



Volume 6 Groceries Week 1

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, 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
- 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, Oat or Almond Milk – Dairy alternative. Base for milkshakes.
- Lemons – Vitamin C, Immunity, Liver Cleansing

Vegetables

Bunch of celery
Bag of carrots
2 large potatoes
1 can of Watties Mexican beans
1 can of tomatoes
1 large punnets of hummus
4 onions
1 Iceberg lettuce
½ Crown pumpkin
1 Bag of frozen mixed veges

Animal Protein

600gr Beef Sausages
1 Rotisserie Chicken (or frozen chicken to roast)
1kg Pack of bacon bones
6 pack eggs

Nuts, Seeds & Coconut

When it comes to nuts and seeds, be safe and buy extra.
200gr Almonds

Fruit

3 to 6 lemons
2 bags of frozen berries
1 bag of dates
4 Kiwifruit
1 bunch of bananas
4 to 6 pears
1 bag of green apples (about 8 – 10)

Herbs & Spices

1 jar of ginger
1 jar of minced garlic
Cinnamon
Cumin
Cayenne

Random

8 skewers (optional)
Tomato sauce
Malt vinegar
Maple Syrup
Brown sugar
Coconut water 2 bottles



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| 2 cups coconut flakes 14 Brazil Nuts 200gr Walnuts 200gr Pumpkin seeds | |
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Week Two Grocery List

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| Fruit Bag of Grapes Oranges 1 bag Frozen berries Bag of Dates Pears Apples Kiwifruit 1 bunch of bobby bananas 2 or 3 pears | Nuts & Seeds & Fats 200gr Almonds Bag of coconut flakes 14 Brazil Nuts 200gr Walnuts 200gr Pumpkin seeds Animal Protein Rotisserie Chicken 6 eggs (omit ffor chronic illness) |
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Vegetables
 Bunch of parsley
 Iceberg lettuce
 ¼ cup Olives
 2 Avocado (optional)
 4 Kumara
 2 to 3 tomatoes
 ¼ crown pumpkin
 2 red onions
 1 cuccumber