

SHOPPING LIST

30 day think. eat. move.

Week 4

Vegetables

- 1 small sweet potato (preferably orange)
- 3 small red onions
- 3 cloves of garlic
- 2 inches of fresh ginger
- roughly 240g baby spinach and/or kale
- 2 avocado (depending on the season these can be a bit of a treat, if not available not a train smash)
- 1 x large punnet of cherry tomatoes (any spare great for snacking)
- 4 large tomatoes
- Small cucumber
- 2 spring onions (You may have some left from last week)
- 1 red pepper (capsicum)
- 2 yellow peppers (capsicum)
- 1 small zucchini
- 90g chestnut mushrooms
- 1 fresh red chili (optional)
- 8-10 baby potatoes
- 1 small broccoli

Fruit

- 1 or 2 limes (enough for 1/4 cup fresh lime juice)
 - 2 oranges
 - 1 banana
 - 2 lemons
 - Pomegranate seeds (optional if available)
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Fresh herbs

- Handful of chopped fresh coriander
- 2 bunches of fresh parsley
- Fresh chives (optional)
- 1 sprig of fresh rosemary

Fridge and Pantry extras

- 1 carton of unsweetened Almond milk or milk of your choice
- 500g tub of Natural yoghurt (An optional replace with coconut yoghurt)
- 75g halloumi cheese
- Fresh loaf of wholegrain, sourdough or rye bread
- 100g quality green pesto
- 1 can of tinned tomatoes
- 2 tbsp tomato paste (roughly 30g)

Protein

- 4 skinless, boneless free range chicken breast (roughly 380g)
 - 320g medium prawns/shrimp peeled and deveined with tail shells removed
 - 2 x small cans of tuna in spring water (roughly 130g each)
 - 4 servings (roughly 100g each) of your choice protein eg beef, lamb, pork, fish, eggs etc)
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