



# 21 DAY HEALTH REBOOT WEEK 02

## SHOPPING LIST

### CONDIMENTS

- 2 cans coconut milk
- vegetable stock
- 1 kg brown lentils / 2 cans brown lentils
- 4 cans cannellini / 1 kg dry cannellini  
*(left over from previous week)*
- 1 packet quinoa
- nutmeg
- cranberries



### FRUIT & VEGETABLES



- 4 carrots
- 1 packet baby carrots
- 1 punnet of zucchini
- 1 head broccoli
- 2 red onions
- 5 beetroots
- 1 punnet brown mushrooms
- 1 butternut
- 2 heads cauliflower
- 3 sweet potatoes
- 2 red and yellow peppers
- 1 packet baby spinach
- 3 brown onions
- 1 bulb garlic
- fresh herbs** - 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 kg tomatoes
- fresh fruit for juices + detox teas**
- papaya, berries, bananas, apples, citrus