp	2 tsp	3 tsp	1 tbsp
<input type="checkbox"/> Nutmeg powder	1 tsp	2 tsp	3 tsp	1 tbsp
<input type="checkbox"/> Pepper, black cracked	½ tsp	1 tsp	1 ½ tsp	2 tsp
<input type="checkbox"/> Smoked paprika powder	½ tsp	1 tsp	1 ½ tsp	2 tsp
<input type="checkbox"/> Star anise	1 star	2 stars	3 stars	4 stars
<input type="checkbox"/> Turmeric powder	½ tsp	1 tsp	1 ½ tsp	2 tsp

# WEEK 3, SHOPPING LIST

## ANYTIME REBOOT

Shop at home first, check off items on your list



**REPLENISH GRP ESSENTIALS...** Prior to shopping, check stock of Lemon blend, GGC mix, Veggie Stock Paste Concentrate, The Ultimate Loaf, Coconut Yoghurt & Nut butter. If stock is low, then add ingredients to your shopping list

For items with 'read' next to them, you MUST read your 'Ingredients A to Z' sheet, BEFORE you go shopping.

**ORGANIC...** You MUST buy ORGANIC when it is specified **organic** next to the shopping list item.

<input checked="" type="checkbox"/> <b>FRUIT, VEGETABLES, FRESH HERBS</b>	<b>1 PERSON</b>	<b>2 PEOPLE</b>	<b>3 PEOPLE</b>	<b>4 PEOPLE</b>
<input type="checkbox"/> Apple – Green <i>medium</i>	4 whole	8 whole	12 whole	16 whole
<input type="checkbox"/> Avocado <i>medium-large</i>	1 whole	2 whole	3 whole	4 whole
<input type="checkbox"/> Banana <i>must be unripe</i> <b>read</b>	2 whole	4 whole	6 whole	8 whole
<input type="checkbox"/> Banana <i>must be unripe</i> <i>optional muffins</i>	2 whole	4 whole	6 whole	8 whole
<input type="checkbox"/> Basil <i>fresh, leaves and stems</i>	1 handful	2 handfuls	3 handfuls	4 handfuls
<input type="checkbox"/> Broccoli	1 whole	2 whole	3 whole	4 whole
<input type="checkbox"/> Cauliflower <i>large</i>	½ whole	1 whole	1 ½ whole	2 whole
<input type="checkbox"/> Chilli pepper – Red <i>10cm (4") long</i>	2 whole	4 whole	6 whole	8 whole
<input type="checkbox"/> Coriander/Cilantro	5 handfuls	10 handfuls	15 handfuls	10 handfuls
<input type="checkbox"/> Cucumber <i>large</i>	½ whole	1 whole	1 ½ whole	2 whole
<input type="checkbox"/> Fruit, choose an assortment <b>read</b>	14 pieces	28 pieces	42 pieces	56 pieces
<input type="checkbox"/> Galangal <b>read</b>	10 g .35oz	20 g .7oz	30 g 1oz	40 g 1.4oz
<input type="checkbox"/> Garlic [ <i>1 bulb = approx 8 cloves</i> ] <b>read</b>	5 cloves	10 cloves	15 cloves	20 cloves
