WEEKLY SHOPPING LIST FOR MEAL PLAN 01

FRUIT & VEGETABLES

MEAT, DAIRY & NON-DAIRY

GRAINS, SEEDS & SPICES

CANS, CONDIMENTS & MISC

Fresh
1x large bag spinach
2x tomatoes
1x bag rocket
○ 1x pear
○ 3x lemons
○ 3x limes
celery
1x bulb garlic
2x zucchinis
O bunch asparagus
14 oz. (400g) cauliflower rice
1x onion
3.5 oz (100g) shitake mushrooms
1x red bell pepper
7 oz. (200g) sugar snaps
○ 3x bananas
Dried
○ 6x apricots
Herbs
Sage
○ basil
mint
○ coriander
oparsley
Chives
0
0

Fish & Seafood
7 oz. (200g) shrimps
4x salmon fillets
Meats
9 oz. (250g) ground pork
oured ham
○ 5 oz. (150g) cooked chicken
2 lbs. (900g) chicken breast
Dairy
ocottage cheese
O blue cheese
Greek yogurt
O parmesan
Non-Dairy
Non Bany
6x eggs
O 6x eggs

Grains
owheat flour
O quinoa
oalmond meal
Nuts & Seeds
opine nuts
walnuts
opistachio nuts
Spices
O turmeric
ocurry powder
O thyme
allspice
ogarlic powder
○ cinnamon
cayenne pepper
ofish spices
0
0
0
0
O
0
0
0
0
0

	Oils
0	coconut oil
0	olive oil
	Cans & Condiments
0	white wine vinegar
0	mayonnaise
0	2x cans tuna in olive oil
0	1x light coconut milk (canned)
0	1x full fat coconut milk (canned)
0	tom yum paste
0	fish sauce
0	natural peanut butter
	Sweeteners
0	coconut sugar
0	maple syrup
0	honey
	Other
0	vanilla extract
0	vegetable stock cubes
0	dark chocolate chips
0	desiccated coconut
0	
0	
0	