



Shopping List



Spinach / Kale	500g Pork Neck Chops / Pork Pieces
3 Large Kumara	500gm Mince
2 Beetroot	1 Whole Chicken
1 Fennel Bud	1kg Sausages
Seeds for Sprouting / Sprouts	1 Fresh Kawhai
1 large Pumpkin	1.5kg Fresh Mussels
1 Cauliflower	
5 Parsnips	1 Dozen eggs
2 Apples	1 Pkt noodles
2 Bananas	2 cans Coconut Cream
1 Fresh young Thai Coconut	50g Cacao Powder
8 Carrots	50g Cacao Nibs
1 Red Cabbage	150g Raw Cashews
Frozen Blueberries	
Apple Juice (for making vinegar)	
Eco Store Soap (for washing)	

This Shopping List is all the ingredients you will require for breakfast, lunch and dinner through-out the week. Any snacks, nibbles or treats are extra.



Shopping List Extras



The Shopping list is made with the expectation that you will have dried goods and sundry items in your pantry.

If you do not, each week you should add 1 or 2 items to your list

Items you should have in your Larder

Dried Herbs

Dried Spices

Vinegars

Baking Soda

Lemons

Olive Oil

Coconut Oil

Items that need constant updating

Nuts & Seeds

Nut Meal & Nut Flours

Buckwheat Groats & Flour

Cacao Powder and Nibs

Of Course—Growing your own herbs in a small patch of garden or on the kitchen bench is always ideal. Buy yourself packets of seeds and share with your friends.

1 decadent item you will only need to purchase once is Cathedral Cove's Coconut Yoghurt—a delicious product, you can divide this between many people to make your own coconut yoghurt.