

SHOPPING LIST FOR CHALLENGE 27 WEEK 1

PROTEIN

- 21 free-range eggs
- 250g tofu, firm
- 100g tempeh

DAIRY/DAIRY-FREE

- 1.5L almond milk, unsweetened
- 60ml coconut milk, unsweetened
- 440g Greek yoghurt
- 160g feta cheese
- 15g cheddar cheese
- 15g parmesan cheese

VEGETABLES/FRUIT

- 100g kale
- 130g zucchini
- 100g mushrooms
- 300g sweet potato
- 15g fresh coriander
- 10g fresh dill
- 100g green beans
- 56g carrot
- 140g cauliflower
- 270g baby spinach leaves
- 290g broccolini
- 140g broccoli
- 50g brussel sprouts
- 220g cos lettuce
- 100g purple cabbage
- 180g tomato
- 250g cherry tomatoes
- 90g red capsicum
- 400g cucumber

BULK CONDIMENTS

- 118ml olive oil
- 30g unhulled tahini
- 30g curry paste
- Baking powder
- 10g ground harrisa
- stevia
- cumin
- Parsley
- chili powder
- chilli flakes
- coriander
- thyme
- Italian herbs
- Paprika
- Turmeric
- Smoked paprika
- chilli powder
- Himalayan salt
- black pepper

- 330g brown onion
- 90g red onion
- 150g green peas, frozen
- 40g corn kernels, frozen
- 6 garlic clove
- 3 lime
- 3 lemon
- 2 long red chillies
- 100g kalamata olives
- 270g avocado
- 600g green apple
- 50g raspberries, fresh
- 80g banana
- 150g medjool dates
- 80g orange

NUTS/SEEDS

- 31g chia seeds
- 140g raw almonds
- 50g smoked almonds
- 45g raw cashews
- 30g almond flakes

DRY GOODS

- 100g F45 Fuel vanilla protein
- 30g F45 Fuel chocolate protein
- 156g F45 Fuel protein powder (flavour of your choice)
- 110g rolled oats
- 20g almond butter
- 73g desiccated coconut
- 14g cacao powder
- 300g canned black beans
- 400g canned kidney beans
- 100g canned corn
- 130ml canned coconut cream
- 85g brown rice
- 40g bread crumbs
- 60g self-raising flour

