

# WEEK 1, SHOPPING LIST

Shop at home first, check off items on your list



<input checked="" type="checkbox"/> FRUIT, VEGETABLES, FRESH HERBS	1 PERSON	NOTES
<input type="checkbox"/> Apple – Green <i>medium</i>	1 whole	
<input type="checkbox"/> Asparagus spears	10 spears	
<input type="checkbox"/> Avocado <i>large</i>	2 whole	
<input type="checkbox"/> Banana <i>must be unripe read optional snack</i>	3 whole	
<input type="checkbox"/> Banana <i>must be unripe read</i>	2 whole	
<input type="checkbox"/> Basil <i>fresh, leaves and stems</i>	2 handfuls	
<input type="checkbox"/> Bean shoots	1 handful	
<input type="checkbox"/> Bok Choy/Bok Choi or other Asian green <i>read</i>	2 bunches	
<input type="checkbox"/> Brussel Sprouts	10 whole	
<input type="checkbox"/> Capsicum/Bell Pepper – Red	2 whole	
<input type="checkbox"/> Cauliflower <i>small</i>	½ whole	
<input type="checkbox"/> Celery – 1 stick = approx. 20cm (7") long	10 sticks	
<input type="checkbox"/> Chilli pepper – Red approx. 10cm (4") long	4 whole	
<input type="checkbox"/> Fruit (for snacks) choose an assortment <i>read</i>	14 pieces	
<input type="checkbox"/> Garlic [1 bulb = approx 8 cloves] <i>read</i>	20 cloves	
<input type="checkbox"/> Ginger	200 g 7oz	
<input type="checkbox"/> Grapefruit – Red/Pink	1 whole	
<input type="checkbox"/> Kiwi fruit – Green or Gold	1 whole	
<input type="checkbox"/> Leek <i>medium-size</i>	1 whole	
<input type="checkbox"/> Lemon <i>large</i>	2 whole	
<input type="checkbox"/> Mushrooms, Button	140 g 5oz	
<input type="checkbox"/> Mushrooms, Enoki	160 g 5.6oz	
<input type="checkbox"/> Nectarine – White or Yellow	1 whole	
<input type="checkbox"/> Onion – Brown	2 whole	
<input type="checkbox"/> Onion – Red	1 whole	
<input type="checkbox"/> Orange	1 whole	
<input type="checkbox"/> Oregano <i>fresh, leaves and stems</i>	1 handful	
<input type="checkbox"/> Parsley <i>fresh, leaves and stems</i>	1 handful	
<input type="checkbox"/> Snow peas	2 handfuls	
<input type="checkbox"/> Spinach leaves, baby	2 handfuls	
<input type="checkbox"/> Strawberries <i>small</i>	10 whole	
<input type="checkbox"/> Tomatoes – Cherry or Grape <i>read</i>	16 whole	
<input type="checkbox"/> Tomato – any type	1 kg 34oz	
<input type="checkbox"/> Zucchini/Courgette	640 g 22oz	
<input checked="" type="checkbox"/> NUTS AND SEEDS	1 PERSON	NOTES
<input type="checkbox"/> Almonds, flaked or slivered (skin off) <i>read</i>	2 tbsp	
<input type="checkbox"/> Cashews or Macadmias, raw unsalted <i>optional nut milk</i>	½ cup	
<input type="checkbox"/> Cashews, raw unsalted	¼ cup	
<input type="checkbox"/> Chia seeds – Black, white or mix <i>organic read</i>	250 g 8.8oz	
<input type="checkbox"/> Flaxseeds, whole – Brown or Gold <i>organic read</i>	250 g 8.8oz	
<input type="checkbox"/> Hemp seeds <i>organic</i>	2 tbsp	
<input type="checkbox"/> Nut butter (not peanut) <i>read optional snack</i>	½ cup	
<input type="checkbox"/> Nuts, raw unsalted (for snacks) <i>read</i>	200 g 7oz	
<input type="checkbox"/> Pumpkin/Pepita seeds	1 ½ cups	
<input type="checkbox"/> Sesame seeds – Black	½ cup	
<input type="checkbox"/> Sesame seeds – White	1 cup	
<input type="checkbox"/> Sunflower seeds	1 cup	

