

14 Day Shred Grocery List Volume 3

Vegetables

1 bulb garlic
1/2 head green or purple cabbage (optional for Rice Paper Summer Rolls)
1 iceberg lettuce
Bag of baby spinach
Bag of kale
Bag of rocket leaves
3-4 onions
6-7 carrots
2 telegraph cucumbers
3 capsicums
3 avocado
2 mangos (optional for Rice Paper Summer Rolls)
1 head celery
1 whole pumpkin
6 medium kumara

Fruits

5 bananas
3 limes
4 pears
1 pack raspberries
1 pack blueberries
Dates
4 green apples
1 lemon

Proteins

Fats & oils
Roquefort cheese (or gruyere)
Small packet walnuts
2 x Roast chicken or meat of choice
1 packet tofu
1 container plain hummus
4-5 sausages
1 cup red lentils
Pumpkin seeds
Sunflower seeds
100g Chia seeds
100g linseeds (flaxseeds)
Goji berries
1 packet rice paper rolls

1 jar peanut butter
1 small jar coconut yoghurt
1 can coconut milk / cream
500ml coconut water
1 ½ cups rolled oats
1 ½ cups rolled barley
¼ cup Amaranth
100g Roasted salted peanuts
Rice malt syrup
2 packets dark chocolate (90% Lindt)
Cocoa / cacao powder
Small container almond milk
Tamari sauce
Coconut sugar
Ginger / ginger puree
Red pepper flakes
Curry powder
Parsely
Vanilla bean paste
Maple syrup