

# SHOPPING LIST FOR CHALLENGE 27 WEEK 1

## PROTEIN

- 8.4oz tofu, silken
- 12.3oz tofu, firm
- 3.5oz tempeh

## DAIRY/DAIRY-FREE

- 50.7fl.oz almond milk, unsweetened
- 2.02fl.oz coconut milk, unsweetened
- 9.8oz coconut yoghurt, no added sugar

## VEGETABLES/FRUIT

- 1.05oz fresh cilantro
- 3.5oz kale
- 3.5oz green beans
- 15.5oz cauliflower
- 4.9oz broccoli
- 3.1oz broccolini
- 28.2oz sweet potato
- 10.5oz white potato
- 3.5oz romaine lettuce
- 7.05oz arugula leaves
- 3.5oz purple cabbage
- 3.5oz red cabbage
- 28.9oz carrot
- 3.5oz red bell pepper
- 9.1oz baby spinach leaves
- 14.1oz mushrooms
- 14.1oz cherry tomatoes
- 17.6oz cucumber
- 10.05oz brown onion
- 4.9oz red onion
- 5.1oz green peas, frozen
- 1.4oz corn kernels, frozen

## BULK CONDIMENTS

- 6.01fl.oz extra virgin olive oil
- Olive oil spray
- 0.3fl.oz apple cider vinegar
- 1.05oz unhulled tahini
- 1.05oz curry paste
- 0.3oz nutritional yeast flakes
- Baking soda
- Stevia
- Cumin
- Cilantro
- Sweet paprika
- Garam masala
- Thyme
- Mixed herbs
- Ground harissa
- Italian herbs
- Chilli powder
- Fenugreek seeds
- Turmeric
- Himalayan salt
- Black pepper

- 2 lime
- 3 lemon
- 0.3oz red chilli
- 2 long red chillies
- 8 garlic clove
- 7.7oz avocado
- 1.7oz raspberries, fresh
- 2.8oz banana
- 5.2oz pitted medjool dates
- 21.1oz green apple
- 0.7oz pomegranate seeds
- 2.8oz orange

### NUTS/SEEDS

- 1.09oz chia seeds
- 1.05oz hemp seeds
- 1.4oz sunflower seeds
- 1.05oz pumpkin seeds
- 0.7oz walnuts
- 3.8oz almonds
- 2.1oz raw cashews
- 0.1oz sesame seeds
- 1.05oz almond flakes

### DRY GOODS

- 3.8oz rolled oats
- 1.4oz F45 Fuel vanilla protein
- 2.4oz F45 Fuel chocolate protein
- 5.5oz F45 Fuel protein powder (flavour of your choice)
- 0.7oz almond butter
- 2.8oz desiccated coconut
- 0.7oz cacao powder
- 4.2oz canned borlotti beans
- 10.5oz canned black beans
- 14.1oz canned kidney beans
- 3.5oz canned corn
- 1.05oz tomato paste (no added sugar or salt)
- 8.8oz diced canned tomatoes (no added salt)
- 4.3fl.oz canned coconut cream
- 6.9fl.oz canned coconut cream (light)
- 14.1oz canned plum tomatoes
- 3.3oz brown rice
- 1.4oz bread crumbs
- 2.5oz potato starch

