

Summer Week 1

SHOPPING LIST

FRESH VEG

4lbs / 2kg carrots
4 onions
2 red onions
2 bunches spring onions
1 parsnip
2 large leeks
4 bunches asparagus spears
7 heads broccoli
1 small cauliflower
1 turnip
3 sweet potatoes
4 large portobello mushrooms
2oz / 60g shiitake mushrooms
2oz / 60g mangetout
1 red chilli
3 courgettes
1 green pepper
1 red pepper
2 small avocados
2 large avocados
18oz / 500g green beans
3 cucumbers
1 bulb fennel
1 head pak choi
1 bunch of kale
1 bunch / bag of watercress
1 bag of spinach
200g bag baby spinach
2 bags rocket
1 head romaine lettuce
2 heads of little gem lettuce
1 head of celery
1 bag or bunch of radishes
1 punnet cherry tomatoes
1 beef tomato
1 tray shop bought salad (or buy extra veg to prep your own)
5 bulbs of garlic

FRUIT

9 apples
2 oranges (for juice)
1 punnet blueberries
1 punnet strawberries
6 lemons
1 lime
1 mango
1 pineapple

1 small bunch grapes
10 dates
4 1/2oz / 130g Medjool dates

DRIED FRUIT

Raisins (225g for recipes)
Apricots (115g for recipes)
Sultanas
Dates (115g for recipes)
Figs (250g for recipes)

FISH

4 salmon steaks
7oz / 200g smoked salmon
4 x 160g sea bream fillets
7oz / 200g raw tiger prawns
1 pack (210g) hot smoked mackerel fillets
1 can tuna in spring water

NUTS & SEEDS

Flaxseeds
Chia seeds
Sunflower seeds
Pumpkin seeds
Almonds (185g for recipes)
Cashews (115g for recipes)
Walnuts
Hazelnuts
Brazil nuts
1 bag ground almonds

DREID HERBS & SPICES

Oregano
Ground coriander
Dried mixed herbs
Vanilla seeds
Cinnamon
Nutmeg
Ground cumin
Smoked paprika
Chilli powder
Curry powder
Cayenne pepper
Garlic powder

FRESH HERBS & SPICES

Parsley
Basil
Rosemary
Coriander
Mint
Root ginger
3 stalks lemongrass

OTHER

17 eggs
1 Nakd bar
Maca powder
Nori strips
35g raw kelp noodles
Dulse or other seaweed/sea vegetable
1 bottle dark soy sauce (sugar free)
Tamari
Vanilla extract
4 cans (400g) chopped tomatoes
8oz/225g frozen mixed veg
Vegetable stock/stock cubes/powder
Himalayan salt
Black pepper