

Volume 9 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 9, 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

Volume 9, Week 1 Groceries

| Vegetables | Fruits |
|--|---|
| 2 red onions | 8 apples |
| 3 brown onions | 5 dates |
| 2 large kumara | ½ cup raisins |
| 1-2 cucumbers | 2 peaches / nectarines |
| 2 punnets cherry tomatoes | 1 lemon |
| 1/2 red cabbage | ½ watermelon |
| 6-7 carrots | 1 avocado |
| 2 zucchini | 2 limes |
| 1 cup diced mushrooms (optional) | 5 bananas |
| 1 iceberg lettuce | 1 bag frozen berries (or equivalent of fresh) |
| 2 heads romaine lettuce (or alternative) | |
| 1 radish | Animal Protein |
| Canned beetroot / pineapple (optional) | 1 rotisserie chicken |
| Extra side vegetables (optional) | 500gr Prime Beef Mince |
| 3 cups brown or green lentils | 2 eggs (optional) |
| | |
| Nuts & Seeds | Milk/Dairy Alternatives |
| 4 tbsp walnuts (optional) | Almond yoghurt |
| | |
| Pantry Staples | |
| Vanilla bean powder or essence | Herbs & Spices |
| Raw honey (optional) | Cinnamon |
| Shredded coconut (optional) | ½ cup loosely packed parsley |
| 3 cups cooked chickpeas | ½ cup loosely packed coriander |
| Tahini | Sea salt |
| Lemons/lemon juice | Cumin |
| Fresh garlic | Poultry seasoning |
| Vegetable stock / broth | Chilli powder |
| Maple syrup (optional) | Paprika |
| Minced garlic | Chipotle powder (optional) |
| Tomato sauce | Cayenne pepper (optional) |
| | 1 jalapeno (optional) |
| | Fresh dill |
| | Fresh mint |

Groceries Volume 9, Week 2

| Vegetables | Fruits |
|--|--|
| 4-5 chopped kumara | 5 bananas or 1 papaya |
| Large chunk of pumpkin | 1 fresh, 2 packets frozen or 4 tbsp powdered red pitaya (dragon fruit) |
| 2 corn cobs (optional) | 5 cups fresh or frozen wild blueberries |
| Suggested veges: kale, spinach, tomatoes, cucumber, lettuce, peppers steamed broccoli etc. | Packet of grapes |
| 2 large or 4 small potatoes | 3 lemons |
| 2-3 punnet cherry tomatoes | 1 apple |
| Iceberg lettuce | ½ watermelon |
| 2 tomatoes | 4 cups frozen sliced peaches |
| capsicum | |
| cucumbers | Animal Protein |
| 2 red onions | 6 eggs |
| 2 zucchini | Rotisserie chicken |
| 2 carrots | 500gr Prime Beef Mince |
| bunch asparagus | |
| 1 packet rocket | Alternative Milks |
| 340g gluten free pasta (see tips below) | Almond yoghurt |
| 4 cups rocket (optional) | |
| | Herbs & Spices |
| Extras | 1 thumb knuckle-sized piece of ginger, peeled |
| ½ tsp baking soda | |
| ¼ cup maple syrup | Nuts & Seeds |
| ½ cup gluten free oat flour | ¼ cup white chia seeds |
| Raw honey | |