



WEEKLY SHOPPING LIST

FRUIT & VEGE:

Apples
Garlic
Coriander
Celery
Spring Onions
Apricots/Peaches/Mango
Fennel
White Cabbage
Mint
Parsley
Lemons
Ginger
Rosemary
Lemongrass
Kaffir Lime Leaves
Chilli
Celery
Carrot
Leek
Silverbeet
Red Capsicum
Kumara
Red Onion
Dill
Potato
Bay Leaves
650gr Beetroot

MEAT:

400gr Pork Fillet
Butterflied Chicken
10 Drumbsticks
3 Chicken Breasts
Smoked Ham Hock
500gr Mince

DELI:

Frozen Edamame
Mozarella
Eggs
Greek Yoghurt

PREPACKED:

Almond Milk
Chia Seeds
Mulberries (optional)
Goji Berries or Cranberries
Almonds
Oats
Raisens
Chickpeas
Peanut Butter



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Chinese Five Spice
Sesame Oil
Balsamic Vinegar
Olive Oil
Barley
Chilli Flakes
White Wine Vinegar
Capers
Dijon Mustard
Coconut Aminos/Soy Sauce
Honey
Coconut Milk
Coconut Oil
Turmeric
Coriander
Paprika
Coconut Flour
Coconut
Oregano
Onion Powder
Garlic Powder
Cumin
Chilli Powder
Black Sesame Seeds
Stock
Red Lentils
Ginger
Cardamom
Capers
Fennel/Caraway Seeds
Apple Cider Vinegar



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