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<input checked="" type="checkbox"/> BEANS, LEGUMES, GRAINS, NOODLES, PSEUDO GRAINS	1 PERSON	NOTES
<input type="checkbox"/> Chickpea/Garbanzo beans 400g (14oz) <i>organic</i>	1 can	
<input type="checkbox"/> Lentils – Red split <i>dry, not canned</i>	200 g 7oz	
<input type="checkbox"/> Psyllium husk (not powder) <i>read</i>	1 cup	
<input checked="" type="checkbox"/> PANTRY GOODS	1 PERSON	NOTES
<input type="checkbox"/> Apple Cider Vinegar w 'Mother' <i>organic read</i>	1 tbsp	
<input type="checkbox"/> Artichoke hearts in oil or brine <i>read</i>	200 g 7oz	
<input type="checkbox"/> Baby corn spears 400g (14oz) or fresh <i>read</i>	1 can	
<input type="checkbox"/> Balsamic vinegar <i>read</i>	2 tsp	
<input type="checkbox"/> Cacao nibs <i>read</i>	2 tsp	
<input type="checkbox"/> Cacao powder <i>organic read</i>	1 tbsp	
<input type="checkbox"/> Coconut water <i>read</i>	500 ml 17oz	
<input type="checkbox"/> Ginger root <i>dried, organic read</i>	100 g 3.5oz	
<input type="checkbox"/> Olive oil, extra virgin <i>organic read</i>	2 tbsp	
<input type="checkbox"/> Olives, Green, whole, pitted or unpitted <i>read</i>	12 whole	
<input type="checkbox"/> Rice Vinegar <i>read</i>	1 tbsp	
<input type="checkbox"/> Sesame oil <i>read</i>	¼ tsp	
<input type="checkbox"/> Tahini <i>hulled read</i>	½ cup	
<input type="checkbox"/> Tamari <i>organic read</i>	2 tbsp	
<input type="checkbox"/> Tomato paste <i>organic</i>	150 g 5.2oz	
<input checked="" type="checkbox"/> FRIDGE / FREEZER ITEMS	1 PERSON	NOTES
<input type="checkbox"/> Blackberries <i>frozen</i>	60 g 2.1oz	
<input type="checkbox"/> Blueberries <i>frozen</i>	60 g 2.1oz	
<input type="checkbox"/> Coconut Yoghurt – Natural <i>organic read</i>	300 g 10.5oz	
<input type="checkbox"/> Mango <i>frozen</i>	120 g 5.2oz	
<input type="checkbox"/> Miso paste – White (SHIRO) <i>organic read</i>	1 tsp	
<input type="checkbox"/> Pineapple frozen, not canned	250 g 8.5oz	
<input type="checkbox"/> Raspberries <i>frozen</i>	60 g 2.1oz	
<input type="checkbox"/> Strawberries <i>frozen</i>	60 g 2.1oz	
<input checked="" type="checkbox"/> HERBS & SPICES <i>dried</i>	1 PERSON	NOTES
<input type="checkbox"/> Cinnamon powder	1 tsp	
<input type="checkbox"/> Cloves, ground	1 tsp	
<input type="checkbox"/> Coriander powder	1 tsp	
<input type="checkbox"/> Cumin powder	1 tsp	
<input type="checkbox"/> Ginger powder	1 tsp	
<input type="checkbox"/> Paprika powder	1 tsp	
<input type="checkbox"/> Pepper, black cracked	1 tsp	
<input type="checkbox"/> Red Chilli Flakes	2 tsp	
<input type="checkbox"/> Salt, Pink Himalayan <i>whole or ground</i>	100 g 3.5oz	
<input type="checkbox"/> Turmeric powder <i>organic if possible</i>	1 tsp	