WEEK 1, SHOPPING LIST

Shop at home first, check off items on your list

GRP

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

☑	FRUIT, VEGETABLES, FRESH HERBS	1 PERSON	NOTES
☐	Apple – Green *medium*	1 whole	
☐	Asparagus spears	10 spears	
☐	Avocado *large*	2 whole	
☐	Banana *must be unripe read optional snack*	3 whole	
☐	Banana *must be unripe read*	2 whole	
☐	Basil *fresh, leaves and stems*	2 handfuls	
☐	Bean shoots	1 handful	
☐	Bok Choy/Bok Choi or other Asian green *read*	2 bunches	
☐	Brussel Sprouts	10 whole	
☐	Capsicum/Bell Pepper – Red	2 whole	
☐	Cauliflower *small*	½ whole	
☐	Celery – 1 stick = approx. 20cm (7") long	10 sticks	
☐	Chilli pepper – Red approx. 10cm (4") long	4 whole	
☐	Fruit (for snacks) choose an assortment *read*	14 pieces	
☐	Garlic *[1 bulb = approx 8 cloves] read*	20 cloves	
☐	Ginger	200 g 7oz	
☐	Grapefruit – Red/Pink	1 whole	
☐	Kiwi fruit – Green or Gold	1 whole	
☐	Leek *medium-size*	1 whole	
☐	Lemon *large*	2 whole	
☐	Mushrooms, Button	140 g 5oz	
☐	Mushrooms, Enoki	160 g 5.6oz	
☐	Nectarine – White or Yellow	1 whole	
☐	Onion – Brown	2 whole	
☐	Onion – Red	1 whole	
☐	Orange	1 whole	
☐	Oregano *fresh, leaves and stems*	1 handful	
☐	Parsley *fresh, leaves and stems*	1 handful	
☐	Snow peas	2 handfuls	
☐	Spinach leaves, baby	2 handfuls	
☐	Strawberries *small*	10 whole	
☐	Tomatoes – Cherry or Grape *read*	16 whole	
☐	Tomato – any type	1 kg 34oz	
☐	Zucchini/Courgette	640 g 22oz	
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☑	NUTS AND SEEDS	1 PERSON	NOTES
☐	Almonds, flaked or slivered (skin off) *read*	2 tbsp	
☐	Cashews or Macadmias, raw unsalted *optional nut milk*	½ cup	
☐	Cashews, raw unsalted	¼ cup	
☐	Chia seeds – Black, white or mix *organic read*	250 g 8.8oz	
☐	Flaxseeds, whole – Brown or Gold *organic* read	250 g 8.8oz	
☐	Hemp seeds *organic*	2 tbsp	

WEEK 1, SHOPPING LIST

Shop at home first, check off items on your list

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☑	NUTS AND SEEDS	1	PERSON	NOTES
☐	Nut butter (not peanut) *read* *optional snack*	½	cup	
☐	Nuts, raw unsalted (for snacks) *read*	200	g 7oz	
☐	Pumpkin seeds	1 ½	cups	
☐	Sesame seeds – Black	½	cup	
☐	Sesame seeds – White	1	cup	
☐	Sunflower seeds	1	cup	
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☑	BEANS, LEGUMES, GRAINS, NOODLES, PSEUDO GRAINS	1	PERSON	NOTES
☐	Chickpea/Garbanzo beans 400g (14oz) *organic*	1	can	
☐	Lentils – Red split *dry* , *not canned*	200	g 7oz	
☐	Psyllium husk (not powder) *read*	1	cup	
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☑	PANTRY GOODS	1	PERSON	NOTES
☐	Apple Cider Vinegar *w 'Mother'* *organic* *read*	1	tbsp	
☐	Artichoke hearts *in oil or brine* *read*	200	g 7oz	
☐	Baby corn spears *400g* (14oz) *or fresh* *read*	1	can	
☐	Balsamic vinegar *read*	2	tsp	
☐	Cacao nibs *read*	2	tsp	
☐	Cacao powder *organic* *read*	1	tbsp	
☐	Coconut water *read*	500	ml 17oz	
☐	Ginger root *dried,* *organic* *read*	200	g 7oz	
☐	Olive oil, extra virgin *organic* *read*	2	tbsp	
☐	Olives, Green, whole, pitted or unpitted *read*	12	whole	
☐	Rice Vinegar *read*	1	tbsp	
☐	Sesame oil *read*	¼	tsp	
☐	Tahini *hulled* *read*	½	cup	
☐	Tamari *organic* *read*	2	tbsp	
☐	Tomato paste *organic*	150	g 5.2oz	
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☑	FRIDGE / FREEZER ITEMS	1	PERSON	NOTES
☐	Blackberries *frozen*	60	g 2.1oz	
☐	Blueberries *frozen*	60	g 2.1oz	
☐	Coconut Yoghurt – Natural *organic* *read*	300	g 10.5oz	
☐	Mango *frozen*	120	g 5.2oz	
☐	Miso paste – White (SHIRO) *organic* *read*	1	tsp	
☐	Pineapple frozen, not canned	500	g 17oz	
☐	Raspberries *frozen*	60	g 2.1oz	
☐	Strawberries *frozen*	60	g 2.1oz	
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WEEK 1, SHOPPING LIST

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☑	FRIDGE / FREEZER ITEMS	1	PERSON	NOTES
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☑	**HERBS & SPICES** *dried*	1	PERSON	NOTES
☐	Cinnamon powder	1	tsp	
☐	Cloves, ground	1	tsp	
☐	Coriander powder	1	tsp	
☐	Cumin powder	1	tsp	
☐	Ginger powder	1	tsp	
☐	Paprika powder	1	tsp	
☐	Pepper, black cracked	1	tsp	
☐	Red Chilli Flakes	2	tsp	
☐	Salt, Pink Himalayan *whole or ground*	100	g 3.5oz	
☐	Turmeric powder *organic if possible*	1	tsp	
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☑	**OTHER HOUSEHOLD ITEMS**	1	PERSON	NOTES
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WEEK 2, SHOPPING LIST

Shop at home first, check off items on your list

GRP

REPLENISH GRP ESSENTIALS… Prior to shopping, check stock of Lemon blend, GGC, Veggie Stock Concentrate, The Ultimate Loaf and Omega 3 Mix. 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

