

SHOPPING LIST FOR CHALLENGE 27 WEEK 1

PROTEIN

- 240g tofu, silken
- 350g tofu, firm
- 100g tempeh

DAIRY/DAIRY-FREE

- 1.5L almond milk, unsweetened
- 60ml coconut milk, unsweetened
- 280g coconut yoghurt, no added sugar

VEGETABLES/FRUIT

- 30g fresh coriander
- 100g kale
- 100g green beans
- 440g cauliflower
- 140g broccoli
- 90g broccolini
- 800g sweet potato
- 300g white potato
- 100g cos lettuce
- 200g rocket leaves
- 100g purple cabbage
- 100g red cabbage
- 821g carrot
- 100g red capsicum
- 260g baby spinach leaves
- 400g mushrooms
- 400g cherry tomatoes
- 500g cucumber
- 285g brown onion
- 140g red onion
- 145g green peas, frozen
- 40g corn kernels, frozen

BULK CONDIMENTS

- 178ml extra virgin olive oil
- Olive oil spray
- 10ml apple cider vinegar
- 30g unhulled tahini
- 30g curry paste
- 10g nutritional yeast flakes
- Baking soda
- Stevia
- cumin
- coriander
- sweet paprika
- garam masala
- Thyme
- mixed herbs
- Ground harissa
- Italian herbs
- chili powder
- fenugreek seeds
- Turmeric
- Himalayan salt
- Black pepper

- 2 lime
- 3 lemon
- 10g red chilli
- 2 long red chillies
- 8 garlic clove
- 220g avocado
- 50g raspberries, fresh
- 80g banana
- 150g pitted medjool dates
- 600g green apple
- 20g pomegranate seeds
- 80g orange

NUTS/SEEDS

- 31g chia seeds
- 30g hemp seeds
- 40g sunflower seeds
- 30g pumpkin seeds
- 20g walnuts
- 110g almonds
- 60g raw cashews
- 5g sesame seeds
- 30g almond flakes

DRY GOODS

- 110g rolled oats
- 40g F45 Fuel vanilla protein
- 70g F45 Fuel chocolate protein
- 156g F45 Fuel protein powder (flavour of your choice)
- 20g almond butter
- 80g desiccated coconut
- 20g cacao powder
- 120g canned borlotti beans
- 300g canned black beans
- 400g canned kidney beans
- 100g canned corn
- 30g tomato paste (no added sugar or salt)
- 250g diced canned tomatoes (no added salt)
- 130ml canned coconut cream
- 205ml canned coconut cream (light)
- 400g canned plum tomatoes
- 95g brown rice
- 40g bread crumbs
- 15g potato starch

□ 15g potato starch