

REAL FOOD 365 SUMMER REVITALISE SHOPPING LIST WEEK 1

*Halve quantities if you are shopping for 1 person

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| <p>Vegetables</p> <ul style="list-style-type: none"> Garlic 3 red onions 3 white onions 9 courgettes 2 baby courgettes 250g butternut squash Tenderstem broccoli 2 packs fresh peas 1 bulb fennel Celery 1 aubergine 1 bag of kale (for kale chips) 2 bags of spinach Asparagus 200g green beans 350g white or sweet potatoes 3 red peppers | <p>Salad</p> <ul style="list-style-type: none"> Bunch of spring onions 3 punnets of cherry tomatoes 2 cucumbers 2 avocados 10 tomatoes 200g plum tomatoes Radishes Rocket Watercress Pea shoots Alfalfa or broccoli sprouts Fresh herbs: Basil, Parsley, Coriander, Chives, Thyme, Mint, Oregano, Tarragon Red chillies | <p>Fruit</p> <ul style="list-style-type: none"> 1 watermelon 4 bananas 2 oranges 1 punnet of strawberries 6 lemons 1 lime Pomegranate seeds Berries – fresh or frozen for snacks and smoothies <p>Frozen Fruit & Veg</p> <ul style="list-style-type: none"> Frozen strawberries Frozen raspberries Frozen peas |
| <p>Meat</p> <ul style="list-style-type: none"> 1 chicken breast 2 chicken legs or 4 thighs 500g beef, pork or lamb mince 2 beef steaks 2 pork loin steaks Packet of Parma ham or pancetta | <p>Fish</p> <ul style="list-style-type: none"> 450g white fish or salmon | <p>Eggs</p> <ul style="list-style-type: none"> 20 eggs <p>Dairy Alternatives</p> <ul style="list-style-type: none"> Coconut yogurt – 1 large pot plus additional small pots for snacks Dairy-free milk of your choice Optional: Parmesan cheese and feta cheese |

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The Real Food 365 Summer Revitalise program is not intended to treat, cure or prevent any disease. The materials are for information only. You must consult your doctor before making dietary changes. This is especially important if you are taking any medications. Do not follow this program if you are pregnant or breastfeeding.

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| <p>Oils & Vinegars</p> <p>Extra virgin olive oil</p> <p>Toasted sesame oil</p> <p>Coconut oil</p> <p>Raw apple cider vinegar</p> <p>Balsamic vinegar</p> <p>Tins</p> <p>3 x 400ml tins coconut milk</p> <p>2 x 400g tins chopped tomatoes</p> <p>Tomato puree</p> <p>1 x tin tuna in spring water</p> <p>Jars</p> <p>Mixed olives</p> <p>Dijon mustard</p> <p>Spices & Sauces</p> <p>Unrefined sea salt (I recommend Sel de Guerande)</p> <p>Black peppercorns</p> <p>Ground oregano</p> <p>Fennel seeds</p> <p>Ground cinnamon</p> | <p>Baking Aisle</p> <p>Quinoa</p> <p>Coconut flour</p> <p>Desiccated coconut</p> <p>Chia seeds</p> <p>Raw honey</p> <p>Maple syrup</p> <p>Vanilla extract</p> <p>Sunflower seeds</p> <p>Shelled pistachio nuts</p> <p>Walnuts</p> <p>Chopped nuts</p> <p>Flaked almonds</p> <p>Almond butter</p> <p>Tahini</p> <p>Goji berries</p> <p>85% or higher dark chocolate</p> | <p>Drinks</p> <p>Water</p> <p>Sparkling water</p> <p>Kombucha</p> <p>Tea – all types</p> <p>Coffee</p> <p>Coconut or water kefir</p> <p>Snack Ideas (choose 3 or 4 options)</p> <p>Blueberries, raspberries, strawberries</p> <p>Frozen grapes</p> <p>Kale Crisps with Sea Salt (see recipes)</p> <p>Olives – green or black</p> <p>Hard Boiled eggs</p> <p>Tiger nuts</p> <p>1-2 Medjool dates</p> <p>Coconut yogurt (homemade or Rebel Kitchen brand)</p> <p>Coconut flakes</p> <p>Chia pudding (see recipes)</p> <p>Raw Health Flax crackers</p> <p>Vegetable crudités with guacamole</p> <p>Half an avocado with olive oil, sea salt and chilli flakes</p> |
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