

# Shopping List for Green Thickies 7 Day Diet Plan

## Breakfasts (to serve 1)

- 3 Clementines
- 4 large bananas or 8 small bananas
- 3 Lemons
- 1 Grapefruit (Only 1/2 needed)
- 5 Oranges (zest needed for dinner)
- 1 small mango or 1 cup mango chunks (fresh or frozen)
- 5 Apples
- 1 bag of dates (Enough for 1 1/2 Cups)
- 3 large bags of Spinach (Enough for 7 Cups)
- 1 Celery (Enough for 1.5 Sticks)
- 1 Tin of Coconut Milk (Enough for 1 Cup)
- 1 Carton of dairy free milk (Enough for 1 Cup)
- 1 large bag of rolled oats (Enough for 3.5 Cups) or your choice of other filler ingredients

### Store Cupboard Ingredients

- Small bag of Almonds/ Almond Flour/ Ground Almonds (Enough for 3 Tablespoons)
- Small bag of Walnuts (Enough for 1 Tablespoon)
- Small bag of Pecans (Enough for 1 Tablespoon)
- Small bag of Pumpkin Seeds (Enough for 1 Tablespoon)
- Vanilla Extract, Vanilla Bean or Ground Vanilla (Enough for 1/2 teaspoon vanilla extract/ 1/2 vanilla bean or 1/2 teaspoon of ground vanilla)
- Cinnamon (1 teaspoon)
- Nutmeg (Pinch)
- Cocoa or Carob Powder (2.5 Tablespoons)

## Lunches (to serve 1)

- 7 Medium sized potatoes
- 7 small lettuces or 3 large lettuces (14 cups worth of lettuce or leafy greens) This is for lunch and dinner.
- 14 cup of other fresh raw chopped vegetables for example peppers, tomatoes, cucumbers, grated carrot whatever you enjoy or can buy.
- For the salad fillings for lunch just buy fillings that you like. You need about 2 cups in total of any of the following to last a week: Avocado, Tofu, Beans from a can (Any beans e.g. butter beans, haricot, broad), Raw Seeds (Pumpkin, Sunflower, Sesame), Lentils from a can, Hummus (Check there is no added sugar and if you plan to use this long term it's better to make your own), Raw unsalted nuts (Cashews, pecans, pine nuts, walnuts etc.)
- 1 garlic bulb
- 4 Tablespoons from a bottle of Apple Cider Vinegar
- 3/4 Cup from a bottle of Soy Sauce (If you are following a gluten free diet, ensure you get a gluten free soy sauce)
- A packet of dates (fresh or dried) to make date paste or one bottle of maple syrup or agave nectar)

## Dinners (to serve 1)

### Vegetables and fruit

- 1/2 Cup Cherry Tomatoes

- 1 small head of Broccoli
- 2 Cups of mixed stir fry veg (such as Peppers, Onion, Beansprouts, grated carrot, courgette, baby sweetcorn, broccoli, cauliflower, mange tout, sugar snap peas, About 200g)
- 3 Onions
- 200g mushrooms (About 2-4 cups)
- 1 large bunch basil
- 1 small bunch cilantro/ coriander (optional)
- 1 Carrot
- 2 Zucchini/ Courgettes
- 1/4 Cup Sweetcorn
- 1 Red Pepper
- 1 Tomato
- 2 Medium Potatoes
- 1 Bag of fresh spinach (2 Cups)
- 2 Lemons
- 1 Bulb Garlic (7 garlic cloves)
- 1 Mango

#### Grains and pastas

- 150g gluten free pasta (if you can't find gluten free use whole wheat pasta if you can tolerate it)
- 75g of gluten free noodles or pasta (if you can't find gluten free use whole wheat noodles if you can tolerate them)
- Whole grain rice (1/4 Cup)
- Wholewheat or gluten free wraps (2)

#### Pulses, nuts and seeds

- 1 Tablespoon Peanut butter
- 1 tin (400g) of butter beans (or other white beans)
- 1/8 Cup unsalted unroasted cashew nuts
- 2 Tablespoons pine nuts
- 1 Cup of pinto beans
- Hummus (1/4 Cup)

#### Other ingredients

- 1 Cup dairy free milk (nut or seed milk)
- 1/2 Can Coconut Milk

#### Store Cupboard Ingredients

- Sea salt (1 1/4 teaspoon)

- 1/2 Teaspoon garlic powder
- 1 Teaspoon pepper
- 2 Tablespoons arrowroot
- 1 Teaspoon Chilli powder
- 1/2 Tablespoon cumin
- 1 Teaspoon ground fennel or fennel seeds
- 1 Tablespoon Curry Powder
- 1/2 tin chopped tomatoes
- 5 Teaspoons date paste/syrup (or other healthy sweetener)
- 1/4 Teaspoon cocoa/carob powder
- 5 1/2 Tablespoons Soy Sauce (If you are following a gluten free diet, ensure you get a gluten free soy sauce)
- 2 Teaspoons apple cider vinegar
- 1 1/2 Tablespoons balsamic vinegar
- 1/2 Teaspoon oregano
- 1/2 Teaspoon dried basil

**Optional extras for extra calories**

- 1 piece of fruit of your choice twice a day
- Additional salad, fruit and nuts for optional snacks