

Volume 11 Groceries Week 1

Volume 11 is a very heavy plant-based meal plan. When planning this around a family, I recommend having a roast chook on hand in the fridge to satisfy the meat eaters. Note that you're able to have 1 palmful of meat each day to help keep you satisfied and 1 hand of red meat per week as an iron booster. 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 of the menu. A vitamin B12 supplement as a spray/drops is recommended when reducing animal protein.

<i>Vegetables</i>	<i>Herbs & Spices/Miscellaneous</i>	<i>Nuts & seeds</i>
2 x Bags of salad greens (Spinach, Rocket or Iceberg)	4 garlic cloves	100 - 200gr Walnuts
2 x cans Mexican beans	1 bay leaf	
1 onion, chopped	1 tsp thyme	Alternative Milks
2 large 4 medium potatoes	½ tsp cinnamon	Coconut Milk
1 can lentils	½ cup vegetable broth	1ltr or rice milk
1 can crushed tomatoes	Cayenne pepper	
1 - 2 bunches of celery	Olive oil	<i>Animal Meat</i>
Bag of carrots	coconut oil	Rottiserie Chicken (opt)
Pot of Hummus	Pinch nutmeg	
1 x med eggplant	5 tbsp gluten free flour	<i>Fruit</i>
Coriander	4 tbsp nutritional yeast	1 bunch large bananas
1 can black beans	1 tsp ground cumin	1 watermelon
1 red capsicum	1 tsp garlic	1/2kg passionfruit
1 green capsicum	1 tsp ground coriander	4 cups dates, pitted
½ red onion, sliced	chipotle pepper powder (optional)	1kg frozen wild blueberries
Big Bag of lemons	½ tsp dried oregano	500gr Frozen Mango
1 tbsp chopped red onion	1 tbsp tomato sauce	3 - 4 Avocados
1 small tomato	4 x Uncle Toby's brown rice punnets	Bag of Apples
Fresh mint leaves for salad		2 Oranges
Any extra salad ingredients		500gr mixed berries

Groceries Week 2

<i>Vegetables</i>	<i>Herbs & Spices/Miscellaneous</i>	<i>Nuts & seeds</i>
1 - 2 Onion	coconut milk	1/3 cup cashews
8-10 mushrooms	1 tsp turmeric	2 cup walnuts
2 - 4 potato	1 tsp lemongrass	
8 - 10 Mushrooms	1 tbsp vegetable stock	<i>Animal Meat</i>
2 - 4 kumara	¼ inch ginger	1 x rotisserie chicken (opt) or 200gr breast
1 small/med pumpkin	Red curry paste, to taste	500gr Lean mince
2 carrots	Fresh mint, parsely or coriander	<i>Fruit</i>
1 bunch Celery		1 golden queen peach
1 bag of rocket or spinach	1 pack of frozen pre-made falafel	Bunch of bananas
2 avocados	1 block tofu	500gr frozen berries
1 Cucumber (opt)	1 large pot Hummus	500gr frozen mango
1 tomato (opt)	Asian peanut sauce	1kg of Apples
1 iceberg lettuce		Dried Apricots
2 cans Mexican beans		4 cups dates, pitted
4 pots of uncle Tobys Brown rice single serve packs		1/3 cup shredded coconut
Spring onion		Dash of Lime Juice
		1 or 2 passionfruit
		1 watermelon
		1 kg Lemon
		2 oranges
		2 cans peaches