










# 21 DAY HEALTH REBOOT WEEK 01

## SHOPPING LIST

### CONDIMENTS

- balsamic vinegar
- 2 cans coconut milk
- vegetable stock
- 1 can white beans
- honey
- 250 ml tahini
- red lentils
- 2 cans red kidney beans / 1 kg dried beans
- 2 cans black beans
- 1 kg quinoa
- dried oregano
- smoked paprika 
- garam masala 
- turmeric
- cumin
- cardamom 
- cinnamon
- chilli powder 
- 1 packet tomato paste 
- 1 can tomatoes
- 1 kg sunflower seeds 
- 1 packet cranberries
- 1 kg moong dal 
- 1 kg dates

### FRUIT & VEGETABLES

-  1,5 kg carrots
-  2 packets baby carrots
-  1 punnet zucchini
-  2 red onions
-  4 beetroots
-  1 cucumber
-  3 heads cauliflower
-  1 kg sweet potato
-  2 red and yellow peppers
-  1 packet baby spinach
-  4 brown onions
-  1 bulb garlic
- 2 bunches coriander, dill, parsley, mint, basil
- 2 avocados
- 1 bunch swiss chard (*spinach*)
- 1 bunch kale
- 1 big knob ginger
- 4 lemons
- 1 bunch celery
- 1 red cabbage
- 1 kg tomatoes
- fresh fruit** - papaya, bananas, citrus, berries, apples
- lymphbuster ingredient**