## 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 (double the quantity if you would like to eat more leafy greens)	2	
Spring onion, bunch	1	
Sweet potato, medium size (Kumara)	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	

Almonds, whole, 70g packet  Almond Meal, 70g packet  Almond Milk, unsweetened  Almonds, slivered, 70g packet  Almonds, slivered, 70g packet  Apple Cider Vinegar, bottle  Baking powder, packet  Baking soda, packet  Bay leaves, packet  Cannellini beans, 400g tin  Cinnamon, packet  Cinnamon, packet  Cinnamon, packet  Coconut milk, 400ml tin  Coconut, long thread, bag  Coriander, ground, packet  Cumin, ground, packet  Cumin, ground, packet  Curry powder, packet  1  Eggs, free range  Fennel seeds, packet  Ginger, ground, packet  Cliner, ground, packet  Dive oil, bottle  Olives, green, pitted, small jar  Peppercorns, packet  Prunes, pitted, bag  Pumpkin seeds, bag  Raisins, bag  Himalayan Salt, bag  Sesame seeds, packet  Sunflowers seeds, bag  Tamari, bottle  Tomatoes, organic chopped, 400g tin  Z litres  1  Lalieres  1  Lalieres  1  Lalieres  Lalier			0.T.V			
Almonds, whole, 70g packet  Almond Meal, 70g packet  Almond Milk, unsweetened  Almonds, slivered, 70g packet  Apple Cider Vinegar, bottle  Baking powder, packet  Bay leaves, packet  Cannellini beans, 400g tin  Cardamom, packet  Chickpeas, 400g tin  Cinnamon, packet  Coconut milk, 400ml tin  Coconut, long thread, bag  Coriander, ground, packet  Cumin, ground, packet  Curry powder, packet  1  Cardamom, packet  1  Coconut, long thread, bag  1/2 dozen  Fennel seeds, packet  1  Curry powder, packet  1  Coconut, long thread, bag  1/2 dozen  Fennel seeds, packet  1  Curry powder, packet  1  Coconut, long tire, packet  1  Cocon	V	ITEM	QTY			
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 milk, 400ml tin         1           Coconut, long thread, bag         1           Coriander, ground, packet         1           Cumin seeds, packet         1           Cumin seeds, 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	GRO	GROCERY				
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 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 Raisins, bag 1 Famari, 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		Almonds, whole, 70g packet	1			
Almonds, slivered, 70g packet  Apple Cider Vinegar, bottle  Baking powder, packet  Baking soda, packet  1  Bay leaves, packet  1  Cannellini beans, 400g tin  Cardamom, packet  1  Chickpeas, 400g tin  Cinnamon, packet  Coconut milk, 400ml tin  Coconut yoghurt (dairy free), large jar  Coconut, long thread, bag  Coriander, ground, packet  Cumin, ground, packet  Curry powder, packet  1  Eggs, free range  1/2 dozen  Fennel seeds, packet  Ginger, ground, packet  Clive oil, bottle  Olive oil, bottle  Olives, green, pitted, small jar  Peppercorns, packet  Prunes, pitted, bag  Pumpkin seeds, bag  Himalayan Salt, bag  Sesame oil, small bottle  Sesame seeds, packet  Sunflowers seeds, bag  Tamari, bottle  Tomatoes, organic chopped, 400g tin  2  Turmeric, ground, packet  1  Vanilla Essence, small bottle  Vanilla Essence, small bottle  Turmeric, ground, packet  1  Vanilla Essence, small bottle		Almond Meal, 70g packet	1			
