Shopping List



To prepare your grocery list while Rebooting, select your juices and complete the Daily Guide, or read through the plan you are following.

Decide how many days you are shopping for, and use the template to write down the quantity of each ingredient you will need to make your recipes. Add up the amount of each ingredient to create your shopping list.

VEGETABLES	For each recipe I need	To buy	Vegetables cont.	For each recipe I need \	To buy
Acorn Squash (Baby Pumpkin)			Radish		
Arugula (Rocket)			Red Chili Peppers (Chillies)		
Asparagus			Romaine Lettuce (Cos Lettuce)		
Avocado			Scallions (Spring Onion)		
Beets (Beetroot)			Spinach		
Bell Peppers (Capsicum, Sweet) Peppers) Red/Yellow/Green			Summer Squash		
			Sweet Potato		
Bok Choy			Tomato		
Butternut Squash (Butternut Pumpkin)			Zucchini (Courgette)		
Broccoli					
Cabbage, Green			FOLUT	Farmer by a discount	To leave
Cabbage, Red			FRUIT	For each recipe I need	To buy
Carrots			Apples, Green		
Celery Sticks			Apples, Red		
Celery Root (Celeriac)			Bananas		
Chard (Silverbeet)			Blueberries		
Collards			Coconut		
Cucumber			Fresh / Frozen Berries		
Eggplant (Aubergine)			Grapefruit		
Fennel			Grapes		
Kale (Tuscan Cabbage)			Honeydew Melon		
Leafy Greens			Kiwi Fruit		
Leek			Lemons		
Mushroom			Limes		
Onion			Mango		
Parsnip			Orange		
Portobello Mushroom			Peach		

Fruit cont.	For each recipe I need	To buy
Pear		
Pineapple		
Strawberries		
Watermelon		

OTHER	For each recipe I need	To buy
Balsamic Vinegar		
Basil		
Black Pepper		
Cayenne Pepper		
Cilantro (Coriander)		
Cinnamon		
Coconut Oil (Virgin/Unrefined)		
Coconut Water		
Cumin		
Dates		
Garlic		
Ginger Root		
Hemp Seeds		
Herbal Teas (whichever you enjoy)		
Honey		
Low Sodium Soy Sauce		
Mint		
Nutmeg		
Olive Oil		
Parchment Paper		
Parsley		
Plant-Based Protein Powder		
Raisins		
Red Pepper Flakes		

Other cont.	For each recipe I need	To buy
Rice Vinegar		
Sage		
Sea Salt		
Stevia/Coconut Sugar		
Sweet Paprika		
Tamari		
Thyme		
Vegetable Stock		

NOTES	