☑	FRUIT, VEGETABLES, FRESH HERBS	1 PERSON	NOTES
☐	Apple – Green *medium*	2 whole	
☐	Apple – Red *medium* *optional snack*	2 whole	
☐	Asparagus spears	8 spears	
☐	Avocado *large*	1 whole	
☐	Banana *must be unripe* *read*	1 whole	
☐	Beetroot/Beets *fresh*	1 whole	
☐	Broccolini	4 stems	
☐	Brussel Sprouts	4 whole	
☐	Capsicum/Bell Pepper – Green	1 whole	
☐	Cauliflower *medium*	½ whole	
☐	Celery – 1 stick = approx. 20cm (7") long	1 stick	
☐	Coriander/Cilantro	2 handfuls	
☐	Cos/Romaine Lettuce *large*	4 handfuls	
☐	Cucumber, continental, Lebanese or regular	400 g 14oz	
☐	Fruit (for snacks) choose an assortment *read*	14 pieces	
☐	Garlic *[1 bulb = approx 8 cloves]* *read*	3 cloves	
☐	Green String Beans	20 whole	
☐	Lemon	2 whole	
☐	Mushrooms, Button	140 g 5oz	
☐	Onion – Brown	3 whole	
☐	Onion – Red	2 whole	
☐	Orange	2 whole	
☐	Snow peas	2 handfuls	
☐	Spring (green) onions	1 sprig	
☐	Tomatoes – Cherry or Grape *read*	8 whole	
☐	Zucchini/Courgette	200 g 7oz	
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☑	NUTS AND SEEDS	1 PERSON	NOTES
☐	Almonds, flaked or slivered (skin off) *read*	1 ¼ cups	
☐	Chia seeds – Black, white or mix *organic* *read*	1 tbsp	
☐	Flaxseeds, whole – Brown or Gold *organic* read	½ cup	
☐	Nut butter (not peanut) *read* *optional snack*	½ cup	
☐	Nuts, raw unsalted (for snacks) *read*	200 g 7oz	
☐	Pecans, raw unsalted	½ cup	
☐	Pumpkin seeds	½ cup	
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WEEK 2, SHOPPING LIST

Shop at home first, check off items on your list

GRP

☑	NUTS AND SEEDS	1	PERSON	NOTES
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☑	**BEANS, LEGUMES, GRAINS, NOODLES, PSEUDO GRAINS**	**1**	**PERSON**	**NOTES**
☐	Chickpea/Garbanzo beans 400g (14oz) *organic*	2	cans	
☐	Lentils – Red split *dry* , *not canned*	200	g 7oz	equivalent to 1 cup
☐	Oats, wholemeal, rolled wheat free *organic* *read*	300	g 10.5oz	
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☑	**PANTRY GOODS**	**1**	**PERSON**	**NOTES**
☐	Coconut flakes/chips or shredded	2	cups	
☐	Coconut oil *organic*	1	tsp	
☐	Coconut water *read*	750	ml 25oz	
☐	Dijon mustard *read*	1	tbsp	
☐	Nutritional yeast/Savoury yeast flakes *read*	1	tbsp	
☐	Olive oil, extra virgin *organic* *read*	2	tbsp	
☐	Tamari *organic* *read*	¼	tsp	
☐	Tomato paste *organic*	30	g 1.05oz	
☐	Tomatoes diced 400g (14oz) *organic*	3	cans	
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☑	**FRIDGE / FREEZER ITEMS**	**1**	**PERSON**	**NOTES**
☐	Blueberries *frozen*	400	g 14oz	
☐	Coconut Yoghurt – Natural *organic* *read*	120	g 5.2oz	
☐	Miso paste – White (SHIRO) *organic* *read*	1	tsp	
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☑	**HERBS & SPICES** *dried*	**1**	**PERSON**	**NOTES**
☐	Cardamon pods	4	whole	
☐	Cardamon powder	1	tsp	
☐	Cayenne powder *optional*	a	pinch	
☐	Cinnamon powder	2	tsp	
☐	Cloves, whole	4	whole	
☐	Coriander powder	2	tsp	
☐	Cumin powder	3	tsp	
☐	Garam Masala powder	1	tsp	
☐	Ginger powder	2	tsp	
☐	Nutmeg powder	1	tsp	
☐	Pepper, black cracked	2	tsp	
☐	Sumac powder *optional*	1	tsp	
☐	Turmeric powder *organic if possible*	2	tsp	
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WEEK 2, SHOPPING LIST

Shop at home first, check off items on your list

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☑	OTHER HOUSEHOLD ITEMS	1	PERSON	NOTES
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WEEK 3, SHOPPING LIST

Shop at home first, check off items on your list

GRP

REPLENISH GRP ESSENTIALS… Prior to shopping, check stock of Lemon blend, GGC, Veggie Stock Concentrate, The Ultimate Loaf and Omega 3 Mix. 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

☑	FRUIT, VEGETABLES, FRESH HERBS	1 PERSON	NOTES
☐	Apple – Green *medium*	4 whole	
☐	Avocado *medium-large*	1 whole	
☐	Banana *must be unripe read*	3 whole	
☐	Banana *must be unripe optional snack*	2 whole	
☐	Basil *fresh, leaves and stems*	1 handful	
☐	Broccoli	500 g 17oz	
☐	Cauliflower *large*	½ whole	
☐	Chilli pepper – Red approx. 10cm (4") long	2 whole	
☐	Coriander/Cilantro	4 handfuls	
☐	Cucumber, continental, Lebanese or regular	400 g 14oz	
☐	Fruit(for snacks) choose an assortment *read*	14 pieces	
☐	Galangal *read*	10 g .35oz	
☐	Garlic *[1 bulb = approx 8 cloves] read*	5 cloves	
☐	Ginger	10 g .35oz	
☐	Leek *medium-size*	1 whole	
☐	Lemon	1 whole	
☐	Lemongrass *fresh* 20cm (8”) long	1 stalk	
☐	Lime	3 whole	
☐	Mushrooms, Button	420 g 15oz	
☐	Onion – Brown	1 whole	
☐	Onion – Red	3 whole	
☐	Passion fruit	3 whole	
☐	Rocket/Arugula and/or Radicchio/Chicory mix	2 handfuls	
☐	Spinach leaves, baby	1 handful	
☐	Sprouts – Snow pea	2 handfuls	
☐	Sunflower shoots or Watercress *read*	2 handfuls	
☐	Tomato – Any type	1 whole	
☐	Tomatoes – Cherry or Grape *read*	16 whole	
☐	Zucchini/Courgette	280 g 10oz	
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☑	NUTS AND SEEDS	1 PERSON	NOTES
☐	Almonds, flaked or slivered (skin off) *read*	3 tbsp	
☐	Almonds, raw unsalted (skin on) *optional snack*	1 ¼ cups	
☐	Chia seeds – Black, white or mix *organic read*	1 tbsp	
☐	Flaxseeds, whole – Brown or Gold *organic read optional snack*	2 tbsp	
☐	Nuts, raw unsalted (for snacks) *read*	200 g 7oz	
☐	Pine nuts	1 ¼ cups	
☐	Sunflower seeds	3 tbsp	

