Volume 8 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 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, Oat/Almond Milk – Dairy alternative. Base for milkshakes & smoothies.
- Lemons – Vitamin C, Immunity, Liver Cleansing

Vegetables	**Fruits**
2 x bunches of Celery	1 x medium watermelon
9 medium potatoes	1 kg Frozen Wild Berries
1 cup diced tomato	1 bunch of large bananas
1 cup diced onion	Fruit bowl options (Apples, Pears etc)
1 & 1/2 cup coriander, chopped	1 avocado
1 jalapeno, minced (optional)	3 limes
2 sweet potatoes, diced	
Chicken salad vegetables of your choice	
½ red onion, finely diced	**Animal Protein**
1 red bell pepper, diced	Rotisserie Chicken
8 cups leafy greens (optional)	BBQ meat of your choice
2 cups cooked black beans	
1 cuccumber	**Milk/Dairy Alternatives**
6 radishes	1 x carton of rice milk
	1 x Almond yoghurt
Nuts & Seeds	
1 cup cashews	**Herbs & Spices**
	Cinnamon
Pantry Staples	Vanilla essence
Olive oil	10 garlic cloves
Lemons	1 tbsp dill, minced
Kelp Sea Salt	¼ chopped chives
coconut oil	
4 tbsp raw honey	
1 tbsp arrowroot powder	

Week 2

Vegetables	**Fruits**
3 cups chopped tomatoes	1 cup orange juice
1 cucumber, sliced	2 Nashi's
2 - 3 bunches celery	Fruit bowl fruit options of your choice
1 cup chopped coriander (optional)	5 red apples
½ cup chopped parsley (optional)	1 cup of dates pitted
½ cup chopped spring onion (optional)	Optional shredded coconut
8 cups any variety of leafy greens (spinach, rocket, butter lettuce etc)	1 handful of frozen berries
1 lemon, lime or orange, juiced	1 handful of frozen banana slices
bag of carrots	4 pears sliced into thin wedges
1 packet of rocket leaves	1 avocado
6 medium potatoes	2 limes
1 cup diced tomato	2 cups pineapple
1 cup diced onion	Animal Protein
½ cup coriander, chopped	Rotisserie Chicken
½ jalapeno, minced (optional)	100gr of Roquefort or blue cheese
4 cups small broccoli florets	Optional BBQ meats
4 cups halved cherry or grape tomatoes	
4 cups diced red onion	**Alternative Milks**
3 cups chickpea flour	1 to 2 cupful's of rice milk, water or coconut water
3 or 4 ears of corn	
1 cup of parsley	**Herbs & Spices**
Nuts & Seeds	11 garlic clove
1 cup cashews	1/8 tsp cayenne (optional)
Handful of toasted walnuts (optional)	Vanilla bean or vanilla essence
	2 tsp poultry seasoning
Pantry Staples	1 inch of ginger
Olive oil	
Lemons	
Kelp Sea Salt	
coconut oil	
1 tbsp raw honey	
Brazil nuts	
Epsom salts & baking soda	