

SHOPPING LIST FOR CHALLENGE 27 WEEK 1

PROTEIN

- 6.3oz tofu, silken
- 9.5oz tofu, firm
- 3.5oz tempeh

DAIRY/DAIRY-FREE

- 40.5fl.oz almond milk, unsweetened
- 1.5fl.oz coconut milk, unsweetened
- 4.9oz coconut yoghurt (no added sugar)

VEGETABLES/FRUIT

- 3.5oz kale
- 0.8oz fresh cilantro
- 1.7oz green beans
- 13.4oz cauliflower
- 4.5oz broccoli
- 2.8oz broccolini
- 21.1oz raw sweet potato
- 8.8oz white potato
- 70.5oz arugula leaves
- 3.5oz romaine lettuce
- 3.5oz purple cabbage
- 3.5oz red cabbage
- 24.7oz carrot
- 3.5oz red bell pepper
- 14.1oz mushrooms
- 9.1oz baby spinach leaves
- 14.1oz cherry tomatoes
- 17.6oz cucumber
- 10.05oz brown onion
- 4.9oz red onion
- 8 garlic clove
- 0.1oz red chilli

BULK CONDIMENTS

- 4.4fl.oz extra virgin olive oil
- Olive oil spray
- 0.3fl.oz apple cider vinegar
- 0.2oz unhulled tahini
- 1.05oz curry paste
- 0.3oz nutritional yeast flakes
- Baking soda
- Stevia
- Cumin
- Fenugreek seeds
- Chili powder
- Cilantro
- Turmeric
- Thyme
- Ground harissa
- sweet paprika
- Italian herbs
- mixed herbs
- Cracked black pepper

- 2 long red chillies
- 3.8oz green peas, frozen
- 1.4oz corn kernels, frozen
- 2 lime
- 3 lemon
- 2.1oz banana
- 4.5oz avocado
- 1.4oz raspberries, fresh
- 3.5oz pitted medjool dates
- 7.05oz green apple
- 0.7oz pomegranate seeds
- 2.8oz orange

NUTS/SEEDS

- 0.6oz chia seeds
- 0.7oz raw, walnuts
- 0.8oz hemp seeds
- 1.2oz sunflower seeds
- 0.5oz pumpkin seeds
- 2.6oz almonds
- 1.05oz cashews
- 0.1oz sesame seeds
- 0.7oz almond flakes

DRY GOODS

- 3.1oz rolled oats
- 1.4oz F45 Fuel vanilla protein
- 1.7oz F45 Fuel chocolate protein
- 2.8oz F45 Fuel protein powder (flavour of your choice)
- 0.2oz almond butter
- 2.1oz desiccated coconut
- 0.5oz cacao powder
- 3.5oz canned borlotti beans
- 1.05oz tomato paste (no added sugar or salt)
- 8.8oz diced canned tomatoes (no added salt)
- 7.05oz canned black beans
- 8.8oz canned kidney beans
- 1.7oz canned corn
- 4.3fl.oz canned coconut cream
- 5.07fl.oz canned coconut cream (light)
- 14.1oz canned plum tomatoes
- 2.8oz brown rice
- 1.05oz breadcrumbs
- 0.7oz potato starch

