

ACTIVE NATION 7 DAY



MEAL PLAN SHOPPING LIST

FRUIT & VEGETABLES

6 lemons
Half small pumpkin
4 zucchini's
3 sweet potato
2 bags freshly washed spinach
5 bananas
Purple cabbage (1 whole)
4 avocados
Blueberries
(can be frozen or fresh)
Strawberries (fresh or frozen)
Raspberries (fresh or frozen)
4 bok choy or choy sum
1 orange
1 bunch of spring onion
Snow peas (handful)
2 red capsicum
2 small cucumbers
1 punnet cherry tomatoes
2 medium carrots
3 limes (can use lemons in place)
1 large fennel
Fresh garlic (1 head) or minced garlic
Green leafy salad mix

Half celery bunch
2 brown onions
2 medium tomatoes
50g green beans
300g of mixed mushrooms
(can choose from Swiss browns, oyster, shiitake, and black funghi)
Snow pea sprouts
1 green chili
1 corn cob

MEAT & POULTRY

Chorizo (1)
5 Chicken breast fillets (free range)
Salmon fillet (1 fillet for each person + another for next day)
White fish fillet (such as snapper, 1 fillet for each person)
Lamb or beef fillet (red meat of choice) 1 fillet for each person.

DAIRY & EGGS

Dozen free range eggs
1 small tub natural yogurt
Parmesan cheese (small knob)
Butter (organic)

FROM THE PANTRY

Apple cider vinegar
Tamari
Quinoa (packet of your choice)
1 large jar of peanut butter (smooth or chunky)
3 cans of chick peas
Whole grain rolled oats (1 bag)
Rice vinegar
(can use apple cider)
Medjool dates (or pitted)
Almond meal
(enough for 4 cups)
Gluten free bread crumbs
Salt reduced fish stock
(can use chicken or beef)
Quinoa flakes (small packet)
Sundried tomatoes
Soy mayonnaise (or regular whole egg)
1 can tuna (of your choice)
Tahini
White wine vinegar
Wholegrain tortilla wraps (2)
Olive oil
Raw honey

NUTS & SEEDS

Brazil nuts
Pistachios
Walnuts (small packet)
Sesame seeds
Roasted or unsalted cashews
Pepitas
Chia seeds

HERBS & SPICES

Salt & pepper
Cayenne pepper
Chives
Fresh basil
Sumac
Cinnamon
Cumin
Dried thyme
Fresh mint
Paprika
Fresh red chilli (3)
Fresh ginger
Ground ginger
Ground cardamom
Fresh parsley
Fresh coriander

OTHER

Vanilla protein powder
(make sure it is a RAW blend)
Coconut water (1 litre)
Cold pressed coconut oil
(small jar)
Desiccated coconut
Cacao nibs
Sesame oil
Palm sugar
Cacao powder
Maple syrup
Bi carb soda
Almond milk
(1 litre, unsweetened)
Coconut milk
Coconut cream 100ml
Hemp seeds (optional)
Freeze dried wheatgrass powder (optional)
Nutritional yeast
(not bakers yeast)
Baking powder
Vanilla extract
Nori sheets
Peppermint tea
Green tea
Cinnamon tea
(can use peppermint)