VOLUME VII

Grocery List Week I

JENNINGS
HOLISTIC HEALTH COACHING

The first week of the 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 one person following the programme, however there will be leftovers from some of the meals as some of the dinner meals yield more servings.

Essentials – These are needed almost 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)
- 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
- Lemons – Vitamin C, Immunity, Liver Cleansing

Vegetables	Miscellaneous/Herbs & Spices	Fruits
250g cooked black beans	Black pepper/Salt	5 apples
3 red bell pepper	Bunch of Coriandor	1 pineapple
6 onions	Cumin	Bunch of bananas
2 stalks of spring onion	5 Garlic	100g frozen raspberries
250g baby spinach	1.5ltrs vegetable stock	
250g canned tomatoes	4 tbsp fresh coriander	
150g zuchinni	Soy sauce	
100g cherry tomatoes	850 ml almond milk	
1 eggplant	Cinnamon	
50g green and black olives	500g quinoa	
2 Carrots	Chili flakes	**Fats**
150g mushrooms	Garam masala	Coconut oil/ Olive Oil
	lime juice	2tblsp rapeseed or olive oil
	400ml coconut water	200g firm tofu
	Fresh sage	600 ml coconut milk
	2tblsp of chopped Almonds	Peanut butter
	350g gluten-free pasta	Sesame oil
	25g brown rice	1tsp Sesame seeds

VOLUME VII

Grocery List Week II

JENNINGS
HOLISTIC HEALTH COACHING

Essentials – These are needed almost 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)
- 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
- Lemons – Vitamin C, Immunity, Liver Cleansing

Vegetables	Miscellaneous/Herbs & Spices	Fruits
250g pumpkin	Spirulina powder	200g mango
650g sweet potato	150g risotto rice	2-3 medium pears
100g red cabbage	Yellow curry paste/powder	4-6 Kiwifruit
100g rocket lettuce	300g pasta	1 cup of raisins
Optional raw vegetables of your	1 x packet plain or seaweed rice crackers	
choice	2tblsp Agave syrup	
2-3 med tomatoes	140g quinoa	
	4tblsp pomegranate seeds	
	Lemon juice	
	Mustard	
	1 celery stalk	**Fats**
	2tblsp liquid honey	1 tbsp coconut flakes
	4 tbsp fresh basil	150g yoghurt or soy yogurt
		1/2 cup Cashews
		2 tbps coconut fat
		Chia seeds
		40g vegetarian parmesan cheese