

~ Super Blend Me! ~

SHOPPING LIST



PRODUCE	QUANTITY FOR 7 DAYS	QUANTITY FOR 10 DAYS
Almond Butter	6 teaspoons	9 teaspoons
Cashew Butter	4 teaspoons	6 teaspoons
Coconut (x) Almond Butter	3 teaspoons	4 teaspoons
Tahini	3 teaspoons	5 teaspoons
Almond milk	1000 ml	1700 ml
Oat Milk	1000 ml	1250 ml
Coconut milk (carton not tin)	1000 ml	1500 ml
Coconut Water	2150 ml	2850 ml
Yogurt - (your choice i.e. bio-live, vegan, coconut)	6 tablespoons	8 tablespoons
Cacao or cocoa	2 heaped teaspoons	2 heaped teaspoons
Sunflower seeds	4 tablespoons	6 tablespoons
Oats	2 tablespoons	2 tablespoons
Dates (Medjool are best)	4	5
Mixed berries	3 handfuls	4 handfuls
Blueberries	4 handfuls	6 handfuls
Pomegranate Seeds	3 handfuls	3 handfuls
Strawberries	3 handfuls	5 handfuls
Raspberries	2 handfuls	3 handfuls
Peas	2 handfuls	2 handfuls
Banana (small)	14	21
Avocado (medium)	2	3
Apple	1	2
Lime	4	6
Spinach	11 handfuls	16 handfuls
Kale	8 handfuls	12 handfuls
Mint	7 handfuls	9 handfuls
Pineapple	1/2	3/4
Cucumber	1	1.5
Protein Powder (Hemp/Pea)	100 grams	160 grams
Ice	1 bag	1.5 bag