

✓ MY BESTOW SUMMER CLEANSE SHOPPING LIST DAYS 1-4



✓	ITEM	QTY
FRESH PRODUCE		
	Apple	1
	Avocado	6
	Bananas	3
	Basil pot	1
	Beetroot, small	2
	Blueberries, punnet	1
	Broccoli head	2
	Buttercup pumpkin	1
	Cabbage, red or green	1/2
	Cauliflower head	1
	Coriander pot	2
	Cucumber telegraph	1
	Fresh ginger	1
	Fresh pineapple	1
	Garlic head	1
	Golden kiwifruit	2
	Italian parsley pot	2
	Lemons	7
	Limes (or one lemon)	2
	Medjool dates, each	2
	Mint pot	1
	Onion	1
	Pomegranate (optional)	1
	Red capsicum, (optional)	1
	Red onion	1
	Spinach bag (double the quantity if you would like to eat more leafy greens)	2
	Spring onion, bunch	1
	Sprouts, any are fine	1
	Sweet potato, medium size	4
	Tomatoes, cherry punnet	1
	Zucchini, small	1
BUTCHERY & DELI		
	Chicken, medium fillets	2
	Smoked salmon, 150g pack	1
	Snapper, tarakihi or gurnard fillet	1

✓	ITEM	QTY
GROCERY		
	Almond milk, 1 ltr (fortified with calcium)	1
	Apple cider vinegar	1
	Black pepper	1
	Brown rice	1
	Chickpeas, 400g tin	1
	Coconut threads, small packet	1
	Coconut yoghurt	1
	Cumin	1
	Dijon mustard	1
	Eggs, dozen	1
	Himalayan salt	1
	Olive oil, small bottle	1
	Pumpkin seeds, 250-300gm packet	1
	Rice flour, packet (preferably brown)	1
	Sunflower seeds, small packet	1
	Turmeric ground	1
	Vanilla extract, small bottle	1
	Salmon wild, tinned, 85g	2
HEALTH/ORGANIC		
	Blackstrap molasses, small	1
	Buckwheat groats	1
	Cacao nibs, small pack (optional)	1
	Cacao powder, small pack	1
	Chia seeds, small pack	1
	Coconut oil, small container	1
	Quinoa puffs, packet (optional)	1
	Rice syrup, small jar	1
	Sauerkraut, large jar	1
	Vege or chicken stock, organic cubes	1
OTHER		
	Bamboo skewers, packet	1
	Baking paper muffin tin liners, pack	1
	Baking paper, roll	1
	Epsom Salts, small bag for bathing	1
	Lavendar Essential Oil, small for bathing	1

☑ MY BESTOW SUMMER CLEANSE
SHOPPING LIST DAYS 5-7



☑	ITEM	QTY
FRESH PRODUCE		
	Avocado	3
	Asparagus or green beans, small bunch	1
	Bananas	2
	Broccoli head	1
	Carrots, small	2
	Coriander pot	1
	Corn cob	1
	Italian parsley pot	1
	Lemons	3
	Onion	1
	Spinach, bag (double the quantity if you would like to eat more leafy greens)	1
	Sweet potato, medium size	2

☑	ITEM	QTY
BUTCHERY & DELI		
	Smoked Salmon 150g	1
	Chicken, medium fillets	2