



Shopping list template – MAIN SHOP

Item	Quantity	Check
Fruits and vegetables		
Courgette		
Aubergine	1	
Bell peppers (4 romano)	7	
Mushrooms (chestnut)	2 cups	
Spinach (large bag)	1	
Fennel	1 bulb	
Broccoli	4 cups	
Cauliflower		
Onion	3	
Red onion	4	
Spring onions		
Celery	1	
Beetroot (cooked)	1 pack	
Sweet potato	5	
Tomatoes		
Cherry tomatoes	1 cup	
Chopped tomatoes	4 tins	
Garlic (fresh/frozen)	2 bulbs	
Ginger root (fresh/frozen)	4 inch	
Carrots	1 kg	
Cucumber		
Avocado	2	
Sweetcorn	1/2 cup	
Coriander	1/2 cup	
Basil	2.5 cup	
Chilli	2	
Lime	6	
Lemons (unwaxed)	6	
Apples	2	
Banana	4	
Blueberries (fresh/frozen)	1/2 cup	
Mango (fresh/frozen)	1	

Dairy / dairy-free		
Dairy-free milk/milk	1.5 L	
Nutritional yeast/parmesan		
Eggs	2	

Item	Quantity	Check
Spices and dried herbs		
Cayenne pepper		
Smoked paprika		
Paprika		
Cinnamon		
Turmeric		
Cumin seeds		
Ground cumin		
Ground coriander		
Cayenne pepper		
Sea salt		
Black pepper		

Fats / oils		
Coconut oil		
Extra virgin olive oil		
Rapeseed oil (vegetable oil)		

Sauces / jars / tins		
Coconut milk	1 tin	
Creamed coconut	50g bag	
Tamari / soy sauce	1 tbsp	
Tomato puree	4 tbsp	
Tahini	3/4 cup	
Almond butter	1/2 cup	
Harissa paste	3 tbsp	
Apple cider vinegar	2 tbsp	

Powders etc (OPTIONAL)		
Maca powder	2 tbsp	
Protein powder	2 tbsp	
Vanilla extract		

Frozen		
Frozen peas	1/4 cup	

Item	Quantity	Check
Dried fruit, nuts and seeds		
Cashews	1/2 cup	
Almonds	1/2 cup	
Macadamia	1.5 cups	
Pecans	1/2 cup	
Pumpkin seeds	1 sml bag	
Sesame seeds	1 sml bag	
Chia seeds	1/2 cup	
Walnuts	1/2 cup	
Pine nuts	3/4 cup	
Sunflower seeds	1 sml bag	
Dried fruit (any)	1/4 cup	
Apricots	1/4 cup	
Cranberries (or other)	1/2 cup	
Dates (Medjool/regular)	8/15	
Sundried tomatoes	1/4 cup	
Ground almonds	1/2 cup	

Grains / Beans / lentils		
Red lentils (dry)	1 cup	
Chickpeas	2 tins	
Puy lentils sachet	1	
Quinoa	1 cup	
Oats	3-4 cups	
Pasta (brown rice?)	500g	
Beans of choice	4 tins	
Brown rice	1/2 cup	
Tofu (OR 4 eggs)	1 pack	

Sweets		
Dark chocolate (85%)	1/4 cup	
Maple syrup	1 tbsp	
Raw honey	3 tbsp	

Other		
Multigrain wraps	4	
Tacos	6 shells	

Other optional extras / substitutions		
Flaked almonds (to top chia oats on Monday)	Goats cheese (to replace cashews in peppers on Monday)	
1-2 cups raw almonds to make almond milk	Ready-made pesto (for pasta on Tuesday)	
Bread/oat cakes (with soup on Monday)	Ready cooked quinoa and rice sachets (for salad / curry)	



Shopping list template: TOP-UP SHOP (THURSDAY)

Item	Quantity	Check
Fruits and vegetables		
Courgette	5	
Aubergine		
Bell peppers (4 romano)		
Mushrooms (chestnut)	2 cups	
Spinach	1 cup	
Watercress	1 bag	
Watercress or rocket	1 bag	
Cauliflower (or broccoli)	1/2	
Onion		
Red onion		
Spring onions	1 bunch	
Bean sprouts	1 cup	
Beetroot (cooked)		
Sweet potato		
Tomatoes	3	
Cherry tomatoes		
Chopped tomatoes		
Garlic (fresh/frozen)		
Ginger root (fresh/frozen)		
Carrots		
Cucumber		
Avocado	2 ripe	
Parsley	1/2 cup	
Coriander	1.5 cup	
Basil		
Chilli		
Lime		
Lemons (unwaxed)		
Pomegranate	1	
Banana		
Blueberries (fresh/frozen)		
Mango (fresh/frozen)		

Dairy / dairy-free

Dairy-free milk/milk		
Nutritional yeast/parmesan		
Eggs		

Item	Quantity	Check
Spices and dried herbs		
Cayenne pepper		
Smoked paprika		
Paprika		
Cinnamon		
Turmeric		
Cumin seeds		
Ground cumin		
Ground coriander		
Cayenne pepper		
Sea salt		
Black pepper		

Fats / oils

Coconut oil		
Extra virgin olive oil		
Rapeseed oil (vegetable oil)		

Sauces / jars / tins

Coconut milk		
Creamed coconut		
Tamari / soy sauce		
Tomato puree		
Tahini		
Almond butter		
Harissa paste		
Apple cider vinegar		

Powders etc (OPTIONAL)

Maca powder		
Protein powder		
Vanilla extract		

Frozen

Frozen peas		

Item	Quantity	Check
Dried fruit, nuts and seeds		
Cashews		
Almonds		
Macadamia		
Pecans		
Pumpkin seeds		
Sesame seeds		
Chia seeds		
Walnuts		
Pine nuts		
Sunflower seeds		
Dried fruit (any)		
Apricots		
Cranberries (or other)		
Dates (Medjool/regular)		
Sundried tomatoes		
Ground almonds		

Grains / Beans / lentils

Red lentils (dry)		
Chickpeas		
Puy lentils sachet		
Quinoa		
Oats		
Pasta (brown rice?)		
Beans of choice		
Brown rice		
Tofu (OR 4 eggs)		

Sweets

Dark chocolate (85%)		
Maple syrup		
Raw honey		

Other

Multigrain wraps		
Tacos		

Other optional extras / substitutions

Bread/oat cakes (with veg Fri / breakfast on Sat + Sun)
Baked beans (for Sat breakfast)
Ready-spiralised courgette (for pad thai on Sun)