WEEK 3, SHOPPING LIST

Shop at home first, check off items on your list

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☑	NUTS AND SEEDS	1	PERSON	NOTES
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☑	**BEANS, LEGUMES, GRAINS, NOODLES, PSEUDO GRAINS**	**1**	**PERSON**	**NOTES**
☐	Lentils – Red split *dry* , *not canned*	200	g 7oz	
☐	Oats, wholemeal, rolled wheat free *organic* *read*	50	g 1.7oz	
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☑	**PANTRY GOODS**	**1**	**PERSON**	**NOTES**
☐	Baking powder *read* *optional snack*	1	tsp	
☐	Coconut milk 400g (14oz) *read*	3	cans	
☐	Coconut water *read*	250	ml 8.4oz	
☐	Ginger root *dried,* *organic* *read*	800	g 28oz	
☐	Nutritional yeast/Savoury yeast flakes *read*	¼	cup	
☐	Olive oil, extra virgin *organic* *read*	2	tbsp	
☐	Tomato paste *organic*	30	g 1.1oz	
☐	Tomatoes diced 400g (14oz) *organic*	1	can	
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☑	**FRIDGE / FREEZER ITEMS**	**1**	**PERSON**	**NOTES**
☐	Blueberries *frozen*	300	g 10oz	
☐	Coconut yoghurt – Natural *organic* *read*	60	g 2.6oz	
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☑	**HERBS & SPICES** *dried*	**1**	**PERSON**	**NOTES**
☐	All spice	1	tsp	
☐	Coriander powder	1	tsp	
☐	Coriander seeds	1	tsp	
☐	Cumin powder	3	tsp	
☐	Cumin seeds	1	tsp	
☐	Curry powder *mild*	2	tbsp	
☐	Paprika powder	1	tsp	
☐	Pepper, black cracked	1	tsp	
☐	Turmeric powder *organic if possible*	1	tsp	
☑	**OTHER HOUSEHOLD ITEMS**	**1**	**PERSON**	**NOTES**
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WEEK 4, SHOPPING LIST

Shop at home first, check off items on your list

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ORGANIC… You MUST buy ORGANIC when it is specified organic

☑	FRUIT, VEGETABLES, FRESH HERBS	1 PERSON	NOTES
☐	Apple – Green *medium*	2 whole	
☐	Broccoli	250 g 8.8oz	
☐	Capsicum/Bell Pepper – Green	1 whole	
☐	Cauliflower *small*	1 ½ whole	
☐	Celery – 1 stick = approx. 20cm (7”) long	2 sticks	
☐	Chilli pepper – Green approx. 10cm (4") long	2 whole	
☐	Chilli pepper – Red approx. 10cm (4") long	2 whole	
☐	Choy Sum or other Asian green	1 bunch	
☐	Coriander/Cilantro	1 handful	
☐	Fruit (for snacks) choose an assortment *read*	14 pieces	
☐	Green String Beans	20 whole	
☐	Leek *medium-size*	½ whole	
☐	Lemon *large*	2 whole	
☐	Lime	2 whole	
☐	Mushrooms, Button	340 g 12oz	
☐	Onion – Brown	2 whole	
☐	Onion – Red	2 whole	
☐	Spinach leaves, baby	6 handfuls	
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☑	NUTS AND SEEDS	1 PERSON	NOTES
☐	Almonds, flaked or slivered (skin off) *read*	½ cup	
☐	Cashews raw unsalted	1 cup	
☐	Flaxseeds, whole – Brown or Gold *organic* read	2 tsp	
☐	Macadamias, raw unsalted	½ cup	
☐	Nuts, raw unsalted (for snacks) *read*	200 g 7oz	
☐	Pumpkin seeds	½ cup	
☐	Walnuts, raw unsalted	½ cup	
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☑	BEANS, LEGUMES, GRAINS, NOODLES, PSEUDO GRAINS	1 PERSON	NOTES
☐	Chickpea/Garbanzo beans 400g (14oz) *organic*	2 cans	
☐	Chickpea/Garbanzo flour *organic*	2 tsp	
☐	Lentils – Brown or Green *dry, not canned*	½ cup	
☐	Oats, wholemeal, rolled wheat free *organic* *read*	200 g 7oz	
☐	Toor Dahl (Split yellow peas) *dry, not canned*	1 cup	
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WEEK 4, SHOPPING LIST

