

# MEAL INSPIRATION WEEK 1

## SHOPPING LIST

### FRUITS

- 4 green apples
- 2-3 bananas
- 2 mangos
- 1 1/2 cups frozen or fresh Strawberries
- 4 lemons
- 4 cups mixed frozen berries

### VEGETABLES

- 3 heads romaine/cos lettuce
- 1 bunch kale
- 1 large head purple cabbage
- 3 cups carrots
- 3 large cucumbers
- 1 large bunch spinach
- 4 avocados
- 4 cups mixed greens
- 1 1/2 cups yellow capsicum
- 4 1/2 cups red capsicum
- 2 large leeks
- 2 packages of baby bok choy
- 1 small & 4 large red onions
- 4 large onions
- 3 large zucchinis
- 2 cups pumpkin
- 4 cups eggplant
- 1 head broccoli
- 6 ears of corn
- 1 large cauliflower
- 3 green onions
- 1 jalapeno
- 1 bunch Silverbeet
- 1 large tomato
- 1 1/2 cup cherry tomatoes
- 2 cups kumara

### SEEDS

- 1 cup chia seeds
- 1/4 cup hemp seeds (if available)
- 1 1/4 cups sunflower seeds
- 6 tablespoons pumpkin seeds
- 6 tablespoons ground linseed
- Cashews optional

### CONDIMENTS (things to have handy)

- honey
- Cider vinegar
- 3/4 cup tahini
- 3 tablespoons Dijon mustard
- coconut oil
- 2 1/4 cups extra virgin olive oil
- 1 tablespoon flax oil (or sub for olive oil)
- Tamari or soy sauce

### MISCELLANEOUS

- Stevia (optional)
- 1 can salmon (if not vegetarian)
- Protein powder (optional)
- Your favourite wraps
- 2 eggs
- 1 1/2 tablespoons raw cacao powder
- 3 tablespoons nutritional yeast
- 3 sundried tomatoes
- 8 tablespoon unsweetened shredded coconut
- 1 tablespoon coconut flakes (or just use shredded)

### BEVERAGES

- 1 -2 containers of non-dairy milk (hemp, coconut, and almond milk)
- 1 can ayam or trade aid coconut milk

### HERBS/SPICES

- 2 bunches fresh flat leaf parsley
- 1 1/2 bunches fresh coriander
- 10 fresh mint leaves
- 1 tablespoon dried tarragon
- 2 tablespoons black pepper
- 4 tablespoons Himalayan sea salt
- 2 tablespoons dried rosemary
- 3 tablespoons thyme
- fresh ginger root
- 1 teaspoon red chili flakes (optional)
- 10 fresh basil leaves
- 1 garlic
- 1 teaspoon paprika
- 2 teaspoons cayenne
- 1 tablespoon ground cumin
- 2 tablespoons curry powder
- 1 1/2 teaspoons oregano
- 3 tablespoons ground ginger
- Ground cinnamon

\*\* Remember you'll be adding your favourite protein so I recommend if you're vegetarian to get some canned lentils, chickpeas or soy protein such as tofu or tempeh. If not vegetarian you'll need some leftover shredded chicken (I just buy a whole cooked chicken) some canned tuna or salmon, steak or your favourite proteins.

\*\* My favourite protein powder is Nuzest which you can purchase from most health shops or at [www.nuzest.co.nz](http://www.nuzest.co.nz) (use code MYANDLE to save 20%)