<input type="checkbox"/> Ginger	10 g .35oz	20 g .7oz	30 g 1oz	40 g 1.4oz
<input type="checkbox"/> Kiwi fruit – Green	2 whole	4 whole	6 whole	8 whole
<input type="checkbox"/> Leek <i>medium-large</i>	1 whole	2 whole	3 whole	4 whole
<input type="checkbox"/> Lemongrass <i>fresh 20cm (8") long</i>	1 stalk	2 stalks	3 stalks	4 stalks
<input type="checkbox"/> Lime	1 whole	1 whole	1 whole	1 whole
<input type="checkbox"/> Mushrooms, button <i>small</i>	420 g 14.8oz	840 g 29oz	1.26 kg 44oz	1.68 kg 59oz
<input type="checkbox"/> Mushrooms, Enoki	160 g 5.6oz	320 g 11oz	480 g 16oz	640 g 22oz
<input type="checkbox"/> Mushrooms, Oyster <i>small type</i> <b>read</b>	100 g 3.5oz	200 g 7oz	300 g 10oz	400 g 14oz
<input type="checkbox"/> Mushrooms, Shiitake	100 g 3.5oz	200 g 7oz	300 g 10oz	400 g 14oz
<input type="checkbox"/> Onion – Brown	1 whole	2 whole	3 whole	4 whole
<input type="checkbox"/> Onion – Red	3 whole	5 whole	7 whole	9 whole
<input type="checkbox"/> Parsley <i>fresh, leaves and stems</i>	1 handful	2 handfuls	3 handfuls	4 handfuls
<input type="checkbox"/> Passion fruit <i>large</i>	2 whole	4 whole	6 whole	8 whole
<input type="checkbox"/> Rocket/Arugula and/or Radicchio/Chicory mix	2 handfuls	4 handfuls	6 handfuls	8 handfuls
<input type="checkbox"/> Spinach leaves, baby	4 handfuls	8 handfuls	12 handfuls	16 handfuls
<input type="checkbox"/> Spring (green) onions	5 sprigs	10 sprigs	15 sprigs	20 sprigs
<input type="checkbox"/> Sprouts – Snow pea	2 handfuls	4 handfuls	6 handfuls	8 handfuls
<input type="checkbox"/> Sunflower shoots <b>read</b>	2 handfuls	4 handfuls	6 handfuls	8 handfuls
<input type="checkbox"/> Tomato – Regular	1 whole	1 whole	1 ½ whole	2 whole
<input type="checkbox"/> Zucchini/Courgette	350 g 12oz	700 g 24oz	1.05 kg 36oz	1.4 kg 48oz
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input checked="" type="checkbox"/> <b>NUTS AND SEEDS</b>	<b>1 PERSON</b>	<b>2 PEOPLE</b>	<b>3 PEOPLE</b>	<b>4 PEOPLE</b>
<input type="checkbox"/> Almonds, flaked or slivered <b>read</b>	2 tbsp	¼ cup	½ cup	½ cup
<input type="checkbox"/> Almonds, whole, raw unsalted <i>optional muffins</i>	1 ¼ cups	2 ½ cups	3 ¾ cups	5 cups
<input type="checkbox"/> Chia seeds – Black, white or mix <b>read</b>	1 tbsp	2 tbsp	3 tbsp	¼ cup

