



# 7-DAY SUPER FAST FOOD DIET

## veggie shopping list

<b>2</b>	Gluten-Free Buns	<b>80ml</b>	Crème Fresh	<b>1/2</b>	Fennel Bulb
<b>2</b>	Rye Bread Slices	<b>450g</b>	Halloumi	<b>175g</b>	Mint
<b>500g</b>	Kidney Beans	<b>45g</b>	Natural Yoghurt <i>(or vegan alternative)</i>	<b>20g</b>	Dill
<b>200g</b>	Butter/Lima Beans	<b>12</b>	Eggs <i>(organic, free-range)</i>	<b>14</b>	Garlic Cloves
<b>225g</b>	Rolled Oats	<b>25g</b>	Butter <i>(Unsalted organic, or vegan alternative)</i>	<b>100g</b>	Raw Ginger
<b>45ml</b>	Coconut Oil	<b>70g</b>	Olives <i>(Pitted)</i>	<b>10g</b>	Thyme
-	Himalayan Rock Salt	<b>175g</b>	Sun-Dried Tomatoes	<b>10g</b>	Coriander
-	Black Pepper	<b>400ml</b>	Coconut Water	<b>6g</b>	Dried Apricots
<b>300ml</b>	Extra Virgin Olive Oil	<b>1L</b>	Raw Almond Milk	<b>20g</b>	Raisins
<b>30ml</b>	Apple Cider Vinegar	<b>600ml</b>	Half-Fat Coconut Milk	<b>20g</b>	Dried Cranberries
<b>1</b>	Vegetable Stock Cube	<b>300g</b>	Egg Noodles	<b>45g</b>	Flaked Almonds
<b>70ml</b>	Balsamic Vinegar	<b>150g</b>	Couscous	<b>50g</b>	Pine Nuts
<b>45ml</b>	Sesame Oil	<b>200g</b>	Risotto Rice	<b>15g</b>	Fennel Seeds
<b>7ml</b>	Dijon Mustard	<b>150g</b>	Basmati Rice	<b>25g</b>	Mixed Berries <i>(Blueberries, Blackberries, Strawberries or Seasonal)</i>
<b>110g</b>	Parmesan	<b>Lots</b>	Ice	<b>150g</b>	Almonds
		<b>100g</b>	Basil	<b>10g</b>	Sunflower Seeds
				<b>10g</b>	Pumpkin Seeds

Please Turn Over



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<b>100g</b>	Cashew Nuts	<b>2</b>	Apples ( <i>Golden delicious or Gala</i> )	<b>1</b>	Romaine Lettuce ( <i>small</i> )
<b>2</b>	Pears	<b>4</b>	Sweet Potatoes	<b>30</b>	Cherry Tomatoes
<b>1/2</b>	Cucumber	<b>1</b>	Raw Beetroots Bulb	<b>2</b>	Portabello Mushrooms
<b>4 1/2</b>	Avocados	<b>2</b>	Beef Tomatoes ( <i>Large</i> )	<b>60g</b>	Sugar Snap Peas
<b>2 1/2</b>	Courgettes ( <i>Medium</i> )	<b>20g</b>	Goji Berries	<b>150g</b>	Broccoli
<b>2</b>	Celery Stalks	<b>80g</b>	Blackberries	<b>50g</b>	Kale
<b>2</b>	Carrots ( <i>Medium</i> )	<b>40g</b>	Blueberries	<b>1.5g</b>	Ground Turmeric
<b>3</b>	Parsnips ( <i>Large</i> )	<b>40g</b>	Raspberries	<b>2.5g</b>	Ground Cumin
<b>4</b>	Red Bell Peppers	<b>120g</b>	Mange Tout	<b>2.5g</b>	Ground Red/Cayenne Pepper
<b>3</b>	Yellow Bell Peppers	<b>100g</b>	Baby Leaf Spinach	<b>45g</b>	Almond Butter
<b>4 1/2</b>	Red Onions	<b>60g</b>	Edamame Beans	<b>25g</b>	Honey ( <i>Or natural Vegan Sweetener</i> )
<b>8</b>	Medjool Dates	<b>2</b>	Limes ( <i>Large</i> )	<b>30g</b>	Tahini Paste
<b>2</b>	Bananas	<b>1/2</b>	Butternut Squash ( <i>Medium</i> )	<b>10g</b>	Spirulina
<b>250g</b>	Spinach Leaves	<b>5</b>	Red Chillis ( <i>Medium</i> )	<b>6</b>	Wooden Skewers
<b>3</b>	Spring Onions	<b>1</b>	Cauliflower		
<b>2</b>	Oranges ( <i>Large</i> )	<b>100g</b>	Mixed Berries ( <i>Blueberries, Blackberries, Strawberries or Seasonal</i> )		
<b>1 3/4</b>	Lemons ( <i>Unwaxed</i> )	<b>14</b>	Tomatoes		
<b>275g</b>	Fresh Garden Peas ( <i>Or Frozen</i> )				
<b>40g</b>	Wild Rocket				