

SHOPPING LIST FOR CHALLENGE 27 WEEK 1

PROTEIN

- 19 free-range eggs
- 6.3oz tofu, firm
- 3.5oz tempeh

DAIRY/DAIRY-FREE

- 40.5fl.oz almond milk, unsweetened
- 1.5fl.oz coconut milk, unsweetened
- 6.5oz feta cheese
- 0.3oz cheddar cheese
- 0.5oz parmesan cheese
- 13.4oz Greek yoghurt

VEGETABLES/FRUIT

- 3.5oz kale
- 4.5oz zucchini
- 3.5oz mushrooms
- 7.05oz sweet potato
- 0.5oz fresh cilantro
- 0.1oz fresh dill
- 1.7oz green beans
- 4.5oz cauliflower
- 4.5oz broccoli
- 8.1oz broccolini
- 8.5oz carrot
- 9.5oz baby spinach leaves
- 1.7oz Brussel sprouts
- 3.5oz purple cabbage
- 7.7oz cos lettuce
- 6.3oz tomato
- 0.7oz cherry tomatoes
- 3.1oz red bell pepper
- 14.1oz cucumber

BULK CONDIMENTS

- 3.8fl.oz olive oil
- 0.2oz unhulled tahini
- 1.05oz curry paste
- 0.3oz ground harissa
- Baking powder
- Cumin
- Parsley
- Cilantro
- Paprika
- Thyme
- Italian herbs
- Smoked paprika
- Chilli powder
- Chilli flakes
- Parsley
- Turmeric
- Stevia
- Himalayan salt
- Black pepper

- 8.1oz brown onion
- 3.1oz red onion
- 5.6oz green peas, frozen
- 1.4oz corn kernels, frozen
- 6 garlic clove
- 2 lime
- 3 lemon
- 2 long red chillies
- 2.4oz kalamata olives
- 5.6oz avocado
- 7.05oz green apple
- 1.4oz raspberries, fresh
- 2.8oz banana
- 3.5oz medjool dates
- 2.8oz orange

NUTS/SEEDS

- 0.6oz chia seeds
- 3.3oz raw almonds
- 1.4oz smoked almonds
- 0.7oz cashews
- 0.7oz almond flakes

DRY GOODS

- 2.4oz F45 Fuel vanilla protein
- 0.7oz F45 Fuel chocolate protein
- 2.8oz F45 Fuel protein powder (flavour of your choice)
- 3.1oz rolled oats
- 0.2oz almond butter
- 1.8oz desiccated coconut
- 0.3oz cacao powder
- 7.05oz canned black beans
- 8.8oz canned kidney beans
- 1.7oz canned corn
- 4.3fl.oz canned coconut cream
- 2.8oz brown rice
- 1.05oz bread crumbs
- 1.4oz self-raising flour