Apple Cider Vinegar, bottle  Baking powder, packet  Baking soda, packet  1 Baking soda, packet  1 Cannellini beans, 400g tin  Cardamom, packet  1 Chickpeas, 400g tin  Cinnamon, packet  1 Coconut milk, 400ml tin  Coconut yoghurt (dairy free), large jar  Coconut, long thread, bag  Coriander, ground, packet  1 Cumin, ground, packet  Cumin, ground, packet  Curry powder, packet  Eggs, free range  1/2 dozen  Fennel seeds, packet  Garam Marsala, packet  Ginger, ground, packet  Olive oil, bottle  Olives, green, pitted, small jar  Peppercorns, packet  Prunes, pitted, bag  Pumpkin seeds, bag  Raisins, bag  Himalayan Salt, bag  Sesame oil, small bottle  Sesame seeds, packet  1 Comatoes, organic chopped, 400g tin  Turmeric, ground, packet  1 Vanilla Essence, small bottle  1 Vanilla Essence, small bottle		Almond Milk, unsweetened	2 litres			
Baking powder, packet  Baking soda, packet  1 Bay leaves, packet  1 Cannellini beans, 400g tin  Cardamom, packet  1 Chickpeas, 400g tin  Cinnamon, packet  1 Coconut milk, 400ml tin  Coconut, long thread, bag  Coriander, ground, packet  1 Cumin, ground, packet  1 Curry powder, packet  1 Eggs, free range  Fennel seeds, packet  Ginger, ground, packet  Olive oil, bottle  Olives, green, pitted, small jar  Peppercorns, packet  Prunes, pitted, bag  Raisins, bag  Himalayan Salt, bag  Sesame seeds, packet  Sunflowers seeds, bag  Tamari, bottle  Tomatoes, organic chopped, 400g tin  Turmeric, ground, packet  Tundal Salt, bag  Turmeric, ground, packet		Almonds, slivered, 70g packet	2			
Baking soda, packet  Bay leaves, packet  Cannellini beans, 400g tin  Cardamom, packet  Chickpeas, 400g tin  Cinnamon, packet  Coconut milk, 400ml tin  Coconut yoghurt (dairy free), large jar  Coconut, long thread, bag  Coriander, ground, packet  Cumin seeds, packet  Curry powder, packet  Curry powder, packet  Eggs, free range  Fennel seeds, packet  Ginger, ground, packet  Ginger, ground, packet  Olive oil, bottle  Olives, green, pitted, small jar  Peppercorns, packet  Prunes, pitted, bag  Raisins, bag  Himalayan Salt, bag  Sesame oil, small bottle  Sesame seeds, packet  Sunflowers seeds, bag  Tamari, bottle  Tomatoes, organic chopped, 400g tin  Zurmeric, ground, packet  Vanilla Essence, small bottle  Vanilla Essence, small bottle		Apple Cider Vinegar, bottle	1			
Bay leaves, packet  Cannellini beans, 400g tin  Cardamom, packet  Chickpeas, 400g tin  Cinnamon, packet  Coconut milk, 400ml tin  Coconut yoghurt (dairy free), large jar  Coconut, long thread, bag  Coriander, ground, packet  Cumin seeds, packet  Curry powder, packet  Eggs, free range  Fennel seeds, packet  Ginger, ground, packet  Ginger, ground, packet  Olive oil, bottle  Olives, green, pitted, small jar  Peppercorns, packet  Prunes, pitted, bag  Pumpkin seeds, bag  Himalayan Salt, bag  Sesame oil, small bottle  Sesame seeds, packet  Sunflowers seeds, bag  Tamari, bottle  Tomatoes, organic chopped, 400g tin  Zurmeric, ground, packet  Vanilla Essence, small bottle  Vanils Essence, small bottle  1  Vanils Essence, small bottle  Vanils Essence, small bottle		Baking powder, packet	1			
Cannellini beans, 400g tin  Cardamom, packet  Chickpeas, 400g tin  Cinnamon, packet  Coconut milk, 400ml tin  Coconut yoghurt (dairy free), large jar  Coconut, long thread, bag  Coriander, ground, packet  Cumin seeds, packet  Curry powder, packet  Eggs, free range  Fennel seeds, packet  Garam Marsala, packet  Ginger, ground, packet  Clive oil, bottle  Olive oil, bottle  Olives, green, pitted, small jar  Peppercorns, packet  Prunes, pitted, bag  Raisins, bag  Himalayan Salt, bag  Sesame oil, small bottle  Sesame seeds, packet  Sunflowers seeds, bag  Tamari, bottle  Tomatoes, organic chopped, 400g tin  Zurmeric, ground, packet  Vanilla Essence, small bottle  Vanils Essence, small bottle  Uvaniuts, 70g packet		Baking soda, packet	1			
