



WEEKLY SHOPPING LIST

FRUIT & VEGE:

Ginger
Red Pepper
Rocket
Bok Choy
Lemons
Garlic
Spring Onions
Fennel
Avocado
Red Chilli
Red Onion
Coriander
Tomatoes
Sugar Snap Peas
Broccoli
Apples (to make apple sauce for the pork)
Parsnip
Swede
Pea Sprouts

MEAT:

600gr of Lamb Leg
4 Salmon Fillets
12 Boneless Chicken Thighs
Pork Belly
Bangerritos

DELI:

Eggs
Full Fat Greek Yoghurt
Frozen Berries
Haloumi
Frozen Broad Beans
Full Fat Egg Based Mayonaise
Frozen Peas

PREPACKED:

Baking Soda
Vanilla Extract
Dark Chocolate Chips
Coconut Oil
Maple Syrup/Honey
Almond Meal
Oats
Peanuts
Bran
Dried Fruit
Sunflower Seeds
Soy Sauce
Sesame Oil
Peanut Butter



WEEKLY SHOPPING LIST

Low Sugar Sweet Chili Sauce
Chili Flakes
Wasabi Peas
Chicken Stock
Lime Juice
Peanut Oil
Fish Sauce
Cumin
Coriander
Curry Powder
Turmeric
Cayenne Pepper
Culley's Ketchup
Low Sugar Mango Chutney
Wraps or for a treat hot dog buns

MISC:

Coconut Chips
Wasabi Infused Oil (Have ago at making your own)
Roti Bread