



WEEKLY SHOPPING LIST

FRUIT & VEGE:

Limes/Lemons
Parsley
Spring Onions
Courgettes
Garlic
Potatoes
Parsnips
Turnip
Kale
Mint
Bay Leaves
Mushrooms
Leek
Onion
Chilli
Corinader
Shallots
Cucumber
Red Pepper
Tomato
Cauliflower
Lemons

MEAT:

Rump Steak
12 Lamb Chops
Chuck Steak
Salmon
Chicken Breast

DELI:

Eggs
Feta
Cream
Speck
Milk of your choice
Full Fat Greek Yoghurt
Parmesan
Butter

PREPACKED:

Gluten Free Flour
Paprika
Dried Mint
Horseradish
Gluten Free Breadcrumbs
Maple Syrup/Honey
Cacao
Coconut Oil
Vanilla Extract



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Almond Butter
Coconut Flour
Ginger
Dried Berries/Goji Berries
Chia Seeds
Sesame Seeds
Pumpkin Seeds
Almonds
Buckwheat
Chilli Flakes
Cumin Seeds
Coriander Seeds
Oregano
Cumin
Cinnamon
Cornflour
Coriander
Cayenne Pepper
Chilli Powder
Dijon Mustard
Tomato Paste
Stock (try making your own)
Gluten Free Tortillas
White Wine Vinegar
Five Spice
Sunflower Seeds
Pecans/Walnuts
Sultantas
Coconut Flour/Almond Meal

MISC:

Red Wine
Tahini



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