

Volume 3 Grocery List - Week 5

Always keep within YOUR family budget. Select the meals that fit your taste buds and work from there. You do not have to follow the meal plan to 100%. Just select a good breakfast each day, simple lunch, basic snacks like fruit and a couple of dinners off the menu. A vitamin B12 supplement as a spray/drops is recommended when eliminating animal protein.

Vegetables	Herbs & Spices/Miscellaneous	Nuts & seeds
Bag of baby spinach	Garlic powder	100g roasted almonds
2 capsicums	Fresh or minced garlic	200g mixed nuts / seeds
1 head broccoli	Cinnamon	200-300g walnuts
Punnet of cherry tomatoes	Fresh coriander	Small bag cashew nuts
Bag of rocket lettuce	Chilli flakes (optional)	Alternative Milks
Bag of carrots	Vegetable stock	2l rice or almond milk
Large bunch celery	Tamari / soy sauce	1 can coconut milk
2 kg potatoes	Olive oil	Fruit
2 tomatoes	Balsamic vinegar	1-2 bunches bobby bananas
3 red onions	Coconut oil	500g frozen blueberries
Bag mixed salad greens	Sea salt	Bag of dried apricots
Small wedge of pumpkin	Lemon juice	Avocado
2 kumara	Bag of brown rice	2 limes
Silverbeet (optional)	Packet of gluten free penne pasta	Small bag cashew nuts
Peas or beans (optional)	Pot of hummus	1 kg apples or oranges
200g mushrooms	Minced jalapeno (optional)	4 ripe pears
	Bag of raisin	500g frozen strawberries
Herbs & Spices/Miscellaneous	Small bag Rolled oats	
Vanilla extract / essence	Peanut butter (optional)	
100g chia seeds	Honey	
Coconut yoghurt (optional)	Falafel – pre-made or mix	
Baking soda	Vegetable gravy (or use what you have)	
Baking powder	Cacao powder	
Gluten free flour	Maple syrup	

Volume 3 Grocery List - Week 6

Always keep within YOUR family budget. Select the meals that fit your taste buds and work from there. You do not have to follow the meal plan to 100%. Just select a good breakfast each day, simple lunch, basic snacks like fruit and a couple of dinners off the menu. A vitamin B12 supplement as a spray/drops is recommended when eliminating animal protein.

Vegetables	Herbs & Spices/Miscellaneous	Nuts & seeds
Bag of carrots	Fresh parsley	Cashew nuts
Bunch of celery	Paprika	200g mixed nuts & seeds
Cucumber	Turmeric	Walnuts
		¼ cup peanuts (optional)
Zucchini	Mild curry powder	Alternative Milks
Red onion	Mixed herbs	2l rice or almond milk
	Fresh mint	2 cans coconut milk
2 eggplants	Garlic cloves	1 can coconut cream
	Cinnamon	
Punnet cherry tomatoes	Nutmeg	Fruit
Onions	Cloves	Bag of dried dates
Bag of mixed salad leaves	Cardamom	Bunch of bananas
Small wedge of pumpkin	ginger	2 avocados
Small bag of spinach	Vanilla essence/extract	1 kg pears or oranges
2 large kumara	Vegetable stock	500g frozen strawberries
	Cacao powder	500g frozen mixed berries
	Olive oil	1 lemon (for zest)
	Lemon juice	
	Tomato puree	
	Apple cider vinegar	
	Fresh or minced ginger	
	Honey	
	1 cup dried red lentils	
	2 cans chopped tomatoes	
	2 cans chickpeas	
	Limes or lime juice	
	Peanut butter	
	Brown rice	
	salt	
	Pot of hummus	
	100g quinoa	
	Small packet Thai Red Curry Paste	
	Maple syrup	