VOLUME 8
Grocery List

JENNINGS
HOLISTIC HEALTH COACHING

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 fresh produce on Volume 8, 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 as some of the dinner meals yield 4 servings

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
- Brazil Nuts – for thyroid function and fat burning (1 per day)
- 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
- Rice Milk/Almond Milk – Dairy alternative. Base for milkshakes & smoothies.
- Lemons – Vitamin C, Immunity, Liver Cleansing

Vegetables

- 2 x bunches of Celery
- 9 medium potatoes
- 1 cup diced tomato
- 1 cup diced onion
- 1 & 1/2 cup coriander, chopped
- 1 jalapeno, minced (optional)
- 2 sweet potatoes, diced
- Chicken salad vegetables of your choice
- ½ red onion, finely diced
- 1 red bell pepper, diced
- 8 cups leafy greens (optional)
- 2 cups cooked black beans
- 2-3 cuccumber
- 6 radishes

Nuts & Seeds

- 1 cup cashews

Fruits

- 1 x medium watermelon or
- bag of frozen mango
- 1 bunch of large bananas
- Fruit bowl options (Apples, Pears etc)
- 1 avocado
- 3 limes
- 1 kg Frozen Wild Berries

Pantry Staples

- Olive oil
- Lemons
- Kelp Sea Salt
- Coconut oil
- 4 tbsp raw honey
- 1 tbsp arrowroot powder

Animal Protein

- Rotisserie Chicken
- BBQ meat of your choice

Milk/Dairy Alternatives

- 1 x carton of rice milk
- 1 x Almond yoghurt

Herbs & Spices

- Cinnamon
- Vanilla essence
- 10 garlic cloves
- 1 tbsp dill, minced
- ¼ chopped chives

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WEEK II

Vegetables

- 3 cups chopped tomatoes
- 1 cucumber, sliced
- 2 - 3 bunches celery
- 1 cup chopped coriander (optional)
- ½ cup chopped parsley (optional)
- ½ cup chopped spring onion (optional)
- 8 cups any variety of leafy greens (spinach, rocket, butter lettuce etc)
- 1 lemon, lime or orange, juiced
- bag of carrots
- 1 packet of rocket leaves
- 6 medium potatoes
- 1 cup diced tomato
- 1 cup diced onion
- ½ cup coriander, chopped
- ½ jalapeno, minced (optional)
- 4 cups small broccoli florets
- 4 cups halved cherry or grape tomatoes
- 4 cups diced red onion
- 3 cups chickpea flour
- 3 or 4 ears of corn
- 1 cup of parsley

Nuts & Seeds

- 1 cup cashews
- Handful of toasted walnuts (optional)

Fruits

- 1 cup orange juice
- 2 Nashi's
- Fruit bowl fruit options of your choice
- 5 red apples
- 1 cup of dates pitted
- Optional shredded coconut
- 1 handful of frozen berries
- 1 handful of frozen banana slices
- 4 pears sliced into thin wedges
- 1 avocado
- 2 limes
- 2 cups pineapple

Animal Protein

- Rotisserie Chicken
- 100gr of Roquefort or blue cheese (Optional)
- Optional BBQ meats

Alternative Milks

- 1 to 2 cupful's of rice milk, water or coconut water

Herbs & Spices

- 11 garlic clove
- 1/8 tsp cayenne (optional)
- Vanilla bean or vanilla essence
- 2 tsp poultry seasoning
- 1 inch of ginger