

Volume 1 Grocery List - Week 1

Always keep within YOUR family budget. Select the meals that fit your taste buds and work from there. You do not have to follow the meal plan to 100%. Just select a good breakfast each day, simple lunch, basic snacks like fruit and a couple of dinners off the menu. A vitamin B12 supplement as a spray/drops is recommended when eliminating animal protein.

Vegetables	Herbs & Spices/Miscellaneous	Nuts & seeds
2 x Bags of salad greens (Spinach, Rocket or Iceberg)	4 garlic cloves	100 - 200gr Walnuts
3-4 onions	Bay leaves	1/3 cup cashews
6-8 medium potatoes	1 tsp thyme	Alternative Milks
Any extra salad ingredients	½ tsp cinnamon	Coconut Milk
8-10 mushrooms	Cayenne pepper	1ltr rice/oat
2 - 4 kumara	Pinch nutmeg	
1 - 2 bunches of celery	1 tsp ground cumin	Fruit
Bag of carrots	minced garlic	1 bunch large bananas
1 small tomato	1 tsp ground coriander	1 packet dates, pitted
1 x med eggplant	½ tsp dried oregano	1kg frozen wild blueberries
1 red capsicum	Fresh coriander	500gr Frozen Mango
1 green capsicum	Fresh mint leaves	3 Avocados
1 red onion	chipotle pepper powder (optional)	Bag of Apples
Big Bag of lemons	vegetable broth/stock	2 Oranges
1 small/med pumpkin	Olive oil	Lime or lime juice
	coconut oil	4 pears
	5 tbsp gluten free flour	500gr mixed berries
Herbs & Spices/Miscellaneous	4 tbsp nutritional yeast	1 packet raisins
1 can lentils	1 tbsp tomato sauce	Grapes (optional)
1 can crushed tomatoes	4 x Uncle Toby's brown rice punnets	Small bag dried apricots
Cocoa / cacao powder	Packet rolled oats	Lemon juice
1 can black beans	Packet firm tofu	
Small packet shredded coconut	Pot of hummus	
Turmeric	Red curry paste	
Fresh mint leaves	1 tsp lemongrass	
2 x cans Mexican beans	Fresh ginger	

Volume 1 Grocery List - Week 2

Some grocery items that you bought in week 1 will roll over into week 2.

Vegetables	Herbs & Spices/Miscellaneous	Nuts & seeds
1 - 2 Onions	Paprika	2 cups walnuts
1 bag of rocket / salad greens	1 tsp turmeric	
1 bag or bunch spinach	¼ inch ginger	
2 carrots	Fresh mint Fresh parsley/coriander	Alternative Milks
1 bunch Celery	Ground coriander	Coconut milk
1 Cucumber (opt)	cumin	Oat milk
1 tomato (opt)	4 pots of uncle Tobys Brown rice single serve packs	Fruit
1 iceberg lettuce	1x 400g tin chickpeas	Bunch of bananas
2-4 potatos	1 small packet frozen corn	1kg packet frozen blueberries
Small chunk Pumpkin	1 pack of frozen pre-made falafel	500gr frozen mango
2-3 Kumara	3 tbsp gluten free flour	1kg of Apples
	Bunless burger optional fillings – beetroot, vegan aioli etc (see recipe)	Dried Apricots
	Pot of hummus (if needed)	1 packet dates
	2 cans Mexican beans	1/3 cup shredded coconut
	Olive oil	4 oranges
	Lemon juice	1 kg Lemons
		4 pears
		2 Avocados
		Grapes (optional)