

SHOPPING LIST FOR CHALLENGE 27 WEEK 1

PROTEIN

- 10 free range eggs
- 750g chicken breast, without skin
- 340g raw chicken mince
- 320g blue grenadier
- 125g lamb strips
- 260g lean pork chop
- 220g salmon fillet

DAIRY/DAIRY-FREE

- 2.5L almond milk, unsweetened
- 60ml coconut milk, unsweetened
- 50g feta cheese
- 15g cheddar cheese
- 10g parmesan cheese
- 400g Greek yoghurt

VEGETABLES/FRUIT

- 30g baby spinach leaves
- 455g sweet potato
- 5g fresh coriander
- 80g mushrooms
- 280g carrot
- 130g celery
- 100g cauliflower
- 890g broccoli
- 140g green beans
- 200g cucumber
- 100g purple cabbage
- 100g cos lettuce
- 180g tomato
- 50g cherry tomatoes
- 250g red capsicum
- 315g brown onion
- 145g red onion
- 15 garlic clove

BULK CONDIMENTS

- 9ml olive oil
- 5ml sesame oil
- 5g honey
- 15g unhulled tahini
- 5g dijon mustard
- 20g red curry paste (no added sugar)
- 400ml chicken stock, salt reduced
- 51.5g char siu sauce
- 172ml soy sauce
- 100ml rice wine
- Stevia
- 4g lime leaves
- cumin
- chives
- chilli powder
- paprika
- parsley
- mint

- 13g ginger
- 160g green peas, frozen
- 380g corn kernels, frozen
- 10g red chili
- 1 lime
- 1 lemon
- 65g kalamata olives
- 160g avocado
- 600g green apple
- 50g raspberries, fresh
- 80g banana
- 150g medjool dates

- coriander
- turmeric
- cinnamon
- smoked paprika
- Himalayan salt
- black pepper

NUTS/SEEDS

- 21g chia seeds
- 140g raw almonds

DRY GOODS

- 110g rolled oats
- 80g F45 Fuel vanilla protein
- 30g F45 Fuel chocolate protein
- 156g F45 Fuel protein powder (flavour of your choice)
- 20g almond butter
- 14g cacao powder
- 73g desiccated coconut
- 200g canned black beans
- 60g canned chickpeas
- 100g canned corn
- 160g canned coconut cream
- 150ml canned coconut cream, light
- 170g canned crushed tomatoes
- 120g brown rice
- 30g breadcrumbs
- 40g quinoa