

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
Acorn Squash (Baby Pumpkin)		
Arugula (Rocket)		
Asparagus		
Avocado		
Beets (Beetroot)		
Bell Peppers (Capsicum, Sweet Peppers) Red/Yellow/Green		
Bok Choy		
Butternut Squash (Butternut Pumpkin)		
Broccoli		
Cabbage, Green		
Cabbage, Red		
Carrots		
Celery Sticks		
Celery Root (Celeriac)		
Chard (Silverbeet)		
Collards		
Cucumber		
Eggplant (Aubergine)		
Fennel		
Kale (Tuscan Cabbage)		
Leafy Greens		
Leek		
Mushroom		
Onion		
Parsnip		
Portobello Mushroom		

Vegetables cont.	For each recipe I need \	To buy
Radish		
Red Chili Peppers (Chillies)		
Romaine Lettuce (Cos Lettuce)		
Scallions (Spring Onion)		
Spinach		
Summer Squash		
Sweet Potato		
Tomato		
Zucchini (Courgette)		
FRUIT	For each recipe I need	To buy
Apples, Green		
Apples, Red		
Bananas		
Blueberries		
Coconut		
Fresh / Frozen Berries		
Grapefruit		
Grapes		
Honeydew Melon		
Kiwi Fruit		
Lemons		
Limes		
Mango		
Orange		
Peach		

