

WEEK 3

SHOPPING LIST



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 | MTS

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