

Grocery List Volume 5

*The first week of the shred always requires a bit more of an expensive grocery shop than normal. Note that some of the foods will be leftover for week two. If you are very budget conscious, just select the meals on the plan that require less expensive ingredients. Remember the meal plan is flexible to suit your taste buds and your budget. You’ll be eating more nuts & seeds and fresh produce, but eating less dairy, bread and meat which will balance out the bill a little more. This is based on two people following the shred, however there will be leftovers from some of the meals.*

**Essentials – These are needed pretty much every day. Make sure you have them in the pantry.**

* Kelp Sea salt – for thyroid function and fat burning
* Coconut Water – for hydration and electrolyte replenishment
* Coconut oil – for cooking and can be used as a butter replacement
* Chamomile Tea – for sleep
* 90% Dark Chocolate – for a daily low sugar treat
* Coconut milk – dairy alternative, healthy fats for energy and elimination
* Rice Milk/Almond Milk – Dairy alternative. Base for milkshakes.
* Coconut yoghurt or Almond Yoghurt
* Lemons – Vitamin C, Immunity, Liver Cleansing
* Supplements we recommend are Vitamin B12 and Liquid Zinc sulphate

Week 1 Grocery List

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| --- | --- |
| **Fruit & Vegetables** | **Meat** |
| 3 onions | 600g chicken breast (preferably organic) |
| 1 head garlic | 1 rotisserie chicken |
| 3 large kumara | Whole leg of lamb (2.2 – 2.5kg) |
| 1/2 pumpkin | 100g salmon steaks |
| Fresh spinach (2 bags) | **Grains** |
| 1 red capsicum | Brown rice |
| 2 carrots | ½ cup almond meal |
| 2 broccoli heads | **Legumes** |
| Vegetables of choice for Roast Lamb meal | 500g pre boiled lentils or 1 can lentils |
| 200g mixed berries | **Nuts & Seeds** |
| 1 green apple | 3 tbsp ground flax |
| 3 ripe bananas | 1kg mixed nuts & seeds |
| 3-4 feijoas | 2 tbsp pumpkin seeds |
| 2 lemons | 200g raw cashews |
| 1-2 cups dates | 1 cup raw almonds |
| **Herbs & Spices** | 1/2 cup raw pecans |
| Parsley, fresh | Goji berries |
| Thyme, fresh | **Oils / Flavourings / Spreads**  |
| Rosemary, fresh | Coconut oil |
| Basil, fresh | Avocado oil |
| Paprika | Olive oil |
| Cayenne pepper | 1.5 litres vegetable or chicken stock |
| Cinnamon | 1 packet Massaman curry paste |
| Curry powder | Maple syrup |
| Chilli flakes | Lemon juice |
| Black pepper | Almond butter |
| Sea salt / rock salt | Vinegar |

**Extras**

3 cans coconut milk

1 small can Coconut cream

Small pot coconut yoghurt

1 litre coconut waters

2 large eggs

Small packet feta cheese

½ cup cacao powder

Optional extras – chia seeds, maca powder, spirulina, ground flaxeed.

Week 2 Grocery List

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| --- | --- |
| **Fruit & Vegetables** | **Nuts & Seeds** |
| 1 head garlic | 2 closed palmfuls of nuts and seeds |
| 2 green apples | 1/2 cup raw cashews |
| Mixed berries | 1/2 cup raw almonds |
| 2 ripe bananas | 1/2 cup raw pecans |
| Bunch spring onions | **Herb & Spices** |
| 8-10 button mushrooms | Cinnamon |
| 1 packet pak choy | dried parsley |
| 1 small bag spinach | dried thyme |
| Raw veges to eat with hummus (ie. carrots / celery) |  dried rosemary |
| 2 carrots | dried oregano |
| 1/2 butternut squash | cracked pepper |
| 1 onion | sea salt |
| Fresh spinach (1 bag) | **Oils / Flavourings / Spreads** |
| **Meat** | maple syrup |
| 1 rotisserie chicken | honey |
| 250 – 500g chicken breast (or use rotisserie chicken) | coconut oil |
| 600g chicken breast | minced ginger |
| 8 strips streaky bacon (optional) | 1 litre chicken stock, store-bought or homemade |
| **Grains** | Tamari or soy sauce |
| Brown rice or quinoa | 90g peanut butter |
| **Legumes** |  |
| 1 tin black beans |  |
| **Extras** |  |
| 2 cans Coconut milk |  |
| Small pot Coconut yoghurt |  |
| Pot of hummus |  |
| Pre-made falafel mix (or make your own) |  |
| 2 eggs |  |
| 1 tub cream cheese (approx 125g) |  |
| 500ml milk of choice (ie. coconut, rice, oat, almond) |  |