



THE PESCI SHOPPING LIST



The Produce

Bakery

- 2 Gluten-Free Buns
- 2 Rye Bread Slices (or gluten-free alternative)

Canned Goods

- 250g Red Kidney Beans
- 100g Butter Beans / Lima Beans

Cereals

- 225g Rolled Oats

Condiments, Oils & Seasonings

- 75 ml Coconut Oil
- Himalayan Rock Salt
- Black Pepper (ground)
- 30ml Soy Sauce
- 325ml Extra Virgin Olive Oil
- 1 Stock Cube
- 70ml Balsamic Vinegar
- 45ml Sesame Oil

Dairy

- 150g Parmesan
- 80ml Crème Fraîche
- 450g Halloumi
- 45g Natural Yogurt (or vegan alternative)
- 12 Eggs (organic, free-range)
- 25g Butter (unsalted organic, or vegan alternative)

Delicatessen

- 70g Olives (pitted)
- 175g Sun-Dried Tomatoes

Drinks

- 400ml Coconut Water
- 1 litre Raw Almond Milk
- 600ml Half-Fat Coconut Milk

Dry Goods

- 150g Egg Noodles
- 150g Couscous
- 200g Risotto Rice
- 150g Basmati Rice

Freezer

- Ice

Fresh Herbs

- 130g Basil
- ½ Fennel bulb
- 150g Mint
- 10g Dill
- 15 Garlic cloves
- 100g Raw Ginger
- 10g Thyme
- 40g Coriander

Fish

- 4 Salmon Fillets
- 300g Monkfish
- 200g Fresh King Prawns (peeled, uncooked)

Dried Fruit, Nuts & Seeds

- 6g Dried Apricots
- 20g Raisins
- 20g Dried Cranberries

Turn Overleaf



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Produce Continued

- 45g Flaked Almonds
- 50g Pine Nuts
- 15g Fennel Seeds
- 25g Mixed Seeds (*sunflower, pepita, sesame, chia, etc.*)
- 150g Almonds
- 10g Sunflower Seeds
- 10g Pumpkin Seeds
- 100g Cashew Nuts

Produce

- 2 Pears
- ½ Cucumber
- 4½ Avocados
- 1½ Courgettes (*medium*)
- 2 Celery stalks
- 4 Red Chillis (*medium*)
- 1 Carrots (*medium*)
- 2 Parsnips (*large*)
- 2½ Red Bell Peppers
- 2 Yellow Bell Peppers
- 3½ Red Onions
- 8 Medjool Dates
- 2 Bananas
- 250g Spinach Leaves
- 5 Spring Onions
- 2 Oranges (*large*)
- 4 Lemons (*unwaxed*)
- 175g Fresh Garden Peas (*or frozen*)
- 40g Wild Rocket
- 2 Apples (*Golden Delicious or Gala*)
- 6 Sweet Potatoes
- 1 Raw Beetroots bulb
- 2 Beef Tomatoes (*large*)
- 20g Goji Berries
- 80g Blackberries

- 40g Blueberries
- 40g Raspberries
- 200g Mange Tout
- 100g Baby Leaf Spinach
- 60g Edamame Beans
- 1 Pak Choi
- 1 Limes (*unwaxed*)
- 1 Cauliflower
- 100g Mixed Berries (*blueberries, blackberries, raspberries, strawberries or seasonal*)
- 10 Tomatoes
- 1 Romaine Lettuce (*small*)
- 30 Cherry Tomatoes (*on the vine if possible*)
- 2 Portabello Mushrooms
- 60g Sugar Snap Peas
- 150g Broccoli
- 50g Kale
- 150g Asparagus

Spices

- 1.5g Ground Turmeric
- 2.5g Ground Cumin
- 2.5g Ground Red / Cayenne Pepper

Spreads

- 45g Almond Butter
- 30g Honey (*or natural vegan sweetener*)
- 30g Tahini Paste

SUPPLEMENTS

- 10g Spirulina

Misc

- 6 Wooden Skewers

