



SUPER BLEND ME!

7-day shopping list

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|--------------|--|--------------|----------------------------------|
| 6tsp | Almond Butter | 2 | Raspberries (<i>Handfuls</i>) |
| 4tsp | Cashew Butter | 2tbsp | Peas |
| 3tsp | Coconut <i>or</i> Almond Butter | 14 | Banana (<i>Small</i>) |
| 3tsp | Tahini | 2 | Avocado (<i>Small</i>) |
| 1L | Almond Milk | 1 | Apple |
| 1L | Oat Milk | 4 | Lime |
| 1L | Coconut Milk (<i>carton not tin</i>) | 11 | Spinach (<i>Small Handful</i>) |
| 2.15L | Coconut Water | 8 | Kale (<i>Small Handful</i>) |
| 6tbsp | Yoghurt (<i>your choice i.e. bio-live, vegan, coconut</i>) | 7 | Mint (<i>Small Handful</i>) |
| 2tsp | Cocoa <i>or</i> Cocola | ½ | Pineapple |
| 4tbsp | Sunflower Seeds | 1 | Cucumber |
| 2tbsp | Oats | 100g | Protein Hemp Powder |
| 4 | Medjool Dates | 1bag | Ice |
| 3 | Mixed Berries (<i>Handfuls</i>) | | |
| 4 | Blueberries (<i>Handfuls</i>) | | |
| 3tbsp | Pomegranate Seeds | | |
| 3 | Strawberries (<i>Handfuls</i>) | | |



SUPER BLEND ME!

10-day shopping list

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|--------------|--|--------------|----------------------------------|
| 9tsp | Almond Butter | 3 | Raspberries (<i>Handfuls</i>) |
| 6tsp | Cashew Butter | 2tbsp | Peas |
| 4tsp | Coconut <i>or</i> Almond Butter | 21 | Banana (<i>Small</i>) |
| 5tsp | Tahini | 3 | Avocado (<i>Small</i>) |
| 1.7L | Almond Milk | 2 | Apple |
| 1.25L | Oat Milk | 6 | Lime |
| 1.5L | Coconut Milk (<i>carton not tin</i>) | 16 | Spinach (<i>Small Handful</i>) |
| 2.85L | Coconut Water | 12 | Kale (<i>Small Handful</i>) |
| 8tbsp | Yoghurt (<i>your choice i.e. bio-live, vegan, coconut</i>) | 9 | Mint (<i>Small Handful</i>) |
| 2tsp | Cocoa <i>or</i> Cocoa | 3/4 | Pineapple |
| 6tbsp | Sunflower Seeds | 1.5 | Cucumber |
| 2tbsp | Oats | 160g | Protein Hemp Powder |
| 5 | Medjool Dates | 2bag | Ice |
| 4 | Mixed Berries (<i>Handfuls</i>) | | |
| 6 | Blueberries (<i>Handfuls</i>) | | |
| 3tbsp | Pomegranate Seeds | | |
| 5 | Strawberries (<i>Handfuls</i>) | | |