

SHOPPING LIST FOR CHALLENGE 27 WEEK 1

PROTEIN

- 10 free range eggs
- 26.4oz chicken breast, without skin
- 11.9oz raw chicken mince
- 11.2oz blue grenadier
- 4.4oz lamb strips
- 9.1oz lean pork chop
- 7.7oz salmon fillet

DAIRY/DAIRY-FREE

- 84.5fl.oz almond milk, unsweetened
- 2.02fl.oz coconut milk, unsweetened
- 1.7oz feta cheese
- 0.5oz cheddar cheese
- 0.3oz parmesan cheese
- 14.1oz Greek yoghurt

VEGETABLES/FRUIT

- 1.05oz baby spinach leaves
- 16.0oz sweet potato
- 0.1oz fresh cilantro
- 2.8oz mushrooms
- 9.8oz carrot
- 4.5oz celery
- 3.5oz cauliflower
- 31.3oz broccoli
- 4.9oz green beans
- 7.05oz cucumber
- 3.5oz purple cabbage
- 3.5oz romaine lettuce
- 6.3oz tomato
- 1.7oz cherry tomatoes
- 8.8oz red bell pepper
- 11.1oz brown onion
- 5.1oz red onion
- 15 garlic clove

BULK CONDIMENTS

- 0.3fl.oz olive oil
- 0.1fl.oz sesame oil
- 0.1oz honey
- 0.5oz unhulled tahini
- 0.1oz dijon mustard
- 0.7oz red curry paste (no added sugar)
- 13.5fl.oz chicken stock, salt reduced
- 1.8oz char siu sauce
- 5.8fl.oz soy sauce
- 3.3fl.oz rice wine
- Stevia
- 0.1oz lime leaves
- cumin
- chives
- chilli powder
- paprika
- parsley
- mint

- 0.4oz ginger
- 5.6oz green peas, frozen
- 13.4oz corn kernels, frozen
- 0.3oz red chili
- 1 lime
- 1 lemon
- 2.2oz kalamata olives
- 5.6oz avocado
- 21.1oz green apple
- 1.7oz raspberries, fresh
- 2.8oz banana
- 5.2oz medjool dates

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

NUTS/SEEDS

- 0.7oz chia seeds
- 4.9oz raw almonds

DRY GOODS

- 3.8oz rolled oats
- 2.8oz F45 Fuel vanilla protein
- 1.05oz F45 Fuel chocolate protein
- 5.5oz F45 Fuel protein powder (flavour of your choice)
- 0.7oz almond butter
- 0.4oz cacao powder
- 2.5oz desiccated coconut
- 7.05oz canned black beans
- 2.1oz canned chickpeas
- 3.5oz canned corn
- 5.6oz canned coconut cream
- 5.07fl.oz canned coconut cream, light
- 5.9oz canned crushed tomatoes
- 4.2oz brown rice
- 1.05oz breadcrumbs
- 1.4oz quinoa