Shop at home first, check off items on your list

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☑	BEANS, LEGUMES, GRAINS, NOODLES, PSEUDO GRAINS	1	PERSON	NOTES
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☑	**PANTRY GOODS**	**1**	**PERSON**	**NOTES**
☐	Baby corn spears *400g* (14oz) *or fresh read*	2	cans	
☐	Bamboo Shoot Slices 220g (7.7oz) *read*	1	can	
☐	Capers *in vinegar read*	30	g 1oz	
☐	Coconut flakes/chips or shredded	1	cup	
☐	Coconut oil *organic optional*	3	tsp	
☐	Nutritional yeast/Savoury yeast flakes *read*	2	tbsp	
☐	Olive oil, extra virgin *organic read*	2	tsp	
☐	Tahini *hulled read*	¼	cup	
☐	Tamari *organic read*	2	tbsp	
☐	Tomato paste *organic*	1	tbsp	
☐	Tomatoes diced 400g (14oz) *organic*	4	cans	
☐	Vanilla bean paste *read*	½	tsp	
☐	Water Chestnut Slices 220g (7.7oz) *read*	1	can	
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☑	**FRIDGE / FREEZER ITEMS**	**1**	**PERSON**	**NOTES**
☐	Miso paste – White (SHIRO) *organic read*	½	tsp	
☐	Raspberries *frozen*	200	g 7oz	
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☑	**HERBS & SPICES** *dried*	**1**	**PERSON**	**NOTES**
☐	All spice	2	tsp	
☐	Cardamon powder	1	tsp	
☐	Cinnamon powder	2	tsp	
☐	Cloves, whole	8	whole	
☐	Coriander powder	1	tsp	
☐	Cumin powder	1	tsp	
☐	Cumin seeds	2	tsp	
☐	Fenugreek seeds	1	tsp	
☐	Garlic powder	1	tsp	
☐	Mustard seeds – Yellow	1	tsp	
☐	Onion powder	1	tsp	
☐	Oregano	1	tsp	
☐	Paprika powder	1	tsp	
☐	Pepper, black cracked	1	tsp	
☐	Thyme	1	tsp	
☐	Turmeric powder *organic if possible*	2	tsp	

WEEK 4, SHOPPING LIST

Shop at home first, check off items on your list

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☑	OTHER HOUSEHOLD ITEMS	1	PERSON	NOTES
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WEEK 5, SHOPPING LIST

Shop at home first, check off items on your list

GRP

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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

☑	FRUIT, VEGETABLES, FRESH HERBS	1 PERSON	NOTES
☐	Banana *must be unripe read*	4 whole	
☐	Beetroot/Beets *pre-cooked vacuum packed read*	200 g 7oz	
☐	Blueberries	200 g 7oz	
☐	Cabbage – Purple	100 g 3.5oz	
☐	Capsicum/Bell Pepper – Any colour *large*	1 whole	
☐	Carrot	100 g 3.5oz	
☐	Cauliflower *large*	1 whole	
☐	Chilli pepper – Green approx. 10cm (4") long	1 whole	
☐	Chilli pepper – Red approx. 10cm (4") long	2 whole	
☐	Choy Sum or other Asian green	1 bunch	
☐	Coriander/Cilantro	1 handful	
☐	Fruit (for snacks) choose an assortment *read*	14 pieces	
☐	Garlic *[1 bulb = approx 8 cloves] read*	2 cloves	
☐	Mushrooms, Enoki	400 g 14oz	
☐	Onion – Brown	2 whole	
☐	Onion – Red	4 whole	
☐	Orange	2 whole	
☐	Parsley *fresh, leaves and stems*	1 handful	
☐	Potato – Any colour/any type	700 g 24oz	
☐	Silverbeet/Swiss chard	1 bunch	
☐	Strawberries *optional snack*	20 whole	
☐	Sweet Potato – Gold	100 g 3.5oz	
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☑	NUTS AND SEEDS	1 PERSON	NOTES
☐	Almonds, flaked or slivered (skin off) *read*	1 cup	
☐	Chia seeds – Black, white or mix *organic read*	1 tbsp	
☐	Nuts, raw unsalted (for snacks) *read*	200 g 7oz	
☐	Sunflower seeds	¼ cup	
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☑	BEANS, LEGUMES, GRAINS, NOODLES, PSEUDO GRAINS	1 PERSON	NOTES
☐	Buckinis *organic read*	1 cup	
☐	Chickpea/Garbanzo beans 400g (14oz) *organic*	1 can	
☐	Oats, wholemeal, rolled wheat free *organic read*	200 g 7oz	
☐	Quinoa – Multicoloured *organic*	100 g 3.5oz	

WEEK 5, SHOPPING LIST

Shop at home first, check off items on your list

GRP

☑	BEANS, LEGUMES, GRAINS, NOODLES, PSEUDO GRAINS	1 PERSON	NOTES
☐	Rice, Basmati – White *read*	300 g 10.5oz	
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☑	PANTRY GOODS	1 PERSON	NOTES
☐	Blueberries *dried*	½ cup	
☐	Cacao butter, raw organic *optional snack*	40 g 1.4oz	
☐	Cacao powder, raw organic *optional snack*	28 g 1oz	
☐	Coconut Amino Fysh sauce *read*	½ tsp	
☐	Coconut flakes/chips or shredded	1 cup	
☐	Coconut or Rapadura sugar *organic read*	2 tsp	
☐	Coconut water *read*	500 ml 17oz	
☐	Ginger root *dried, organic read*	800 g 28oz	
☐	Maple syrup *read*	2 tbsp	
☐	Olive oil, extra virgin *organic read*	¼ cup	
☐	Red Wine Vinegar *read*	½ cup	
☐	Sesame oil *read*	½ tsp	
☐	Tamari *organic read*	2 tbsp	
☐	Tomatoes diced 400g (14oz) *organic*	1 can	
☐	Vanilla bean paste *read*	1 tbsp	
☐	Wholegrain mustard *read*	2 tsp	
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☑	FRIDGE / FREEZER ITEMS	1 PERSON	NOTES
☐	Edamame, shelled *frozen read*	½ cup	
☐	Peas – Green *frozen*	250 g 8.8oz	
☐	Raspberries *frozen*	500 g 17oz	
☐	Tofu, Firm Non-GMO *read*	250 g 8.8oz	
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☑	HERBS & SPICES *dried*	1 PERSON	NOTES
☐	Cardamon pods	4 whole	
☐	Cinnamon powder	2 tsp	
☐	Cloves, whole	4 whole	
☐	Coriander powder	1 tsp	
☐	Cumin powder	2 tsp	
☐	Garam Masala powder	3 tsp	
☐	Pepper, black cracked	1 tsp	
☐	Saffron threads or powder	½ tsp	
☐	Turmeric powder *organic if possible*	2 tsp	

WEEK 5, SHOPPING LIST

Shop at home first, check off items on your list

GRP

☑	OTHER HOUSEHOLD ITEMS	1	PERSON	NOTES
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WEEK 6, SHOPPING LIST

Shop at home first, check off items on your list

GRP

REPLENISH GRP ESSENTIALS… Prior to shopping, check stock of Lemon blend, GGC, Veggie Stock Concentrate, The Ultimate Loaf and Omega 3 Mix. 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