# WEEK 3, SHOPPING LIST

## ANYTIME REBOOT



Shop at home first, check off items on your list

<input checked="" type="checkbox"/> NUTS AND SEEDS	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> Flaxseed, whole, <i>optional muffins organic</i>	2 tbsp	¼ cup	½ cup	½ cup
<input type="checkbox"/> Nuts, raw unsalted (for snacks) <i>read</i>	200 g 7oz	400 g 14oz	600 g 21oz	800 g 28oz
<input type="checkbox"/> Pine nuts	2 tbsp	¼ cup	½ cup	½ cup
<input type="checkbox"/> Sunflower seeds	2 tbsp	¼ cup	½ cup	½ cup
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input checked="" type="checkbox"/> BEANS, LEGUMES, GRAINS, FLOURS, NOODLES	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> Lentils – Red split <i>dry, not canned</i>	1 cup	2 cups	3 cups	4 cups
<input type="checkbox"/> Oats, wholemeal, rolled <i>organic read</i>	½ cup	1 cup	1 ½ cups	2 cups
<input type="checkbox"/> Spelt flour – plain <i>organic</i>	½ cup	1 cup	1 ½ cups	2 cups
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input checked="" type="checkbox"/> PANTRY GOODS	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> Apple Cider Vinegar w 'Mother' <i>organic read</i>	2 tbsp	¼ cup	½ cup	½ cup
<input type="checkbox"/> Baking powder <i>read optional muffins</i>	1 tsp	2 tsp	3 tsp	1 tbsp
<input type="checkbox"/> Coconut milk 400g (14oz) <i>read</i>	3 cans	5 cans	7 cans	10 cans
<input type="checkbox"/> Coconut water <i>read</i>	200 ml 7oz	400 ml 14oz	600 ml 21oz	800 ml 28oz
<input type="checkbox"/> Egg <i>organic</i> , free range, hormone, antibiotic free	2 whole	4 whole	6 whole	8 whole
<input type="checkbox"/> Nutritional/Savoury yeast flakes <i>read</i>	¼ cup	½ cup	¾ cup	1 cup
<input type="checkbox"/> Olive oil, extra virgin <i>organic read</i>	¼ cup	½ cup	¾ cup	1 cup
<input type="checkbox"/> Tomato paste <i>organic</i>	75 g 2.6oz	150 g 5.3oz	225 g 7.9oz	300 g 10oz
<input type="checkbox"/> Tomatoes diced 400g (14oz) <i>organic</i>	1 can	2 cans	3 cans	4 cans
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input checked="" type="checkbox"/> FRIDGE / FREEZER ITEMS	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> Blueberries <i>frozen optional muffins</i>	200 g 7oz	400 g 14oz	600 g 21oz	800 g 28oz
<input type="checkbox"/> Corn kernels <i>frozen</i>	300 g 10oz	600 g 20oz	900 g 30oz	1.2 kg 40oz
<input type="checkbox"/> Miso paste – White (SHIRO) <i>organic read</i>	¼ cup	¼ cup	½ cup	½ cup
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input checked="" type="checkbox"/> HERBS & SPICES <i>dried</i>	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> All spice	1 tsp	2 tsp	3 tsp	1 tbsp
<input type="checkbox"/> Coriander powder	1 tsp	2 tsp	3 tsp	1 tbsp
<input type="checkbox"/> Coriander seeds	½ tsp	1 tsp	1 ½ tsp	2 tsp
<input type="checkbox"/> Cumin powder	1 tbsp	2 tbsp	3 tbsp	¼ cup
<input type="checkbox"/> Cumin seeds	½ tsp	1 tsp	1 ½ tsp	2 tsp
<input type="checkbox"/> Curry powder <i>mild</i>	2 tbsp	¼ cup	½ cup	½ cup
<input type="checkbox"/> Paprika powder	½ tsp	1 tsp	1 ½ tsp	2 tsp
<input type="checkbox"/> Pepper, black cracked	½ tsp	1 tsp	1 ½ tsp	2 tsp
<input type="checkbox"/> Salt, Pink Himalayan <i>whole or ground</i>	a pinch	¼ tsp	½ tsp	½ tsp
<input type="checkbox"/> Turmeric powder	½ tsp	1 tsp	1 ½ tsp	2 tsp

# WEEK 4, SHOPPING LIST

## ANYTIME REBOOT

Shop at home first, check off items on your list



**REPLENISH GRP ESSENTIALS...** Prior to shopping, check stock of Lemon blend, GGC mix, Veggie Stock Paste Concentrate, The Ultimate Loaf, Coconut Yoghurt & Nut butter. If stock is low, then add ingredients to your shopping list

For items with 'read' next to them, you MUST read your 'Ingredients A to Z' sheet, BEFORE you go shopping.

