VOLUME 9
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. You'll be eating more fresh produce, but eating less dairy, bread and meat which will balance out your grocery bill a little more. This is based on two people following the program, 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

WEEK 1 GROCERY LIST

Vegetables	Fruits	Pantry Staples
2 red onions	8 apples	Vanilla bean powder or esscence
3 brown onions	5 dates	Raw honey (optional)
2 large kumara	½ cup raisins	Shredded coconut (optional)
1-2 cuccumbers	2 peaches / nectarines	3 cups cooked chickpeas
2 punnets cherry tomatoes	1 lemon	Tahini
1/2 red cabbage	½ watermelon	Lemons/lemon juice
6-7 carrots	1 avocado	Fresh garlic
2 zucchini	2 limes	Vegetable stock / broth
1 cup diced mushrooms (optional)	5 bananas	Maple syrup (optional)
1 iceberg lettuce	1 bag frozen berries (or equivalent of fresh)	Minced garlic
2 heads romaine lettuce (or alternative)		Tomato sauce
1 radish		
Canned beetroot / pineapple (optional)		
Extra side vegetables (optional)	**Nuts & Seeds**	
3 cups brown or green lentils	4 tbsp walnuts (optional)	

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WEEK 1 GROCERY LIST (CONTD)

Animal Protein	Herbs & Spices	Milk/Dairy Alternatives
1 rotisserie chicken	Cinnamon	Almond yoghurt
500gr Prime Beef Mince	½ cup loosely packed parsley	
2 eggs (optional)	½ cup loosely packed coriander	
	Sea salt	
	Cumin	
	Poultry seasoning	
	Chilli powder	
	Paprika	
	Chipotle powder (optional)	
	Cayenne pepper (optional)	
	1 jalapeno (optional)	
	Fresh dill	
	Fresh mint	

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WEEK 2 GROCERY LIST

Vegetables

- 4-5 chopped kumara
- Large chunk of pumpkin
- 2 corn cobs (optional)
- Suggested veges: kale, spinach, tomatoes, cucumber, lettuce, peppers
- steamed broccoli etc.
- 2 large or 4 small potatoes
- 2-3 punnet cherry tomatoes
- Iceberg lettuce
- 2 tomatoes
- capsicum
- cucumbers
- 2 red onions
- 2 zucchini
- 2 carrots
- bunch asparagus
- 1 packet rocket
- 340g gluten free pasta (see tips below)
- 4 cups rocket (optional)

Fruits

- 5 bananas or 1 papaya
- 1 fresh, 2 packets frozen or 4 tbsp powdered red pitaya (dragon fruit)
- 5 cups fresh or frozen wild blueberries
- Packet of grapes
- 3 lemons
- 1 apple
- ½ watermelon
- 4 cups frozen sliced peaches

Nuts & Seeds

- ¼ cup chia seeds

Extras

- ½ tsp baking soda
- ¼ cup maple syrup
- ½ cup gluten free oat flour
- Raw honey

Animal Protein

- 500gr Prime Beef Mince
- Rotisserie chicken

Alternative Milks

- Almond yoghurt

Herbs & Spices

- 1 thumb knuckle-sized piece of ginger, peeled