THYROID REGENERATOR
Grocery List

JENNINGS
HOLISTIC HEALTH COACHING

The first week of the reset programme 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. 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 (optional)
- Brazil Nuts – for thyroid function and fat burning (1 per day)
- Coconut/Olive 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

WEEK 1 GROCERY LIST

Veges	Dairy/Alternatives	Herbs & Spices
	Coconut Milk	1 bunch cilantro/coriandor
2 sweet potato		5 inches ginger or minced ginger
2 onions	**Fruits**	6 garlic cloves
1 handful of kale	2 bags frozen mango	1 inch turmeric root
1 bag of rocket lettuce	2 bunches of bananas	Lemon Balm Tea Bags
1 bag of spinach	2 Bags frozen wild blueberries	1 tsp thyme
2 large handful of cherry tomatoes	2 large handfuls of dried papaya	1 tsp fennel seed
1 head of cauliflower	1 bag of raspberries	
2 large pears	1 bag of dates	
	2 oranges	
Pantry Staples	2 large pears	**Nuts & Seeds**
Honey	4 Red Apples	Handful of walnuts
Rolled Oats (GFree if budget allows)	Lemons as many as you like	
Animal Proteins		
1 rotisserie Chicken		
(free range is best)		

THYROID REGENERATOR
Grocery List

JENNINGS
HOLISTIC HEALTH COACHING

WEEK 2 GROCERY LIST

Vegetables

1 medium Cauliflower (about 6 cups)
½ red onion
1 large carrot
1 red bell pepper
2 stalks of celery
1 cup peas
Bag of carrots
½ jalapeno (optional)
4 Cucumbers
1 Bag of spinach or mixed salad
1 bag of rocket lettuce
6 potatoes
2 Bunches of celery
1 ½ cups of cherry tomatoes
Pot of Low fat Hummus (canola oil free)

Pantry Staples

Coconut oil
2 tbsp coconut aminos
Honey
1 tsp toasted sesame oil Optional
Lemons (plenty)
Spirulina powder

Animal Proteins

1 Rotisserie Chicken

Herbs & Spices

1 inch ginger
4 garlic cloves
2 cups coriander/cilantro
2 basil leaves
barley grass juice powder

Fruits

1 lime
2 Bunches of bananas
2 bags of frozen mango
4 red apples
2 handfuls of dried papaya
½ avocado (if in season)
2 oranges

Nuts & Seeds

2 tsp of sesame seeds
¼ cup of almonds chopped

Dairy/Alternatives

1 can Coconut milk