**ORGANIC...** You MUST buy ORGANIC when it is specified **organic** next to the shopping list item.

<input checked="" type="checkbox"/> <b>FRUIT, VEGETABLES, FRESH HERBS</b>	<b>1 PERSON</b>	<b>2 PEOPLE</b>	<b>3 PEOPLE</b>	<b>4 PEOPLE</b>
<input type="checkbox"/> Apple – Green <i>medium</i>	2 whole	3 whole	4 whole	5 whole
<input type="checkbox"/> Capsicum/Bell Pepper – Green	1 whole	2 whole	3 whole	4 whole
<input type="checkbox"/> Cauliflower <i>large</i>	1 ½ whole	3 whole	4 ½ whole	5 whole
<input type="checkbox"/> Celery – 1 stick = approx. 20cm (7") <i>optional snack</i>	2 sticks	4 sticks	6 sticks	8 sticks
<input type="checkbox"/> Chilli pepper – Green 10cm (4") long	2 whole	4 whole	6 whole	8 whole
<input type="checkbox"/> Chilli pepper – Red 10cm (4") long <i>optional snack</i>	1 whole	1 whole	1 ½ whole	2 whole
<input type="checkbox"/> Choy Sum or other Asian green	1 bunch	2 bunches	3 bunches	4 bunches
<input type="checkbox"/> Coriander/Cilantro	1 handful	2 handfuls	3 handfuls	4 handfuls
<input type="checkbox"/> Fruit, choose an assortment <i>read</i>	14 pieces	28 pieces	42 pieces	56 pieces
<input type="checkbox"/> Garlic [1 bulb = approx 8 cloves] <i>read optional snack</i>	2 clove	2 cloves	3 cloves	4 cloves
<input type="checkbox"/> Green String Beans	10 whole	20 whole	30 whole	40 whole
<input type="checkbox"/> Leek <i>medium-size</i>	1 whole	1 whole	2 whole	2 whole
<input type="checkbox"/> Lemon <i>optional snack</i>	1 whole	2 whole	3 whole	4 whole
<input type="checkbox"/> Lime	3 whole	6 whole	9 whole	12 whole
<input type="checkbox"/> Mushrooms, button <i>small</i>	340 g 12oz	680 g 24oz	1.02 g 36oz	1.36 kg 48oz
<input type="checkbox"/> Mushrooms, King Oyster <i>read</i>	100 g 3.5oz	200 g 7oz	300 g 10oz	400 g 14oz
<input type="checkbox"/> Onion – Brown	3 whole	6 whole	9 whole	12 whole
<input type="checkbox"/> Onion – Red	1 whole	2 whole	3 whole	4 whole
<input type="checkbox"/> Parsley curly or flat leaf <i>optional snack</i>	1 handful	2 handfuls	3 handfuls	4 handfuls
<input type="checkbox"/> Spinach leaves, baby	6 handfuls	12 handfuls	18 handfuls	24 handfuls
<input type="checkbox"/> Zucchini/Courgette	300 g 10.6oz	600 g 21oz	900 g 31oz	1.2 kg 42oz
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input checked="" type="checkbox"/> <b>NUTS AND SEEDS</b>	<b>1 PERSON</b>	<b>2 PEOPLE</b>	<b>3 PEOPLE</b>	<b>4 PEOPLE</b>
<input type="checkbox"/> Almonds, flaked or slivered <i>read</i>	½ cup	1 cup	1 ½ cups	2 cups
<input type="checkbox"/> Cashews, raw unsalted	1 ¼ cups	2 ½ cups	4 cup	5 cups
<input type="checkbox"/> Macadamias, raw unsalted	½ cup	1 cup	1 ½ cups	2 cups
<input type="checkbox"/> Nuts, raw unsalted (for snacks) <i>read</i>	200 g 7oz	400 g 14oz	600 g 21oz	800 g 28oz
<input type="checkbox"/> Pumpkin seeds	½ cup	1 cup	1 ½ cups	2 cups
<input type="checkbox"/> Walnuts, raw unsalted	½ cup	1 cup	1 ½ cups	2 cups
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				

