



7-DAY SUPER FAST FOOD DIET

pesce shopping list

2	Gluten-Free Buns	45g	Natural Yoghurt <i>(or vegan alternative)</i>	130g	Mint
2	Rye Bread Slices			10g	Dill
250g	Kidney Beans	12	Eggs <i>(organic, free-range)</i>	15	Garlic Cloves
100g	Butter/Lima Beans	25g	Butter <i>(Unsalted organic, or vegan alternative)</i>	100g	Raw Ginger
225g	Rolled Oats			10g	Thyme
75ml	Coconut Oil	70g	Olives <i>(Pitted)</i>	40g	Coriander
-	Himalayan Rock Salt	175g	Sun-Dried Tomatoes	4	Salmon Fillets
-	Black Pepper	400ml	Coconut Water	300g	Monkfish
30ml	Soy Sauce	1L	Raw Almond Milk	200g	Fresh King Prawns
325ml	Extra Virgin Olive Oil	600ml	Half-Fat Coconut Milk	6g	Dried Apricots
1	Stock Cube	150g	Egg Noodles	20g	Raisins
70ml	Balsamic Vinegar	150g	Couscous	20g	Dried Cranberries
45ml	Sesame Oil	200g	Risotto Rice	45g	Flaked Almonds
150g	Parmesan	150g	Basmati Rice	50g	Pine Nuts
80ml	Crème Fresh	Lots	Ice	15g	Fennel Seeds
450g	Halloumi	130g	Basil	25g	Mixed Berries <i>(Blueberries, Blackberries, Strawberries or Seasonal)</i>
		1/2	Fennel Bulb		

Please Turn Over



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150g Almonds	4 Lemons (<i>Unwaxed</i>)	1 Pak Choi
10g Sunflower Seeds	175g Fresh Garden Peas (<i>Or Frozen</i>)	10 Tomatoes
10g Pumpkin Seeds	40g Wild Rocket	1 Romaine Lettuce (<i>small</i>)
100g Cashew Nuts	2 Apples (<i>Golden delicious or Gala</i>)	30 Cherry Tomatoes
2 Pears	6 Sweet Potatoes	2 Portabello Mushrooms
1/2 Cucumber	1 Raw Beetroots Bulb	60g Sugar Snap Peas
4 1/2 Avocados	2 Beef Tomatoes (<i>Large</i>)	150g Broccoli
1 1/2 Courgettes (<i>Medium</i>)	20g Goji Berries	50g Kale
2 Celery Stalks	80g Blackberries	150g Asparagus
4 Red Chillis (<i>Medium</i>)	40g Blueberries	1.5g Ground Turmeric
1 Carrots (<i>Medium</i>)	40g Raspberries	2.5g Ground Cumin
2 Parsnips (<i>Large</i>)	40g Mange Tout	2.5g Ground Red/Cayenne Pepper
2 1/2 Red Bell Peppers	200g Baby Leaf Spinach	45g Almond Butter
2 Yellow Bell Peppers	100g Edamame Beans	30g Honey (<i>Or natural Vegan Sweetener</i>)
3 1/2 Red Onions	1 Limes (<i>Large</i>)	30g Tahini Paste
8 Medjool Dates	1 Cauliflower	10g Spirulina
2 Bananas	100g Mixed Berries (<i>Blueberries, Blackberries, Strawberries or Seasonal</i>)	6 Wooden Skewers