



SPECIFIC SHOPPING LIST

Remember that your exact quantities would depend on which meal plan you get assigned, but herewith all the grocery items to follow the meal plan:

CEREALS AND GRAINS:

- Brown rice
- Cous-cous
- Cracker breads
- Farro (fragrant rice)
- High fibre cereal
- Lasagne strips (Wholewheat)
- Macaroni (Wholewheat)
- Mealie meal (pap)
- Muesli
- Oats
- Pasta (Wholewheat)
- Popcorn kernels (for homemade popcorn)
- Provitas
- Quinoa
- Rice cakes
- Roti
- Rye bread
- Spaghetti (Wholewheat)
- Wholewheat bread
- Wraps (Wholewheat)

STARCHY VEGETABLES:

- Baby potatoes
- Corn on the cob
- Potatoes

FOOD PREPARATION:

- Alternative sweeteners
- Basil Pesto
- Beef stock
- Chutney
- Cocoa
- Lemon juice
- Mustard
- Pepper
- Salt
- Soya sauce
- Tomato paste
- Vanilla essence
- Vinegar

MISCELLANEOUS:

- Chocolate soya butter
- Hummus

HERBS AND SPICES:

- Cinnamon
- Dill
- Ginger
- Italian herbs
- Mint
- Mustard
- Oregano
- Paprika
- Parsley
- Thyme
- Turmeric

CANNED PRODUCTS:

- Chickpeas
- Sweetcorn
- Tomato & Onion

PROTEIN:

- Biltong
- Chicken
- Chicken schnitzel
- Eggs
- Fish
- Lamb
- Lean cooked ham
- Lean mince
- Lentils
- Ostrich patty
- Pilchards
- Pork chops
- Salmon
- Tenderised beef strips
- Tuna

IPS:

- Fit foodie protein bar
- Fit foodie shake

FRESH PRODUCE:

- Apple
- Avocado
- Banana
- Beansprouts
- Berries
- Bok choy
- Cabbage
- Carrots
- Coleslaw
- Cucumber
- Eggplant
- Fruit of your choice
- Garlic
- Gemsquash
- Kale
- Lettuce
- Mushrooms
- Onions
- Peppers
- Raisins
- Red onion
- Rosa tomatoes
- Salad ingredients
- Salad leaves
- Spinach
- Stir-fry veggies
- Sugar snap peas
- Tomato
- Zucchini

FATS:

- Chia seeds
- Lean bacon
- Lite salad dressing
- Margarine
- Mayonnaise
- Mixed seeds
- Nuts (almonds, cashews or nuts of your choice)
- Olive oil
- Peanut butter (no sugar & salt)