

✓ MY BESTOW WINTER CLEANSE SHOPPING LIST DAYS 1-4



✓	ITEM	QTY
FRESH PRODUCE		
	Bananas, fair trade	8
	Broccoli head	1
	Buttercup pumpkin	1½
	Cabbage	half
	Carrots	4
	Celery bunch	half
	Coriander, pots	2
	Fresh ginger	10 cm
	Garlic head	2
	Italian parsley, pots	3
	Leek	1
	Lemons	10
	Medjool dates, each or a packet	14
	Onions	5
	Pears	1
	Spinach, bag (<i>double the quantity if you would like to eat more leafy greens</i>)	2
	Spring onion, bunch	1
	Sweet potato, medium size (<i>Kumara</i>)	4
BUTCHERY & DELI		
	Chicken, boneless thigh fillets	400g
	Chicken, whole free range	half
HEALTH/ORGANIC		
	Blackstrap molasses, jar	1
	Brown rice, bag	1
	Brown rice flour, bag	1
	Buckwheat flour, bag	1
	Buckwheat, groats, bag	1
	Cacao, small bag	1
	Cacao nibs, small bag	1
	Chia seeds, small bag	1
	Coconut Oil, small jar	1
	Lentils, 400g tin	1
	Millet, puffed, bag	1
	Rice syrup, small jar	1
	Sauerkraut, jar	1
	Tahini, small jar	1
OTHER		
	Baking paper, roll	1
	Epsom Salts, small bag for bathing	1
	Lavendar Essential Oil, small for bathing	1

✓	ITEM	QTY
GROCERY		
	Almonds, whole, 70g packet	1
	Almond Meal, 70g packet	1
	Almond Milk, unsweetened	2 litres
	Almonds, slivered, 70g packet	2
	Apple Cider Vinegar, bottle	1
	Baking powder, packet	1
	Baking soda, packet	1
	Bay leaves, packet	1
	Cannellini beans, 400g tin	1
	Cardamom, packet	1
	Chickpeas, 400g tin	1
	Cinnamon, packet	1
	Coconut milk, 400ml tin	1
	Coconut yoghurt (dairy free), large jar	1
	Coconut, long thread, bag	1
	Coriander, ground, packet	1
	Cumin seeds, packet	1
	Cumin, ground, packet	1
	Curry powder, packet	1
	Eggs, free range	1/2 dozen
	Fennel seeds, packet	1
	Garam Marsala, packet	1
	Ginger, ground, packet	1
	Olive oil, bottle	1
	Olives, green, pitted, small jar	1
	Peppercorns, packet	1
	Prunes, pitted, bag	1
	Pumpkin seeds, bag	1
	Raisins, bag	1
	Himalayan Salt, bag	1
	Sesame oil, small bottle	1
	Sesame seeds, packet	1
	Sunflowers seeds, bag	1
	Tamari, bottle	1
	Tomatoes, organic chopped, 400g tin	2
	Turmeric, ground, packet	1
	Vanilla Essence, small bottle	1
	Walnuts, 70g packet	1
	Wild Salmon, 200g tin	1

MY BESTOW WINTER CLEANSE
SHOPPING LIST DAYS 5-7



<input checked="" type="checkbox"/>	ITEM	QTY
WHOLE LIST		
	Coriander, pot	2
	Mushrooms, portobello	4
	Thyme, packet or pot	1
	Spinach, bag	1
	Rocket, bag	1
	Italian parsley, pot	1
	Broccoli, head	1
	Chicken, drumsticks	6
	Fish, snapper fillet	1