☑	FRUIT, VEGETABLES, FRESH HERBS	1 PERSON	NOTES
☐	Apple – Green *medium*	2 whole	
☐	Avocado *large optional snack*	1 whole	
☐	Banana *must be unripe read*	2 whole	
☐	Beetroot/Beets *small*	1 whole	
☐	Carrot	60 g 2oz	
☐	Celery – 1 stick = approx. 20cm (7”) long	9 sticks	
☐	Chilli pepper – Green approx. 10cm (4") long	1 whole	
☐	Coriander/Cilantro	1 handful	
☐	Cucumber, continental, Lebanese or regular	100 g 3.5oz	
☐	Fennel bulb *small*	1 whole	
☐	Fruit (for snacks) choose an assortment *read*	14 pieces	
☐	Garlic *[1 bulb = approx 8 cloves] read*	2 cloves	
☐	Kiwi fruit – Green	2 whole	
☐	Lime	3 whole	
☐	Lime *optional snack*	1 whole	
☐	Mint fresh, leaves and stems	1 handful	
☐	Onion – Red	1 whole	
☐	Parsley *fresh, leaves and stems*	½ handful	
☐	Passion fruit	1 whole	
☐	Radish	4 whole	
☐	Sugar snap peas	1 handful	
☐	Spring (green) onions	8 sprigs	
☐	Sprouts – Snow pea	1 handful	
☐	Tomato – Any type	1 whole	
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☑	NUTS AND SEEDS	1 PERSON	NOTES
☐	Almonds, flaked or slivered (skin off) *read*	1 cup	
☐	Hemp seeds *organic*	1 tbsp	
☐	Nuts, raw unsalted (for snacks) *read*	200 g 7oz	
☐	Sunflower seeds	½ cup	
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☑	BEANS, LEGUMES, GRAINS, NOODLES, PSEUDO GRAINS	1 PERSON	NOTES
☐	Black beans 400g (14oz) *organic*	1 can	
☐	Buckinis *organic read*	1 cup	
☐	Corn kernels 400g (14oz) *no added salt read*	1 can	

WEEK 6, SHOPPING LIST

Shop at home first, check off items on your list

GRP

☑	BEANS, LEGUMES, GRAINS, NOODLES, PSEUDO GRAINS	1 PERSON	NOTES
☐	Lentils – Red split *dry* , *not canned*	¼ cup	
☐	Puffed Brown rice *organic*	1 cup	
☐	Quinoa – Any colour *organic*	¼ cup	
☐	Quinoa – Multicoloured *organic*	100 g 3.5oz	
☐	Quinoa – White *organic*	½ cup	
☐	Rice, Basmati – Brown *read*	¼ cup	
☐	Rice, Wild – Black *read*	100 g 3.5oz	
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☑	**PANTRY GOODS**	**1 PERSON**	**NOTES**
☐	Apple Cider Vinegar *w 'Mother'* *organic* *read*	2 tsp	
☐	Balsamic vinegar *read*	2 tsp	
☐	Cacao powder *organic* *read*	1 tbsp	
☐	Coconut flakes/chips or shredded	½ cup	
☐	Coconut milk 400g (14oz) *read*	1 can	
☐	Coconut syrup *read*	2 tbsp	
☐	Coconut water *read*	750 ml 25oz	
☐	Olive oil, extra virgin *organic* *read*	2 tbsp	
☐	Red Wine Vinegar *read*	2 tbsp	
☐	Semi-dried tomatoes *read*	100 g 3.5oz	
☐	Tomato paste *organic*	125 g 4.4oz	
☐	Tomatoes diced 400g (14oz) *organic*	3 cans	
☐	Vanilla bean paste *read*	½ tsp	
☐	Wholegrain mustard *read*	2 tsp	
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☑	**FRIDGE / FREEZER ITEMS**	**1 PERSON**	**NOTES**
☐	Blueberries *frozen*	300 g 10oz	
☐	Corn kernels *frozen*	200 g 7oz	
☐	Edamame, shelled *frozen* *read*	200 g 7oz	
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☑	**HERBS & SPICES** *dried*	**1 PERSON**	**NOTES**
☐	Cinnamon powder	1 tsp	
☐	Cumin powder	1 tsp	
☐	Garlic powder	1 tsp	
☐	Paprika powder	1 tsp	
☐	Pepper, black cracked	1 tsp	
☐	Turmeric powder *organic if possible*	1 tsp	

WEEK 6, SHOPPING LIST

Shop at home first, check off items on your list

GRP

☑	OTHER HOUSEHOLD ITEMS	1	PERSON	NOTES
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WEEK 7, SHOPPING LIST

Shop at home first, check off items on your list

GRP

REPLENISH GRP ESSENTIALS… Prior to shopping, check stock of Lemon blend, GGC, Veggie Stock Concentrate, The Ultimate Loaf and Omega 3 Mix. 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

☑	FRUIT, VEGETABLES, FRESH HERBS	1 PERSON	NOTES
☐	Avocado *small*	2 whole	
☐	Banana *must be unripe read*	2 whole	
☐	Bean shoots	1 handful	
☐	Cabbage – Purple	60 g 2oz	
☐	Capsicum/Bell Pepper – Green *small*	1 whole	
☐	Capsicum/Bell Pepper – Red *small*	3 whole	
☐	Carrot	330 g 8.2oz	
☐	Celery – 1 stick = approx. 20cm (7") long *optional snack*	3 stick	
☐	Chilli pepper – Red 10cm (4") long *optional snack*	½ whole	
☐	Chilli pepper – Red approx. 10cm (4") long	1 whole	
☐	Cos/Romaine Lettuce *small medium large*	2 handfuls	
☐	Fruit (for snacks) choose an assortment *read*	14 pieces	
☐	Garlic *[1 bulb = approx 8 cloves] read*	4 cloves	
☐	Ginger	20 g .7oz	
☐	Lemon *small optional snack*	1 whole	
☐	Lime	3 whole	
☐	Mushrooms, Button	180 g 6oz	
☐	Onion – Brown *small*	1 whole	
☐	Onion – Red *large*	2 whole	
☐	Parsley *fresh* curly or flat leaf *optional snack*	1 handful	
☐	Spring (green) onions	2 sprigs	
☐	Tomato – Any type	2 whole	
☐	Zucchini/Courgette	440 g 15oz	
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☑	NUTS AND SEEDS	1 PERSON	NOTES
☐	Almonds, flaked or slivered (skin off) *read*	½ cup	
☐	Cashews, raw unsalted *optional snack & topping*	½ cup	
☐	Flaxseeds, whole – Brown or Gold *organic* read	¼ cup	
☐	Nuts, raw unsalted (for snacks) *read*	200 g 7oz	
☐	Pecans, raw unsalted	1 cup	
☐	Pumpkin seeds	½ cup	
☐	Sunflower seeds	¾ cup	
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WEEK 7, SHOPPING LIST

