



INFO SHEET

MODULE 1 - SHOPPING LIST

Welcome to the shopping list. Over the weeks you will get used to what your new grocery shopping trips look like, but at first it can be a real surprise! It's hard to break old habits, and this applies just as much to shopping as it does to anything else. In my first couple of weeks, I made return trips to my local grocery store, as I hadn't bought enough beans, eggs or green vegetables! It just didn't look right. After a while though, I could eyeball the 'right amount' and know if I'd forgotten anything.

And the bonus? You might find your new shopping trip only takes you 20 minutes!

Beans/Lentils

Canned Black Beans

always drain and rinse before cooking

Canned Red Kidney Beans

always drain and rinse before cooking

Canned White Kidney Beans

always drain and rinse before cooking

Dry Red Split Lentils

easy to boil in 10 mins

Check cans for added sugars/ingredients - avoid any with starches/sugar added

Start with 3/4 cup from canned, or 1/3 cup dried lentils before boiling, then adjust

Protein

Lean Ground Beef

Chicken fillets

Fish

Salmon

Canned

Fresh

Canned tuna

Moderate intake due to mercury

Other fresh/frozen fish

Eggs

OK to eat 2-4 at breakfast every day

Egg whites

Add to whole eggs

Use as a thickener in sauces

Steak

occasional

Start with 3 eggs / 4oz meat, then adjust

Vegetables

Spinach

Frozen nuggets

fast to microwave

Fresh bagged and washed

great for a salad

Green beans

Frozen

Broccoli

Cauliflower

great for fake mashed potato with white beans

Red Cabbage

Kale

Swiss Chard

Extras

Tomato Salsa (No sugar added)

Almond Butter

If not available, get natural peanut butter

Parmesan Cheese Shaker

Use sparingly for occasional meal

Lemon juice

Find freshly squeezed, or buy lemons to squeeze

Saigon Cinnamon

Look in organic section

Cayenne Pepper

Green tea bags (optional)

Vanilla essence (optional)

Stevia (optional)

