



WEEKLY SHOPPING LIST

FRUIT & VEGE:

Bananas
Red Apples
Green Apples
Sage
Parsley
Mint
Garlic
Red onions
Beef Steak Tomatoes
Basil
Avocados
Lemons
Oregano
Strawberries
Coriander
Cherry Tomatoes
Thyme
Potatoes
Shallots

MEAT:

1.5kg of Pork Loin
Pancetta/Prosciutto
Lamb Mince
Salmon Pieces (1 per person)
400gr of Chicken Breast
Pork Loin Steaks
600gr Chicken Thighs, Bone In and Skin On

DELI:

Mozarella
Sour Cream
Eggs
Greek Yoghurt

PREPACKED:

Frozen Berries
Frozen Raspberries
Vanilla Bean
Maple Syrup/Honey
Almond Milk
Baking Powder
Corn Flour
Buckwheat Grouts
Raisins
Apricots
Coconut Oil
Cinnamon
Coconut
Pumpkin Seeds
Sunflower Seeds
Sumac



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Nutmeg
Allspice
Pistachios
Balsamic
Pine Nuts
Mustard
Tahini
Dates
Apple Juice
Cashew Nuts
Almonds
Almond Meal/Coconut Flour
Cumin
Paprika
Coriander
Cayenne Pepper
Chilli Powder
Corn
Red Wine Vinegar
Cajun Seasoning
Coconut/Raw Sugar
Baking Powder
Rice Flour

MISC:

White Wine
Stevia



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