

REAL FOOD 365 SUMMER REVITALISE SHOPPING LIST WEEK 2

*Halve quantities if you are shopping for 1 person

*Many of the staples from last week such as olive oil are not listed again as you will already have these items

<p>Vegetables</p> <p>Garlic 5 white onions 4 red onions Cauliflower 2 fennel bulbs 2 aubergines 450g fresh (or frozen) peas Carrots 1 bag of kale (for kale chips) 1 bag of spinach Cavolo Nero 4 red peppers Asparagus</p>	<p>Salad</p> <p>1 bunch of spring onions 1 cucumber 1 avocado 11 tomatoes Radishes Rocket Watercress Little gem lettuce Bag of mixed salad leaves Fresh herbs: Basil, Parsley, Coriander, Chives, Thyme, Mint, Oregano, Sage Green & red chillies Fresh root ginger</p>	<p>Fruit</p> <p>Galia or cantaloupe melon 2 peaches 4 bananas 1 orange 1 punnet of blueberries 1 punnet of raspberries 1 punnet of strawberries 5 lemons 7 limes Pomegranate seeds Rhubarb</p> <p>Frozen Fruit & Veg</p> <p>Frozen strawberries Frozen raspberries Frozen peas</p>
<p>Meat</p> <p>1 whole chicken 4-6 chicken drumsticks 6 x skinless, boneless chicken thighs 500g minced pork 1 x 200g steak – sirloin, rump or fillet 1 packet smoked streaky bacon 1 packet Parma ham</p>	<p>Fish</p> <p>2 x tuna steaks 2 x white fish fillets 100g smoked salmon</p>	<p>Eggs</p> <p>6 eggs</p> <p>Dairy Alternatives</p> <p>Coconut yogurts for snacks Dairy-free milk of your choice 400ml coconut or water kefir, or coconut milk Buffalo mozzarella (or nutritional yeast for dairy-free option)</p>

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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.

<p>Oils & Vinegars</p> <p>White wine vinegar</p> <p>Worcestershire sauce</p> <p>Tins</p> <p>1 x 400ml tin of coconut milk</p> <p>1 x 250ml tin of coconut cream</p> <p>1 x 400g tin of chopped tomatoes</p> <p>Tomato puree</p> <p>Tomato passata</p> <p>Jars</p> <p>Capers</p> <p>Spices & Sauces</p> <p>Chicken or vegetable stock cubes (or use homemade bone broth)</p> <p>Ground turmeric</p> <p>Nutmeg</p> <p>Fish sauce</p> <p>Sweet chilli sauce</p>	<p>Baking Aisle</p> <p>Quinoa</p> <p>Pine nuts</p> <p>Sesame seeds</p> <p>Shelled pistachio nuts</p> <p>Almonds</p> <p>200g mixed nuts (for granola)</p> <p>200g mixed seeds (for granola)</p> <p>Crunchy peanut butter (or any other nut butter)</p> <p>Coconut flakes</p> <p>Cocoa powder</p> <p>50g raisins</p> <p>Dried mulberries (optional)</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 crudité's with guacamole</p> <p>Half an avocado with olive oil, sea salt and chilli flakes</p>
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