

SHOPPING LIST FOR CHALLENGE 27 WEEK 1

PROTEIN

- 19 free-range eggs
- 180g tofu, firm
- 100g tempeh

DAIRY/DAIRY-FREE

- 1.2L almond milk, unsweetened
- 45ml coconut milk, unsweetened
- 185g feta cheese
- 10g cheddar cheese
- 15g parmesan cheese
- 380g Greek yoghurt

VEGETABLES/FRUIT

- 100g kale
- 130g zucchini
- 100g mushrooms
- 200g sweet potato
- 15g fresh coriander
- 5g fresh dill
- 50g green beans
- 130g cauliflower
- 130g broccoli
- 230g broccolini
- 241g carrot
- 270g baby spinach leaves
- 50g Brussel sprouts
- 100g purple cabbage
- 220g cos lettuce
- 180g tomato
- 20g cherry tomatoes
- 90g red capsicum
- 400g cucumber

BULK CONDIMENTS

- 114ml olive oil
- 8g unhulled tahini
- 30g curry paste
- 10g ground harissa
- baking powder
- cumin
- Parsley
- Coriander
- paprika
- Thyme
- Italian herbs
- Smoked paprika
- chilli powder
- chilli flakes
- Parsley
- turmeric
- stevia
- Himalayan salt
- Black pepper

- 230g brown onion
- 90g red onion
- 160g green peas, frozen
- 40g corn kernels, frozen
- 6 garlic clove
- 2 lime
- 3 lemon
- 2 long red chillies
- 70g kalamata olives
- 160g avocado
- 200g green apple
- 40g raspberries, fresh
- 80g banana
- 100g medjool dates
- 80g orange

NUTS/SEEDS

- 19g chia seeds
- 95g raw almonds
- 40g smoked almonds
- 20g cashews
- 20g almond flakes

DRY GOODS

- 70g F45 Fuel vanilla protein
- 20g F45 Fuel chocolate protein
- 80g F45 Fuel protein powder (flavour of your choice)
- 90g rolled oats
- 8g almond butter
- 53g desiccated coconut
- 11g cacao powder
- 200g canned black beans
- 250g canned kidney beans
- 50g canned corn
- 130ml canned coconut cream
- 80g brown rice
- 30g bread crumbs
- 40g self-raising flour