Shop at home first, check off items on your list

GRP

☑	BEANS, LEGUMES, GRAINS, NOODLES, PSEUDO GRAINS	1	PERSON	NOTES
☐	Buckinis *organic* *read*	1	cup	
☐	Corn kernels 400g (14oz) *no added salt* *read*	1	can	
☐	Kidney beans 400g (14oz) *organic*	1	can	
☐	Oats, wholemeal, rolled wheat free *organic* *read*	100	g 3.5oz	
☐	Rice, Arborio *read*	200	g 7oz	
☐	Rice noodles – thick, flat *read*	60	g 2oz	
☐	Somen noodles *organic*	135	g 4.7oz	
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☑	PANTRY GOODS	1	PERSON	NOTES
☐	Cacao nibs *read*	½	cup	
☐	Coconut flakes/chips or shredded	½	cup	
☐	Coconut oil *organic*	1	tbsp	
☐	Coconut water *read*	100	ml 3.5oz	
☐	Cranberries *dried or dried blueberries*	½	cup	
☐	Dates, dried, pitted or Medjool	300	g 10.5oz	
☐	Ginger root *dried,* *organic* *read*	800	g 28oz	
☐	Jackfruit in brine 400g (14oz) *read*	1	can	
☐	Jalapeños *in vinegar* *read* *optional*	¼	cup	
☐	Maple syrup *read*	2	tbsp	
☐	Nutritional yeast/Savoury yeast flakes *read*	2	tbsp	
☐	Olive oil, extra virgin *organic* *read*	2	tsp	
☐	Peanut butter, smooth *organic* *read*	¼	cup	
☐	Rice Vinegar *read*	1	tsp	
☐	Roasted red peppers, strips or whole *read* *optional snack*	220	g 8oz	
☐	Sesame oil *read*	¼	tsp	
☐	Taco shells *read*	6	shells	
☐	Tamari *organic* *read*	2	tbsp	
☐	Tomato paste *organic*	1	tbsp	
☐	Tomatoes diced 400g (14oz) *organic*	2	cans	
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☑	FRIDGE / FREEZER ITEMS	1	PERSON	NOTES
☐	Edamame, shelled *frozen* *read*	200	g 7oz	
☐	Kimchi *organic* *read*	200	g 7oz	
☐	Peas – Green *frozen*	200	g 7oz	
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WEEK 7, SHOPPING LIST

Shop at home first, check off items on your list

GRP

☑	**HERBS & SPICES** *dried*	**1**	**PERSON**	**NOTES**
☐	Cayenne powder *optional*	¼	tsp	
☐	Chilli powder *mild*	2	tsp	
☐	Cumin powder	1	tbsp	
☐	Garlic powder	1	tsp	
☐	Onion powder	1	tsp	
☐	Oregano	2	tsp	
☐	Paprika powder	3	tsp	
☐	Pepper, black cracked	1	tsp	
☐	Saffron threads or powder	½	tsp	
☐	Turmeric powder *organic if possible*	½	tsp	

☑	**OTHER HOUSEHOLD ITEMS**	**1**	**PERSON**	**NOTES**
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WEEK 8, SHOPPING LIST

Shop at home first, check off items on your list

GRP

REPLENISH GRP ESSENTIALS… Prior to shopping, check stock of Lemon blend, GGC, Veggie Stock Concentrate, The Ultimate Loaf and Omega 3 Mix. 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

☑	FRUIT, VEGETABLES, FRESH HERBS	1 PERSON	NOTES
☐	Apple – Green	1 whole	
☐	Avocado *medium-large*	2 whole	
☐	Cabbage – Purple	100 g 3.5oz	
☐	Capsicum/Bell Pepper – Red	1 whole	
☐	Carrot	300 g 10.5oz	
☐	Cauliflower *medium*	¼ whole	
☐	Coriander/Cilantro	2 handfuls	
☐	Cucumber, continental, Lebanese or regular	400 g 14oz	
☐	Fruit (for snacks) choose an assortment *read*	14 pieces	
☐	Garlic *[1 bulb = approx 8 cloves] read*	2 cloves	
☐	Lemon	1 whole	
☐	Lime	2 whole	
☐	Mint fresh, leaves and stems	2 handfuls	
☐	Onion – Brown	1 whole	
☐	Onion – Red	1 whole	
☐	Parsley *fresh, leaves and stems*	2 handfuls	
☐	Spinach leaves, baby	1 handful	
☐	Spring (green) onions	4 sprigs	
☐	Sprouts – Alfalfa or Broccoli	2 handfuls	
☐	Sweet Potato – Gold	300 g 10.6oz	
☐	Tomato – Any type	4 whole	
☐	Zucchini/Courgette	490 g 17oz	
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☑	NUTS AND SEEDS	1 PERSON	NOTES
☐	Almonds, flaked or slivered (skin off) *read*	¼ cup	
☐	Chia seeds – Black, white or mix *organic read*	¼ cup	
☐	Flaxseeds, whole – Brown or Gold *organic read*	2 tbsp	
☐	Hemp seeds *organic*	½ cup	
☐	Nuts, raw unsalted (for snacks) *read*	200 g 7oz	
☐	Pistachios raw unsalted	¼ cup	
☐	Pumpkin seeds	½ cup	
☐	Sesame seeds – White *optional snack*	¼ cup	
☐	Sunflower seeds	½ cup	
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WEEK 8, SHOPPING LIST

