

~ Let's Go Shopping ~
7 DAYS



~ Let's Go Shopping ~
10 / 14 / 21 DAYS



PRODUCE

QUANTITY FOR 7 DAYS

QUANTITY FOR 10 DAYS

QUANTITY FOR 14 DAYS

QUANTITY FOR 21 DAYS

| | | | | |
|---|--------------------|--------------------|--------------------|--------------------|
| Almond Butter | 6 teaspoons | 9 teaspoons | 12 teaspoons | 18 teaspoons |
| Cashew Butter | 4 teaspoons | 6 teaspoons | 8 teaspoons | 12 teaspoons |
| Coconut Almond Butter | 3 teaspoons | 4 teaspoons | 6 teaspoons | 9 teaspoons |
| Tahini | 3 teaspoons | 5 teaspoons | 6 teaspoons | 9 teaspoons |
| Almond Milk | 1000 ml | 1700 ml | 2000 ml | 3000 ml |
| Oat Milk | 1000 ml | 1250 ml | 2000 ml | 3000 ml |
| Coconut milk (carton not tin) | 1000 ml | 1500 ml | 2000 ml | 3000 ml |
| Coconut Water | 2150 ml | 2850 ml | 4300 ml | 6450 ml |
| Yoghurt (your choice i.e. bio-live, vegan, coconut) | 6 tablespoons | 8 tablespoons | 12 tablespoons | 18 tablespoons |
| Cacao or Cocoa | 2 heaped teaspoons | 2 heaped teaspoons | 4 heaped teaspoons | 6 heaped teaspoons |
| Sunflower Seeds | 4 tablespoons | 6 tablespoons | 8 tablespoons | 12 tablespoons |
| Oats | 2 tablespoons | 2 tablespoons | 4 tablespoons | 6 tablespoons |
| Medjool Dates | 4 | 5 | 8 | 12 |
| Mixed Berries | 3 handfuls | 4 handfuls | 6 handfuls | 9 handfuls |
| Blueberries | 4 handfuls | 6 handfuls | 8 handfuls | 12 handfuls |
| Pomegranate Seeds | 3 tablespoons | 3 tablespoons | 6 tablespoons | 9 tablespoons |
| Strawberries | 3 handfuls | 5 handfuls | 6 handfuls | 9 handfuls |
| Raspberries | 2 handfuls | 3 handfuls | 4 handfuls | 6 handfuls |
| Peas | 2 tablespoons | 2 tablespoons | 4 tablespoons | 6 tablespoons |
| Banana (small) | 14 | 21 | 28 | 42 |
| Avocado (medium) | 2 | 3 | 4 | 6 |
| Apple | 1 | 2 | 2 | 3 |
| Lime | 4 | 6 | 8 | 12 |
| Spinach | 11 small handfuls | 16 small handfuls | 22 small handfuls | 33 small handfuls |
| Kale | 8 small handfuls | 12 small handfuls | 16 small handfuls | 24 small handfuls |
| Mint | 7 small handfuls | 9 small handfuls | 14 small handfuls | 21 small handfuls |
| Pineapple | ½ | ¾ | 1 | 1.5 |
| Cucumber | 1 | 1.5 | 2 | 3 |
| Protein Powder (Hemp / Pea) | 100 grams | 160 grams | 200 grams | 300 grams |
| Ice | 1 bag | 1½ bags | 2 bags | 3 bags |