



WEEK 3

SHOPPING LIST

6-WEEK TRANSFORMATION CHALLENGE



Shopping list for one person

FRUIT

- 16 Dates
- 3 Punnets Blueberries
- 1 Lime
- 3 Lemon
- 1 Mango
- 2 Bananas

VEGGIES

- 2 Tomatoes
- 3 Sweet Potatoes
- 1 Lebanese Cucumber
- Parsley
- 1 Baby Cos Lettuce
- 4 Brown Onions
- 200g Spinach
- Thyme
- 300g Mushrooms
- 1 Avocado
- 1 Capsicum
- 1 Red Onion
- 1 Zucchini
- 1 Cauliflower
- 250 g Green Peas
- Mint
- 500g Carrots
- Garlic
- 300 g Green Beans
- 1 red chilli

MEAT | FISH

- 200 g Salmon
- 300 g Sirloin Steak
- 500 g Chicken Breast
- 100 g Tuna in Oil

DAIRY | EGG

- 50g Parmesan Cheese
- 6 Eggs
- Whey Protein
- 750 g Greek Yogurt

BREAD | NUTS | SEEDS

Chia Seeds	Cashew Nuts
Nut Mix Raw	Fennel Seeds
Desiccated Coconut	Roasted Almonds
Cacao Powder	

PANTRY ITEMS

Olive Oil	Turmeric
Himalayan Salt	Cumin
Black Pepper	Coconut Milk
Peanut Butter	Thyme
Buckwheat Flour	Apple Cider Vinegar
Italian Herbs	Vegetable Stock
Almond Butter	Coconut Milk
Almond Milk	Smoked Paprika
Cacao Powder	Cinnamon
Peanut Butter	Coconut Oil
Black Olives	
Honey	

HIPE TIP

Use Smaller Plates

Using smaller plates has been shown to help people automatically eat fewer calories in some studies. Weird trick, but it seems to work