

# ✓ MY BESTOW LOVE YOUR GUT PROGRAMME SHOPPING LIST

## SHOPPING LIST DAYS 1-4

✓	ITEM	QTY
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### FRESH PRODUCE

	Apples	2
	Asparagus, spears (optional)	5
	Avocados (optional)	2
	Bananas, fair trade	4
	Berries, frozen, 500g bag (no strawberries)	2
	Broccoli, heads	2
	Carrot, small	12
	Cauliflower, head	half
	Celery	half
	Coriander, pot	3
	Fresh ginger	1
	Garlic, head	3
	Italian parsley, pot	2
	Kale, bag	1
	Leek	1
	Lemons	9
	Microgreens, pottle	1
	Onion	4
	Parsnip	2
	Pumpkin	half
	Spinach, bag	1
	Spring onion, bunch	1
	Sweet potato, medium to large size	12

### BUTCHERY & DELI

	Chicken, half	1
	Chicken, thighs	400g

### HEALTH/ORGANIC

	Blackstrap molasses, small	1
	Sauerkraut, large jar	1
	Kombucha - 100ml per day	700ml

### OTHER

	Good quality baking paper, roll	1
	Epsom salts, small bag for bathing	1
	Lavender Essential Oil, small bottle for bathing	1
	Snap lock bags sandwich size, packet	1

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### GROCERY

	Salmon, wild, 95g tin	1
	Coconut milk, litre	1.5
	Apple cider vinegar, small bottle	1
	Bay leaves, packet	1
	Cinnamon, packet	1
	Coconut threads, small packet	1
	Coconut yoghurt, jar	1
	Coconut aminos, bottle	1
	Ginger, ground, packet	1
	Himalayan salt, grinder	1
	Honey, small jar	1
	Olive oil, small bottle	1
	Raisins, small packet	1
	Mixed herbs, packet	1
	Turmeric, ground, packet	1

## SHOPPING LIST DAYS 5-7

✓	ITEM	QTY
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### WHOLE LIST

	Basil, pot	1
	Beetroot	2
	Broccoli, heads	1
	Coriander, pot	1
	Italian parsley, pot	1
	Lettuce	1
	Lime	1
	Red onion	1
	Spinach, bag	1
	Zucchini	2
	Chicken, whole	1
	Chicken, breast	400g
	Salmon, smoked, 150g	1 packet
	Arrowroot powder, packet (or tapioca)	1

Please note: If you are shopping for two people then you don't need to double the items highlighted in green.