# WEEK 4, SHOPPING LIST

## ANYTIME REBOOT

Shop at home first, check off items on your list



<input checked="" type="checkbox"/> BEANS, LEGUMES, GRAINS, FLOURS, NOODLES	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> Lentils – Brown or Green dry	½ cup	1 cup	1 ½ cups	2 cups
<input type="checkbox"/> Oats, wholemeal, rolled <i>organic read</i>	250 g 8.8oz	500 g 17oz	750 g 26oz	1 kg 34oz
<input type="checkbox"/> Toor Dahl (Split yellow peas) <i>dry, not canned</i>	1 cup	2 cups	3 cups	4 cups
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input checked="" type="checkbox"/> PANTRY GOODS	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> Baby corn spears 400g (14oz) <i>or fresh read</i>	1 can	2 cans	3 cans	4 cans
<input type="checkbox"/> Bamboo Shoot Slices 220g (7.7oz) <i>read</i>	1 can	2 cans	3 cans	4 cans
<input type="checkbox"/> Coconut flakes/chips or shredded	1 cup	2 cups	3 cups	4 cups
<input type="checkbox"/> Coconut milk 400g (14oz) <i>read</i>	2 cans	3 cans	5 cans	6 cans
<input type="checkbox"/> Coconut oil <i>organic</i>	2 tsp	1 tbsp	6 tsp	2 tbsp
<input type="checkbox"/> Nutritional/Savoury yeast flakes <i>read optional snack</i>	2 tbsp	¼ cup	⅓ cup	½ cup
<input type="checkbox"/> Olive oil, extra virgin <i>organic read</i>	1 tsp	2 tsp	3 tsp	1 tbsp
<input type="checkbox"/> Roasted red peppers <i>read optional snack</i>	220 g 8oz	440 g 16oz	660 g 24oz	1.1 kg 32oz
<input type="checkbox"/> Tamari <i>organic read</i>	2 tbsp	¼ cup	⅓ cup	½ cup
<input type="checkbox"/> Tomato paste <i>organic</i>	75 g 2.6oz	150 g 5.3oz	225 g 7.9oz	300 g 10oz
<input type="checkbox"/> Tomatoes diced 400g (14oz) <i>organic</i>	4 cans	8 cans	12 cans	16 cans
<input type="checkbox"/> Vanilla bean paste <i>read</i>	½ tsp	1 tsp	1 ½ tsp	2 tsp
<input type="checkbox"/> Water Chestnut Slices 220g (7.7oz) <i>read</i>	1 can	2 cans	3 cans	4 cans
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input checked="" type="checkbox"/> FRIDGE / FREEZER ITEMS	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> Raspberries <i>frozen</i>	200 g 7oz	400 g 14oz	600 g 21oz	800 g 28oz
<input type="checkbox"/>				
<input type="checkbox"/>				
<input checked="" type="checkbox"/> HERBS & SPICES <i>dried</i>	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> All spice	2 tsp	1 tbsp	6 tsp	2 tbsp
<input type="checkbox"/> Cardamom powder	1 tsp	2 tsp	3 tsp	1 tbsp
<input type="checkbox"/> Cinnamon powder	2 tsp	1 tbsp	6 tsp	2 tbsp
<input type="checkbox"/> Cloves, whole	8 whole	16 whole	24 whole	32 whole
<input type="checkbox"/> Coriander seeds	1 tsp	1 tsp	1 tsp	1 tsp
<input type="checkbox"/> Cumin powder	2 tsp	1 tbsp	6 tsp	2 tbsp
<input type="checkbox"/> Cumin seeds	2 tsp	1 tbsp	6 tsp	2 tbsp
<input type="checkbox"/> Fenugreek seeds	1 tsp	2 tsp	3 tsp	1 tbsp
<input type="checkbox"/> Ginger powder	1 tsp	2 tsp	3 tsp	1 tbsp
<input type="checkbox"/> Onion powder	1 tsp	2 tsp	3 tsp	1 tbsp
<input type="checkbox"/> Mustard seeds – Yellow	1 tsp	2 tsp	3 tsp	1 tbsp
<input type="checkbox"/> Oregano	1 tsp	2 tsp	3 tsp	1 tbsp
<input type="checkbox"/> Paprika powder	2 tsp	1 tbsp	6 tsp	2 tbsp
<input type="checkbox"/> Pepper, black cracked	2 tsp	1 tbsp	6 tsp	2 tbsp
<input type="checkbox"/> Thyme	1 tsp	2 tsp	3 tsp	1 tbsp
<input type="checkbox"/> Turmeric powder	2 tsp	1 tbsp	6 tsp	2 tbsp