Cardamom, packet  Chickpeas, 400g tin  Cinnamon, packet  Coconut milk, 400ml tin  Coconut yoghurt (dairy free), large jar  Coconut, long thread, bag  Coriander, ground, packet  Cumin seeds, packet  Cumin, ground, packet  Curry powder, packet  Eggs, free range  1/2 dozen  Fennel seeds, packet  Garam Marsala, packet  Ginger, ground, packet  Olive oil, bottle  Olives, green, pitted, small jar  Peppercorns, packet  Prunes, pitted, bag  Pumpkin seeds, bag  Raisins, bag  Himalayan Salt, bag  Sesame oil, small bottle  Sesame seeds, packet  Sunflowers seeds, bag  Tamari, bottle  Tomatoes, organic chopped, 400g tin  Zurmeric, ground, packet  Vanilla Essence, small bottle  1  Walnuts, 70g packet  1		Bay leaves, packet	1			
Chickpeas, 400g tin Cinnamon, packet Cinnamon, packet Coconut milk, 400ml tin Coconut yoghurt (dairy free), large jar Coconut, long thread, bag Coriander, ground, packet Cumin seeds, packet Cumin, ground, packet Curry powder, packet Eggs, free range I/2 dozen Fennel seeds, packet Ginger, ground, packet  Clive oil, bottle Olive oil, bottle Olives, green, pitted, small jar Peppercorns, packet Prunes, pitted, bag Pumpkin seeds, bag Raisins, bag Himalayan Salt, bag Sesame oil, small bottle Sesame seeds, packet Sunflowers seeds, bag Tamari, bottle Tomatoes, organic chopped, 400g tin Turmeric, ground, packet Vanilla Essence, small bottle Turmeric, ground, packet Vanilla Essence, small bottle		Cannellini beans, 400g tin	1			
Cinnamon, packet  Coconut milk, 400ml tin  Coconut yoghurt (dairy free), large jar  Coconut, long thread, bag  Coriander, ground, packet  Cumin seeds, packet  Curry powder, packet  Eggs, free range  Fennel seeds, packet  Ginger, ground, packet  Clive oil, bottle  Olive oil, bottle  Olives, green, pitted, small jar  Peppercorns, packet  Prunes, pitted, bag  Pumpkin seeds, bag  Raisins, bag  Himalayan Salt, bag  Sesame oil, small bottle  Sesame seeds, packet  1  Coriander, ground, packet  1  Curry powder, packet  1  Curry powder  1  Curry powde		Cardamom, packet	1			
Coconut milk, 400ml tin  Coconut yoghurt (dairy free), large jar  Coconut, long thread, bag  Coriander, ground, packet  Cumin seeds, packet  Cumin, ground, packet  Curry powder, packet  Eggs, free range  1/2 dozen  Fennel seeds, packet  Garam Marsala, packet  Clive oil, bottle  Olive oil, bottle  Olives, green, pitted, small jar  Peppercorns, packet  Prunes, pitted, bag  Pumpkin seeds, bag  Himalayan Salt, bag  Sesame oil, small bottle  Sesame seeds, packet  Tomatoes, organic chopped, 400g tin  Turmeric, ground, packet  Vanilla Essence, small bottle  1  Vanilla Essence, small bottle  1  Vanilla Essence, small bottle  1  Walnuts, 70g packet  1		Chickpeas, 400g tin	1			
Coconut yoghurt (dairy free), large jar  Coconut, long thread, bag  Coriander, ground, packet  Cumin seeds, packet  Cumin, ground, packet  Curry powder, packet  Eggs, free range  Fennel seeds, packet  Garam Marsala, packet  Ginger, ground, packet  Olive oil, bottle  Olives, green, pitted, small jar  Peppercorns, packet  Prunes, pitted, bag  Pumpkin seeds, bag  Raisins, bag  Himalayan Salt, bag  Sesame oil, small bottle  Sesame seeds, packet  Tomatoes, organic chopped, 400g tin  Turmeric, ground, packet  Vanilla Essence, small bottle  1  Vanilla Essence, small bottle  1  Walnuts, 70g packet  1  Coriander, ground, packet  1  1  1  1  1  1  1  1  1  1  1  1  1		Cinnamon, packet	1			
