



21 DAY

HEALTH REBOOT

WEEK 03

SHOPPING LIST

CONDIMENTS

- tahini
- 2 cans tomato
- kalamata olives
- raisins
- cranberries
- 1 packet dried chickpeas
- 1 can brown lentils
- quinoa
- 1 can cannellini beans
- 1 kg dried chickpeas
- 200 g dried red kidney beans,
400 g canned beans
- 1 packet tomato paste
- 1 kg brown rice
- 1 kg moong dal



FRUIT & VEGETABLES



- 1 kg carrots
- 1 kg beetroot
- 2 red onions
- 2 heads cauliflower
- 1 packet baby spinach
- 1 kg brown onions
- 1 bulb garlic
- 1 bunch coriander
- 2 avocados
- fresh fruit
- 1 bunch swiss chard (*spinach*)
- 1 bunch kale
- 1 big knob ginger
- lemons
- 1 bunch celery
- 1 white cabbage
- fresh herbs** - parsley, dill, basil, coriander, mint
- fresh fruit** - citrus, berries, papaya, bananas, apples
- detox tea ingredients