

SHOPPING LIST FOR CHALLENGE 27 WEEK 1

PROTEIN

- 5 free-range eggs
- 560g chicken breast
- 240g raw chicken mince
- 200g blue grenadier
- 110g lamb strips
- 200g lean pork
- 180g salmon fillet

DAIRY/DAIRY-FREE

- 1.2L almond milk, unsweetened
- 45ml coconut milk, unsweetened
- 50g feta cheese
- 10g cheddar cheese
- 10g parmesan cheese
- 310g Greek yoghurt

VEGETABLES/FRUIT

- 30g baby spinach leaves
- 325g sweet potato
- 5g fresh coriander
- 60g mushrooms,
- 270g carrot
- 100g celery
- 730g broccoli
- 100g cauliflower
- 140g green beans
- 200g cucumber
- 100g cos lettuce
- 100g purple cabbage
- 180g tomato
- 50g cherry tomatoes
- 250g red capsicum
- 310g brown onion
- 105g red onion
- 160g green peas, frozen

BULK CONDIMENTS

- 60ml olive oil
- 5ml sesame oil
- 5g honey
- 8g unhulled tahini
- 5g dijon mustard
- 20g red curry paste (no added sugar)
- 350ml chicken stock, salt reduced
- 51.5g char siu sauce
- 160ml soy sauce
- 100ml rice wine
- Stevia
- cumin
- 4g lime zest
- chilli powder
- paprika
- cinnamon
- chives
- parsley

- 330g corn kernels, frozen
- 10g red chili
- 12 garlic clove
- 13g ginger
- 1 lime
- 1 lemon
- 55g kalamata olives
- 90g avocado
- 200g green apple
- 40g raspberries, fresh
- 80g banana
- 100g medjool dates

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

NUTS/SEEDS

- 14g chia seeds
- 95g raw almonds

DRY GOODS

- 90g rolled oats
- 70g F45 Fuel vanilla protein
- 20g F45 Fuel chocolate protein
- 80g F45 Fuel protein powder (flavour of your choice)
- 8g almond butter
- 53g desiccated coconut
- 11g cacao powder
- 120g canned black beans
- 40g canned chickpeas
- 50g canned corn
- 160g canned coconut cream
- 120ml canned coconut cream, light
- 150g canned crushed tomatoes
- 100g brown rice
- 30g quinoa
- 20g breadcrumbs