

# SHOPPING LIST

## Notes

Your first shop will be expensive but after you have a lot of the staples, you will just need to top up on meat and vegetables. Please double check recipes for serves. In some cases they serve 1, 2 or 4 and if for example there's only 2 in the family you will need to adjust shopping items. Similarly if there's 4 you may need to increase items.

To reduce waste... Freeze leftover ginger, strawberries, cheese, pesto, coconut milk, tomato passata or cured meats like chorizo, bacon and prosciutto ham, which have a short shelf life once opened. Buy a whole chicken for the best value; keep the white meat for the family and the brown meat for yourself and use the carcass to make bone broth.

All ingredients are available in Lidl, Aldi or Dunnes bar the ingredients marked 'Health Food Shop'

## Fruit & Vegetables

- Head of cauliflower
- Head of broccoli
- Bag of mixed leaves
- Bag of baby spinach
- 1 pack of little gem lettuce
- Bag of red onions
- 2 loose carrots for broth
- 4 Ramiro Peppers (Long pointed red peppers usually come in packs of 2)
- 1 bell pepper + 4 extra if you can't find Ramiro peppers
- 1 Aubergine
- 3 x 250g Mushrooms
- 6 avocados
- Celery
- Fresh Strawberries
- Cherry tomatoes
- Fresh basil
- Fresh thyme
- 4 courgettes
- 2 bulbs of garlic
- Fresh ginger
- 1 lime
- 2 lemons
- Cucumber

## Meat & Fish

- 1 whole 'pasture raised' chicken
- 1 packet Prosciutto ham
- Spanish Chorizo (loop not slices)
- 2 x 500g minced beef 12-18% fat
- 70g of smoked salmon
- 4 vacuum packed salmon darnes
- 1 pack streaky rashers

## Dairy

- Butter
- 14 eggs
- Carton of full fat cream
- Full fat Greek yoghurt; Brooklea or Glenisk
- 2 large Italian mozzarella balls
- Block of organic cheddar

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## Condiments

### Seasoning

- Himalayan or sea salt
- Chilli flakes
- Curry powder
- Turmeric
- Cumin
- Dried oregano
- Dried parsley
- Herbs de Provence

### Sauces & Oils

- Coconut oil
- Olive oil
- Caesar dressing
- Pesto
- 2 tins of coconut milk
- 2 x large jars of tomato passata **or** 4 small cartons

### Other ingredients

- Jar or tub of olives
- Bag of ground almonds
- Bag of walnuts
- Herbal tea

## Health Food Store

- Seaweed Flakes
- Vegetable bouillon
- Tamari (wheat free soya sauce)
- Clipper decaffe coffee – don't drink caffeinated coffee after breakfast time
- Apple cider vinegar – also beneficial for helping to digest all the extra fat in the diet

You can use vegetable bouillon to make up stock if you run out of bone broth

## Homemade Dressing Recipes

I've included some homemade dressing recipes and if you are going to make them then the extra ingredients are included below. At the start of any new diet there's quite a lot of prep so feel free to purchase a store bought variety to save you some time in the beginning.

## Optional Dressing ingredients

- Parmigiano Italian hard cheese
- Dijon mustard
- Tin or jar of anchovies – freeze any leftovers
- An extra potted basil plant
- Bag of sunflower seeds
- Light olive oil – cheaper and milder in flavor than extra virgin