Shop at home first, check off items on your list

GRP

☑	BEANS, LEGUMES, GRAINS, NOODLES, PSEUDO GRAINS	1 PERSON	NOTES
☐	Buckwheat, groats/kernels *organic read*	½ cup	
☐	Corn kernels 400g (14oz) *no added salt read*	2 cans	
☐	Lentils – Red split *dry , not canned*	½ cup	
☐	Mexican or Four bean mix 400g (14oz) *organic read*	1 can	
☐	Oats, wholemeal, rolled wheat free *organic read*	200 g 7oz	
☐	Pasta spirals, wholemeal *organic read*	150 g 5.3oz	
☐	Puffed Amaranth *organic read*	½ cup	
☐	Rice, Sushi *read*	240 g 8oz	
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☑	PANTRY GOODS	1 PERSON	NOTES
☐	Blueberries *dried*	½ cup	
☐	Cacao powder *organic read*	¼ cup	
☐	Capers *in vinegar read optional*	1 tbsp	
☐	Coconut Amino sauce *read*	2 tbsp	
☐	Dates, dried or Medjool pitted *optional snack*	150 g 5.3oz	
☐	Dates, Medjool, pitted	300 g 10.5oz	
☐	Jalapeños *in vinegar read*	½ cup	
☐	Maple syrup *read*	1 tsp	
☐	Olive oil, extra virgin *organic read*	1 tsp	
☐	Olives, Kalamata, whole, pitted *read*	80 g 2.8oz	
☐	Peanut butter, smooth *organic read*	¼ cup	
☐	Rice Vinegar *read*	3 tsp	
☐	Sesame oil *read*	¼ tsp	
☐	Tamari *organic read*	¼ tsp	
☐	Yaki Nori (roasted seaweed) *read*	2 sheets	
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☑	FRIDGE / FREEZER ITEMS	1 PERSON	NOTES
☐	Corn kernels *frozen*	½ cup	
☐	Edamame, shelled *frozen read*	200 g 7oz	
☐	Peas – Green *frozen*	150 g 5.3oz	
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☑	HERBS & SPICES *dried*	1 PERSON	NOTES
☐	Basil	1 tsp	
☐	Cinnamon powder *optional snack*	2 tsp	
☐	Cumin powder	3 tsp	
☐	Garlic powder	1 tsp	
☐	Onion powder	1 tsp	

WEEK 8, SHOPPING LIST

Shop at home first, check off items on your list

GRP

☑	**HERBS & SPICES** *dried*	**1**	**PERSON**	**NOTES**
☐	Oregano	1	tsp	
☐	Paprika powder	1	tsp	
☐	Turmeric powder *organic if possible*	1	tsp	

☑	**OTHER HOUSEHOLD ITEMS**	**1**	**PERSON**	**NOTES**
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WEEKS 1-8, COMBINED DRY, PANTRY, FRIDGE/FREEZER SHOPPING LIST

GRP

Shop at home first, check off items on your 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

☑	NUTS AND SEEDS	1 PERSON	NOTES
☐	Almonds, flaked or slivered (skin off) *read*	700 g 24oz	
☐	Almonds, raw unsalted (skin on) *optional snack*	200 g 7oz	
☐	Cashews or Macadmias, raw unsalted *optional nut milk*	100 g 3.5oz	
☐	Cashews raw unsalted	250 g 8.8oz	
☐	Chia seeds – Black, white or mix *organic* *read*	300 g 10.5oz	
☐	Flaxseeds, whole – Brown or Gold *organic* read	350 g 12.3oz	
☐	Hemp seeds *organic*	120 g 4.2oz	
☐	Macadamias, raw unsalted	70g g 2.4 oz	
☐	Nut butter (not peanut) *read* *optional snack*	375 g 13.2 oz	
☐	Nuts, raw unsalted (for snacks) *read*	1.6 kg 56oz	
☐	Pecans, raw unsalted	300 g 10.5oz	
☐	Pine nuts	300 g 10.5oz	
☐	Pistachios raw unsalted	70g g 2.4 oz	
☐	Pumpkin seeds	525 g 18.5oz	
☐	Sesame seeds – Black	70g g 2.4 oz	
☐	Sesame seeds – White	200 g 7oz	
☐	Sunflower seeds	525 g 18.5oz	
☐	Walnuts, raw unsalted	100 g 3.5oz	
☐	Psyllium husk (not powder) *read*	1 cup	
☑	**BEANS, LEGUMES, GRAINS, NOODLES, PSEUDO GRAINS**	**1 PERSON**	**NOTES**
☐	Black beans 400g (14oz) *organic*	1 can	
☐	Buckinis *organic* *read*	350 g 12.3oz	
☐	Buckwheat, groats/kernels *organic* *read*	120 g 4.2oz	
☐	Chickpea/Garbanzo beans 400g (14oz) *organic*	6 cans	
☐	Chickpea/Garbanzo flour *organic*	2 tsp	
☐	Corn kernels 400g (14oz) *no added salt* *read*	4 cans	
☐	Kidney beans 400g (14oz) *organic*	1 can	
☐	Lentils – Brown or Green *dry, not canned*	100 g 3.5oz	
☐	Lentils – Red split *dry, not canned*	700 g 25oz	
☐	Mexican or Four bean mix 400g (14oz) *organic* *read*	1 can	
☐	Oats, wholemeal, rolled wheat free *organic* *read*	1.1 kg 39oz	
☐	Pasta spirals, wholemeal *organic* *read*	150 g 5.3oz	
☐	Psyllium husk (not powder) *read*	150 g 5.3oz	
☐	Puffed Amaranth *organic* *read*	100 g 3.5oz	
☐	Puffed Brown rice *organic*	200 g 7oz	
☐	Quinoa – Any colour *organic*	100 g 3.5oz	
☐	Quinoa – Multicoloured *organic*	100 g 3.5oz	
☐	Quinoa – White *organic*	200 g 7oz	
☐	Rice noodles – thick, flat *read*	60 g 2oz	
☐	Rice, Arborio *read*	200 g 7oz	
☐	Rice, Basmati – Brown *read*	100 g 3.5oz	
☐	Rice, Basmati – White *read*	300 g 10.5oz	
☐	Rice, Sushi *read*	240 g 8oz	
☐	Rice, Wild – Black *read*	100 g 3.5oz	
☐	Somen noodles *organic*	135 g 4.7oz	
☐	Toor Dahl (Split yellow peas) *dry, not canned*	300 g 10.5oz	

