



WEEKLY SHOPPING LIST

FRUIT & VEGE:

Apples
Bananas
Parsnips
Potatoes
Mushrooms A LOT of them
Parsley
Garlic
Ginger
Pineapple
Spring Onions
Lemons
Parsley
Cherry Tomatoes
Red Onion
Zucchini
Cucumbers
Rosemary
Lime
Corriander
Avocado
Mango
Enoki Mushrooms
Spinach
Shiitake Mushrooms
Oyster Mushrooms
Shimeji Mushrooms
Wood Ear Fungus

MEAT:

Bacon
500gr of Chicken
Pork Loin
450gr of Prawns
Salami
500gr Gurnard
500gr of Chicken Thighs

DELI:

Milk of your choice
Eggs
Cream
Mozarella

PREPACKED:

Cacao Powder
Pearl Barley
Cinnamon
Raisins
Walnuts
Baking Soda
Coconut Flour or Desiccated Coconut
Gluten Free Flour



WEEKLY SHOPPING LIST

Coconut Oil
Olive Oil
Vanilla
Almond Meal
Garlic
Honey
Red Pepper Flakes
Pineapple Juice
Cayenne Pepper
Allspice
Cloves
Powder Mustard
Vinegar
Tomato Paste
Garlic Powder
Onion Powder
Paprika
Jalapeno
Worcester Sauce
Cajun Seasoning
Italian Dressing
Mix of Olives
Almonds
Coconut
Coconut Cream or Coconut Milk

MISC:

Stevia or Natvia
Coconut Aminos
Arrabiata Sauce
Black and White Sesame Seeds
Chestnuts



WEEKLY SHOPPING LIST