

# SHOPPING LIST FOR CHALLENGE 27 WEEK 1

## PROTEIN

- 180g tofu, silken
- 270g tofu, firm
- 100g tempeh

## DAIRY/DAIRY-FREE

- 1.2L almond milk, unsweetened
- 45ml coconut milk, unsweetened
- 140g coconut yoghurt (no added sugar)

## VEGETABLES/FRUIT

- 100g kale
- 25g fresh coriander
- 50g green beans
- 380g cauliflower
- 130g broccoli
- 80g broccolini
- 600g raw sweet potato
- 250g white potato
- 200g rocket leaves
- 1100g cos lettuce
- 100g purple cabbage
- 100g red cabbage
- 70g carrot
- 100g red capsicum
- 400g mushrooms
- 260g baby spinach leaves
- 400g cherry tomatoes
- 500g cucumber
- 285g brown onion
- 140g red onion
- 8 garlic clove
- 5g red chilli

## BULK CONDIMENTS

- 133ml extra virgin olive oil
- Olive oil spray
- 10ml apple cider vinegar
- 8g unhulled tahini
- 30g curry paste
- 10g nutritional yeast flakes
- Baking soda
- Stevia
- Cumin
- Fenugreek seeds
- Chili powder
- Coriander
- Turmeric
- Thyme
- Ground harissa
- sweet paprika
- Italian herbs
- mixed herbs
- Cracked black pepper

- 2 long red chillies
- 110g green peas, frozen
- 40g corn kernels, frozen
- 2 lime
- 3 lemon
- 60g banana
- 130g avocado
- 40g raspberries, fresh
- 100g pitted medjool dates
- 200g green apple
- 20g pomegranate seeds
- 80g orange

### NUTS/SEEDS

- 19g chia seeds
- 20g raw, walnuts
- 25g hemp seeds
- 35g sunflower seeds
- 15g pumpkin seeds
- 75g almonds
- 30g cashews
- 5g sesame seeds
- 20g almond flakes

### DRY GOODS

- 90g rolled oats
- 40g F45 Fuel vanilla protein
- 50g F45 Fuel chocolate protein
- 80g F45 Fuel protein powder (flavour of your choice)
- 8g almond butter
- 60g desiccated coconut
- 17g cacao powder
- 100g canned borlotti beans
- 30g tomato paste (no added sugar or salt)
- 250g diced canned tomatoes (no added salt)
- 200g canned black beans
- 250g canned kidney beans
- 50g canned corn
- 130ml canned coconut cream
- 150ml canned coconut cream (light)
- 400g canned plum tomatoes
- 80g brown rice
- 30g breadcrumbs
- 10g potato starch