Coconut, long thread, bag  Coriander, ground, packet  Cumin seeds, packet  Cumin, ground, packet  Curry powder, packet  Eggs, free range  I/2 dozen  Fennel seeds, packet  Garam Marsala, packet  Ginger, ground, packet  Olive oil, bottle  Olives, green, pitted, small jar  Peppercorns, packet  Prunes, pitted, bag  Pumpkin seeds, bag  Raisins, bag  Himalayan Salt, bag  Sesame oil, small bottle  Sesame seeds, packet  Tomatoes, organic chopped, 400g tin  Turmeric, ground, packet  Vanilla Essence, small bottle  Walnuts, 70g packet  1  Curry powdet  1  1  1  1  1  1  1  1  1  1  1  1  1		Coconut milk, 400ml tin	1			
Coriander, ground, packet  Cumin seeds, packet  Cumin, ground, packet  Curry powder, packet  Eggs, free range  Fennel seeds, packet  Garam Marsala, packet  Ginger, ground, packet  Olive oil, bottle  Olives, green, pitted, small jar  Peppercorns, packet  1  Prunes, pitted, bag  Pumpkin seeds, bag  Raisins, bag  Himalayan Salt, bag  Sesame oil, small bottle  Sesame seeds, packet  Sunflowers seeds, bag  Tamari, bottle  Tomatoes, organic chopped, 400g tin  Turmeric, ground, packet  Vanilla Essence, small bottle  Walnuts, 70g packet  1		Coconut yoghurt (dairy free), large jar	1			
Cumin seeds, packet  Cumin, ground, packet  Curry powder, packet  Eggs, free range  I/2 dozen  Fennel seeds, packet  Garam Marsala, packet  Ginger, ground, packet  Olive oil, bottle  Olives, green, pitted, small jar  Peppercorns, packet  Prunes, pitted, bag  Pumpkin seeds, bag  Raisins, bag  Himalayan Salt, bag  Sesame oil, small bottle  Sesame seeds, packet  Sunflowers seeds, bag  Tamari, bottle  Tomatoes, organic chopped, 400g tin  Turmeric, ground, packet  Vanilla Essence, small bottle  Walnuts, 70g packet  1		Coconut, long thread, bag	1			
Cumin, ground, packet  Curry powder, packet  Eggs, free range  I/2 dozen  Fennel seeds, packet  Garam Marsala, packet  Ginger, ground, packet  Olive oil, bottle  Olives, green, pitted, small jar  Peppercorns, packet  Prunes, pitted, bag  Pumpkin seeds, bag  Raisins, bag  Himalayan Salt, bag  Sesame oil, small bottle  Sesame seeds, packet  Tomatoes, organic chopped, 400g tin  Vanilla Essence, small bottle  1  Curry powder, packet  1  1  1  1  1  1  1  1  1  1  1  1  1		Coriander, ground, packet	1			
Cumin, ground, packet  Curry powder, packet  Eggs, free range  I/2 dozen  Fennel seeds, packet  Garam Marsala, packet  Ginger, ground, packet  Olive oil, bottle  Olives, green, pitted, small jar  Peppercorns, packet  Prunes, pitted, bag  Pumpkin seeds, bag  Raisins, bag  Himalayan Salt, bag  Sesame oil, small bottle  Sesame seeds, packet  Tomatoes, organic chopped, 400g tin  Vanilla Essence, small bottle  1  Curry powder, packet  1  1  1  1  1  1  1  1  1  1  1  1  1		Cumin seeds, packet	1			
Eggs, free range Fennel seeds, packet Garam Marsala, packet Ginger, ground, packet Olive oil, bottle Olives, green, pitted, small jar Peppercorns, packet 1 Prunes, pitted, bag Pumpkin seeds, bag 1 Raisins, bag 1 Himalayan Salt, bag Sesame oil, small bottle Sesame seeds, packet 1 Sunflowers seeds, bag 1 Tamari, bottle 1 Tomatoes, organic chopped, 400g tin Turmeric, ground, packet Vanilla Essence, small bottle 1 Walnuts, 70g packet 1  1  1  1  1  1  1  1  1  1  1  1  1			1			
Fennel seeds, packet  Garam Marsala, packet  Ginger, ground, packet  Olive oil, bottle  Olives, green, pitted, small jar  Peppercorns, packet  Prunes, pitted, bag  Pumpkin seeds, bag  Raisins, bag  Himalayan Salt, bag  Sesame oil, small bottle  Sesame seeds, packet  Sunflowers seeds, bag  Tamari, bottle  Tomatoes, organic chopped, 400g tin  Vanilla Essence, small bottle  Walnuts, 70g packet  1		Curry powder, packet	1			
