

SHOPPING LIST FOR CHALLENGE 27 WEEK 1

PROTEIN

- 21 free-range eggs
- 8.8oz tofu, firm
- 3.5oz tempeh

DAIRY/DAIRY-FREE

- 50.7fl.oz almond milk, unsweetened
- 2.02fl.oz coconut milk, unsweetened
- 15.5oz Greek yoghurt
- 5.6oz feta cheese
- 0.5oz cheddar cheese
- 0.5oz parmesan cheese

VEGETABLES/FRUIT

- 3.5oz kale
- 4.5oz zucchini
- 3.5oz mushrooms
- 10.5oz sweet potato
- 0.5oz fresh cilantro
- 0.3oz fresh dill
- 3.5oz green beans
- 19.7oz carrot
- 4.9oz cauliflower
- 9.5oz baby spinach leaves
- 10.2oz broccolini
- 4.9oz broccoli
- 1.7oz brussel sprouts
- 7.7oz romaine lettuce
- 3.5oz purple cabbage
- 6.3oz tomato
- 8.8oz cherry tomatoes
- 3.1oz red bell pepper
- 14.1oz cucumber

BULK CONDIMENTS

- 3.9fl.oz olive oil
- 1.05oz unhulled tahini
- 1.05oz curry paste
- Baking powder
- 0.3oz ground harrisa
- Stevia
- Cumin
- Parsley
- Chili powder
- Chilli flakes
- Cilantro
- Thyme
- Italian herbs
- Paprika
- Turmeric
- Smoked paprika
- Himalayan salt
- black pepper

- 11.6oz brown onion
- 3.1oz red onion
- 5.2oz green peas, frozen
- 1.4oz corn kernels, frozen
- 6 garlic clove
- 3 lime
- 3 lemon
- 2 long red chillies
- 3.5oz kalamata olives
- 9.5oz avocado
- 21.1oz green apple
- 1.7oz raspberries, fresh
- 2.8oz banana
- 5.2oz medjool dates
- 2.8oz orange

NUTS/SEEDS

- 1.09oz chia seeds
- 4.9oz raw almonds
- 1.7oz smoked almonds
- 1.5oz raw cashews
- 1.05oz almond flakes

DRY GOODS

- 3.5oz F45 Fuel vanilla protein
- 1.05oz F45 Fuel chocolate protein
- 5.5oz F45 Fuel protein powder (flavour of your choice)
- 3.8oz rolled oats
- 0.7oz almond butter
- 2.5oz desiccated coconut
- 0.4oz cacao powder
- 10.5oz canned black beans
- 14.1oz canned kidney beans
- 3.5oz canned corn
- 4.3oz canned coconut cream
- 2.9oz brown rice
- 1.4oz bread crumbs
- 2.1oz self-raising flour

