

## Volume 7 Groceries

*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
- 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
- Coconut milk – dairy alternative, healthy fats for energy and elimination
- Rice Milk, Oat/Almond Milk – Dairy alternative. Base for milkshakes.
- Lemons – Vitamin C, Immunity, Liver Cleansing

| <b>Herbs &amp; Spices</b>      | <b>Meat &amp; Eggs</b>  |
|--------------------------------|---|
| 4 tsp minced garlic            | 1.5kgs bone-in raw chicken parts  |
| Minced or fresh ginger         | 1 egg   |
| 1 tbsp curry powder (optional) | 600g chicken breast, cut into even chunks                                   |
| 1 tsp coriander                | 1 x rotisserie Chicken  |
| Onion powder                   | 4 x scotch fillet (or alternative) Week 2                                   |
| 1 tsp paprika                  | <b>Vegetables</b>   |
| 1 tsp cumin                    | 6 red onion   |
| Kelp Sea salt                  | 2 x 400g can chopped tomatoes   |
| 1 tsp black pepper             | 2 brown onions  |
| Ground chilli                  | 1x can chickpeas  |
| ¼ tsp ground cloves            | 300g chopped spinach leaves   |
| Ground turmeric                | 2-3 cans of legumes (ie. chickpeas, black beans, kidney beans, lentils etc) |
| 1 bulb of garlic               | 1 large green chilli, chopped (optional)                                    |
| 1 tsp whole grain mustard      | 2 x Capsicum  |
| Oregano                        | Pumpkin, 6 med Potatoes or Kumara   |
| Vanilla essence                | Salad Greens (carrots, tomatoes etc)  |
| Cacao Powder                   | Iceberg lettuce   |
| Smoked Spanish paprika         | radish (optional)   |
| dried oregano                  | 1 x pack Hummus   |
| dried thyme                    | 1 Tbsp tomato paste   |
| dried parsley                  | <b>Fats, Nuts &amp; Seeds &amp; Dairy</b>                                   |

|                         |  |
|-------------------------|--|
| Ground cinnamon         | 2 x Cans Coconut milk                                |
| Garlic powder           | 1 x carton of acidophilus yoghurt or coconut yoghurt |
| Chili powder            | Pumpkin Seeds  |
| Mint/Chives             | 4 x Avocado  |
| 1 tsp fennel seeds      | 2 x Carton Rice Milk                                 |
| <b>Fruit</b>            | Peanut Butter  |
| Lime Juice              | Olive oil/cooking spray                              |
| Lemon Juice             | 200 – 300gr of nuts & seeds                          |
| 1 cup Sultanas          | 200gr feta   |
| Jar of Honey            | <b>Flour</b>   |
| 1 x Bunch Bobby Bananas | 1 cup gluten free flour blend or Buckwheat flour     |
| 4 kiwifruit             | 1 cups gluten free bread crumbs                      |
| 6 apples                | Rolled Oats  |
| Half Watermelon         | <b>Dressings</b>                                     |
| Optional Frozen Berries | 2 tbsp balsamic vinegar                              |
|                         | Olive oil  |
|                         | GF Chicken Gravy                                     |