Garam Marsala, packet  Ginger, ground, packet  Olive oil, bottle  Olives, green, pitted, small jar  Peppercorns, packet  Prunes, pitted, bag  Pumpkin seeds, bag  Raisins, bag  Himalayan Salt, bag  Sesame oil, small bottle  Sesame seeds, packet  Sunflowers seeds, bag  Tamari, bottle  Tomatoes, organic chopped, 400g tin  Vanilla Essence, small bottle  Walnuts, 70g packet  1		Eggs, free range	1/2 dozen			
Ginger, ground, packet  Olive oil, bottle  Olives, green, pitted, small jar  Peppercorns, packet  Prunes, pitted, bag  Pumpkin seeds, bag  Raisins, bag  Himalayan Salt, bag  Sesame oil, small bottle  Sesame seeds, packet  Sunflowers seeds, bag  Tamari, bottle  Tomatoes, organic chopped, 400g tin  Vanilla Essence, small bottle  Walnuts, 70g packet  1		Fennel seeds, packet	1			
Olive oil, bottle  Olives, green, pitted, small jar  Peppercorns, packet  1  Prunes, pitted, bag  Pumpkin seeds, bag  Raisins, bag  Himalayan Salt, bag  Sesame oil, small bottle  Sesame seeds, packet  Sunflowers seeds, bag  Tamari, bottle  Tomatoes, organic chopped, 400g tin  Vanilla Essence, small bottle  Walnuts, 70g packet  1		Garam Marsala, packet	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		Ginger, ground, packet	1			
Peppercorns, packet  Prunes, pitted, bag  Pumpkin seeds, bag  Raisins, bag  Himalayan Salt, bag  Sesame oil, small bottle  Sesame seeds, packet  Sunflowers seeds, bag  Tamari, bottle  Tomatoes, organic chopped, 400g tin  Turmeric, ground, packet  Vanilla Essence, small bottle  Walnuts, 70g packet  1		Olive oil, bottle	1			
Prunes, pitted, bag Pumpkin seeds, bag Raisins, bag 1 Himalayan Salt, bag 1 Sesame oil, small bottle Sesame seeds, packet Sunflowers seeds, bag 1 Tamari, bottle Tomatoes, organic chopped, 400g tin 2 Turmeric, ground, packet Vanilla Essence, small bottle 1 Walnuts, 70g packet 1		Olives, green, pitted, small jar	1			
Prunes, pitted, bag Pumpkin seeds, bag Raisins, bag 1 Himalayan Salt, bag 1 Sesame oil, small bottle Sesame seeds, packet Sunflowers seeds, bag 1 Tamari, bottle Tomatoes, organic chopped, 400g tin 2 Turmeric, ground, packet Vanilla Essence, small bottle 1 Walnuts, 70g packet 1		Peppercorns, packet	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			1			
Himalayan Salt, bag  Sesame oil, small bottle  Sesame seeds, packet  Sunflowers seeds, bag  Tamari, bottle  Tomatoes, organic chopped, 400g tin  Turmeric, ground, packet  Vanilla Essence, small bottle  Walnuts, 70g packet  1		Pumpkin seeds, 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		Raisins, bag	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		Himalayan Salt, bag	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			1			
Tamari, bottle 1 Tomatoes, organic chopped, 400g tin 2 Turmeric, ground, packet 1 Vanilla Essence, small bottle 1 Walnuts, 70g packet 1		Sesame seeds, packet	1			
Tamari, bottle 1 Tomatoes, organic chopped, 400g tin 2 Turmeric, ground, packet 1 Vanilla Essence, small bottle 1 Walnuts, 70g packet 1		Sunflowers seeds, bag	1			
Tomatoes, organic chopped, 400g tin 2 Turmeric, ground, packet 1 Vanilla Essence, small bottle 1 Walnuts, 70g packet 1		•	1			
Turmeric, ground, packet 1  Vanilla Essence, small bottle 1  Walnuts, 70g packet 1		Tomatoes, organic chopped, 400g tin	2			
Vanilla Essence, small bottle 1 Walnuts, 70g packet 1			1			
Walnuts, 70g packet 1			1			
			1			
		Wild Salmon, 200g tim	1			

## MY BESTOW WINTER CLEANSE SHOPPING LIST DAYS 5-7



$\overline{\checkmark}$	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	