WEEKS 1-8, COMBINED DRY, PANTRY, FRIDGE/FREEZER SHOPPING LIST

GRP

Shop at home first, check off items on your list

☑	PANTRY GOODS	1	PERSON	NOTES
☐	Apple Cider Vinegar *w 'Mother'* *organic* *read*	100	ml 3.5oz	
☐	Artichoke hearts *in oil or brine* *read*	200	g 7oz	
☐	Baby corn spears *400g* (14oz) *or fresh* *read*	3	cans	
☐	Baking powder *read* *optional snack*	1	tsp	
☐	Balsamic vinegar *read*	50	ml 1.7oz	
☐	Bamboo Shoot Slices 220g (7.7oz) *read*	1	can	
☐	Blueberries *dried*	200	g 7oz	
☐	Cacao butter, raw organic *optional snack*	40	g 1.4oz	
☐	Cacao nibs *read*	100	g 3.5oz	
☐	Cacao powder *organic* *read*	100	g 3.5oz	
☐	Capers *in vinegar* *read*	60	g 2oz	
☐	Coconut Amino Fysh sauce *read*	½	tsp	
☐	Coconut Amino sauce *read*	2	tbsp	
☐	Coconut flakes/chips or shredded	300	g 10oz	
☐	Coconut milk 400g (14oz) *read*	4	cans	
☐	Coconut oil *organic*	60	g 2oz	
☐	Coconut or Rapadura sugar *organic* *read*	2	tsp	
☐	Coconut syrup *read*	2	tbsp	
☐	Coconut water *read*	3	ltr 6pint	
☐	Cranberries *dried or dried blueberries*	100	g 3.5oz	
☐	Dates, dried or Medjool pitted *optional snack*	750	g 26oz	
☐	Dijon mustard *read*	1	tbsp	
☐	Ginger root *dried,* *organic* *read*	800	g 28oz	
☐	Honey, raw unprocessed *read* *optional*	200	g 7oz	
☐	Jackfruit in brine 400g (14oz) *read*	1	can	
☐	Jalapeños *in vinegar* *read*	200	g 7oz	
☐	Maple syrup *read*	100	ml 3.5oz	
☐	Nutritional yeast/Savoury yeast flakes *read*	200	g 7oz	
☐	Olive oil, extra virgin *organic* *read*	300	ml 10oz	
☐	Olives, Green, whole, pitted or unpitted *read*	12	whole	
☐	Olives, Kalamata, whole, pitted *read*	80	g 2.8oz	
☐	Peanut butter, smooth *organic* *read*	200	g 7oz	
☐	Red Wine Vinegar *read*	100	ml 3.5oz	
☐	Rice Vinegar *read*	100	ml 3.5oz	
☐	Roasted red peppers, strips or whole *read* *optional snack*	220	g 8oz	
☐	Semi-dried tomatoes *read*	100	g 3.5oz	
☐	Sesame oil *read*	20	ml 0.7oz	
☐	Taco shells *read*	6	shells	
☐	Tahini *hulled* *read*	200	g 7oz	
☐	Tamari *organic* *read*	200	ml 7oz	
☐	Tomato paste *organic*	425	g 15oz	
☐	Tomatoes diced 400g (14oz) *organic*	14	cans	
☐	Vanilla bean paste *read*	60	g 1oz	
☐	Water Chestnut Slices 220g (7.7oz) *read*	1	can	
☐	Wholegrain mustard *read*	49	g 1.4 oz	
☐	Yaki Nori (roasted seaweed) *read*	2	sheets	
☑	**FRIDGE / FREEZER ITEMS**	**1**	**PERSON**	**NOTES**
☐	Blackberries *frozen*	60	g 2.1oz	
☐	Blueberries *frozen*	1.1	kg 39oz	

WEEKS 1-8, COMBINED DRY, PANTRY, FRIDGE/FREEZER SHOPPING LIST

GRP

Shop at home first, check off items on your list

☑	FRIDGE / FREEZER ITEMS	1	PERSON	NOTES
☐	Coconut Yoghurt – Natural *organic* *read*	500	g 17oz	
☐	Corn kernels *frozen*	300	g 10oz	
☐	Edamame, shelled *frozen* *read*	700	g 25oz	
☐	Kimchi *organic* *read*	200	g 7oz	
☐	Mango *frozen*	120	g 5.2oz	
☐	Miso paste – White (SHIRO) *organic* *read*	30	g 0.5oz	
☐	Peas – Green *frozen*	600	g 21oz	
☐	Pineapple *frozen* , not canned	500	g 17oz	
☐	Raspberries *frozen*	760	g 27oz	
☐	Strawberries *frozen*	60	g 2.1oz	
☐	Tofu, Firm Non-GMO *read*	250	g 8.8oz	
☑	**HERBS & SPICES** *dried*	**1**	**PERSON**	**NOTES**
☐	All spice	3	tsp	1 tbsp of dried herb = approx 20g (0.7oz)
☐	Basil	1	tsp	
☐	Cardamon pods	8	whole	
☐	Cardamon powder	2	tsp	
☐	Cayenne powder *optional*	1	tsp	
☐	Chilli powder *mild*	2	tsp	
☐	Cinnamon powder	3	tbsp	
☐	Cloves, ground	1	tsp	
☐	Cloves, whole	16	whole	
☐	Coriander powder	2	tbsp	
☐	Coriander seeds	5	tbsp	
☐	Cumin seeds	3	tsp	
☐	Curry powder *mild*	2	tbsp	
☐	Fenugreek seeds	1	tsp	
☐	Garam Masala powder	1	tbsp	
☐	Garlic powder	1	tbsp	
☐	Ginger powder	3	tsp	
☐	Mustard seeds – Yellow	1	tsp	
☐	Nutmeg powder	1	tsp	
☐	Onion powder	3	tsp	
☐	Oregano	1	tbsp	
☐	Paprika powder	2	tbsp	
☐	Pepper, black cracked	2	tbsp	
☐	Red Chilli Flakes	2	tsp	
☐	Saffron threads or powder	1	tsp	
☐	Salt, Pink Himalayan *whole or ground*	100	g 3.5oz	
☐	Sumac powder *optional*	1	tsp	
☐	Thyme	1	tsp	
☐	Turmeric powder *organic if possible*	3	tbsp	