

# SHOPPING LIST

## Notes

Check levels from Day 1-5 and only top up if needed

## Fruit & Vegetables

- 6 Courgettes
- Bag of mixed leaves
- Bag of baby spinach
- Cherry tomatoes
- Cucumber
- Red onion
- 3 peppers
- Head of Broccoli
- Head of Cauliflower
- Large head of cabbage
- Pack of 4 large flat mushrooms
- 250g Mushrooms
- 1 lemon

## Meat & Fish

- 1 whole 'pasture raised' chicken
- 2 x Striploin own brand Aldi steaks
- 500g of full fat mince 12-18% fat
- Bacon loin – approx. 500g
- 1 bag of Aldi Atlantic prawns
- 120g tin of tuna

## Dairy

- 10 eggs
- Carton of full fat cream
- Full fat Greek yoghurt; Brooklea or Glenisk
- 1 Italian mozzarella ball
- Block of organic cheddar cheese
- 1 tub of cream cheese or mascarpone
- 250g Halloumi Cheese
- Blue cheese
- Goats cheese

## Condiments

- 1 large jar of tomato passata or 2 small cartons
- 1 jar of capers
- 1 jar of mayo
- You may need a second jar of coconut oil if you're making fat bombs

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## Granola

The granola recipe will yield about 20 servings once you make it! I like to get my nuts from Lidl because they are sealed in foil for freshness and they come in larger bags for very good value. You will need to purchase some erythritol sweetener for the granola and you can pick some up here: [erythritol sweetener](#)

- 200g bag of walnuts or pecans
- 200g bag of Brazil
- 100g of cashews
- 1 small bag of hazelnuts
- 1 small bag of pumpkin seeds

## Granola ingredients Health Food Shop

- 100g of coconut pieces
- Vanilla extract
- Ceylon cinnamon

I prefer Ceylon cinnamon as it's sweeter in taste and shown in studies to be better for weight loss than the other variety. Have a look in the health food shop to see if you can get your hands on it!