MEAL PLAN VOLUME 7

Grocery List

JENNINGS
HOLISTIC HEALTH COACHING

The first week of the plan 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

WEEK 1 GROCERY LIST

Herbs & Spices	Meat & Eggs	Herbs & Spices
4 tsp minced garlic	1.5kgs bone-in raw chicken parts	Smoked Spanish paprika
Minced or fresh ginger	1 egg	Dried oregano
1 tbsp curry powder (optional)	600g chicken breast, cut into even chunks	Dried thyme
1 tsp coriander	1 x rotisserie Chicken	Dried parsley
Onion powder	4 x scotch fillet (or alternative)	Ground cinnamon
1 tsp paprika		Garlic powder
1 tsp cumin	**Fruit**	Chili powder
Kelp Sea salt	Lime Juice	Mint/Chives
1 tsp black pepper	Lemon Juice	1 tsp fennel seeds
Ground chilli	1 cup Sultanas	
¼ tsp ground cloves	Jar of Honey	
Ground turmeric	1 Bunch Bobby Bananas	
1 bulb of garlic	4 kiwifruit	
1 tsp whole grain mustard	6 apples	
Oregano	Half Watermelon	
Vanilla essence	Optional Frozen Berries	
Cacao Powder		

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WEEK 2 GROCERY LIST

Vegetables	Fats, Nuts & Seeds & Dairy	Flour
6 red onion	2 Cans Coconut milk	1 cup gluten free flour blend
2 400g can chopped tomatoes	1 carton of acidophilus yoghurt	or Buckwheat flour
2 brown onions	or coconut yoghurt	1 cups gluten free bread crumbs
1 can chickpeas	Pumpkin Seeds	Rolled Oats
300g chopped spinach leaves	4 Avocado	
2-3 cans of legumes (ie. chickpeas, black	2 Carton Rice Milk	
beans, kidney beans, lentils etc)	Peanut Butter	**Dressings**
1 large green chilli, chopped (optional)	Olive oil/cooking spray	2 tbsp balsamic vinegar
2 Capsicum	200 – 300gr of nuts & seeds	Olive oil
1 Pumpkin, 6 med Potatoes	200gr feta	GF Chicken Gravy
or Kumara		
Salad Greens (carrots, tomatoes etc)		
Iceberg lettuce		
Radish (optional)		
1 pack Hummus		
1 Tbsp tomato paste		