



SHOPPING LIST

Proteins

Beef
Chicken
Duck
Turkey
Lamb
Liver
Kidney
Veal
Pork
Lean bacon
Shellfish/Shrimp
Crab
Lobster
Salmon
Cod
Plaice
Halibut/Turbot
Hake
Bream
Prawns
Eggs
Rainbow Trout
Haddock
Mackerel
Sea Bass

Fats

Olive Oil, Coconut Oil, Butter
Nuts: Organic Macadamia / Almonds /
Brazil eat small amounts of these, if re-
quired.

Dairy

Almond Milk, Coconut Milk, Rice Milk
Yoghurts and Cheese.

Protein Powder

Up your protein with a high quality
protein powder like Vitally Vegan
Use code Rachel10 for discount at
Vitally Vegan

Carbohydrates

Brown Rice
Lentils
Basmati Rice
Sweet Potato
Courgette
Carrots
Parsnips
Bean sprouts
Swede
Cucumber
Broccoli
Aubergine
Squash
All leafy greens Spinach, Kale, Spring
Greens Lettuce etc
Tomatoes
Onion
Cabbage
Celery
Mushrooms
Green, Red, Orange, Yellow Peppers
Green Beans
Purple Sprouting Broccoli
Cauliflower
Avocado
Apple and Fruits
Lemons / Limes
Pulses
Beans
Quinoa



SHOPPING LIST (PLANT BASED)

Proteins	Fats	Carbohydrates
Shellfish/Shrimp Crab Lobster Salmon Cod Plaice Halibut/Turbot Hake Bream Prawns Eggs Rainbow Trout Haddock Mackerel Sea Bass	Use virgin Coconut Oil to cook with. Dress and flavour your food with walnut or olive oil (don't cook with olive oil) Nuts: Organic Macadamia / Almonds / Brazil nuts.	Brown Rice Lentils Basmati Rice Sweet Potato Courgette Carrots Parsnips Bean sprouts Swede Cucumber Broccoli Aubergine Squash All leafy greens Spinach, Kale, Spring Greens Lettuce etc Tomatoes Onion Cabbage Celery Mushrooms Green, Red, Orange, Yellow Peppers Green Beans Purple Sprouting Broccoli Cauliflower Avocado Apple Lemons / Limes Pulses Beans Quinoa
Other	Spices	
We suggest on any vegetarian diet that you take supplements.	Herbs and Spices are fine to enhance and flavour, but don't overdo it. Almond or Coconut Milk (minimal amounts for cooking)	
	Hydration	
	Water a minimum 3 litres per day Fruit Teas	