



## WORKSHOP 1

### WELLNESS SHOPPING LIST

#### Vegetables:

- 3 cups broccoli flowerets
- 3 cups sliced vegetables of choice (capsicum/pepper, green beans, carrots, shallots)
- 5 brown onions
- 250g/.5 lb button mushrooms
- 2 red capsicums/peppers
- 8 cloves garlic
- 4 medium carrots
- 2 stalks celery
- 1 medium zucchini
- 1 jalapeno pepper diced, or 3 Tbsp bottled diced finely (can be adjusted according to spice levels)
- 150g/5.3oz spinach leaves

#### Protein

- 500g/1lb beef thinly sliced
- 18-20 boneless, skinless chicken thighs – 3 lb./500g
- .5lb/250g ground meat if using in Vegetable soup
- 1 lb/500g ground beef
- ½ lb/300g ground pork or veal

#### General

- ½ tsp Baking soda (bicarbonate of soda)
- 2 Tbsp Soy/Tamari Sauce or Coconut aminos
- 400g/14oz can cherry tomatoes in juice
- 3 Tbsp tomato paste
- 1Tbsp chia seeds
- 1 egg
- 1 Tbsp whole mustard seed
- 1 Tbsp Worcestershire sauce
- 1 400g/14oz can white beans
- 1 Tbsp ghee
- 2 cans 400g/14oz can diced tomatoes
- 2 cups (4 if doing vegetarian version) black beans, drained/rinsed.
- ½ cup orange juice
- 1 cup crushed tomatoes/sugar free tomato sauce/ passata
- 8 apricots or dates, diced



## **REV 90 SHOPPING LIST**

### Vegetables:

- 5 medium onion diced
- 4 cups sliced cabbage
- 1 capsicum/red pepper diced (1 cup)
- 150g/5.3oz spinach leaves
- 3 cups brussel sprouts
- 3 cups sliced vegetables of choice (cabbage, zucchini, celery, shallots, onion)
- 8 cloves garlic
- 4 stalks celery
- 1 Eggplant/aubergine diced
- 3 cups mushrooms sliced
- 1 medium zucchini
- 1 jalapeno pepper diced, or 3 Tbsp bottled diced finely (can be adjusted according to spice levels)

### Protein

- 2.5lb/1.25kg chicken thighs
- 300g/.66lb beef thinly sliced
- 500g/1lb ground chicken/turkey
- 250g/.5lb ground meat if using for soup

### General

- 1 Tbsp Ghee (if in maintenance)
- ½ cup chicken stock
- 1 cup crushed tomatoes/sugar free tomato sauce/ passata
- ½ tsp baking soda (bicarbonate of soda)
- 4 Tbsp Braggs aminos
- 400g/14oz can cherry tomatoes in juice
- ½ cup white beans
- 3 can 400g/14oz can diced tomatoes
- 3 Tbsp tomato paste
- 1 Tbsp chia seeds
- 1 Tbsp whole seed mustard



## WORKSHOP 1

### KETO 90 SHOPPING LIST

#### Vegetables:

- 3 cups sliced vegetables of choice (capsicum/pepper, green beans, pumpkin, shallots)
- 5 brown onion (1 cup) – thickly sliced
- 150g/5.3oz spinach leaves
- 1 jalapeno pepper diced, or 3 Tbsp bottled diced finely (can be adjusted according to spice levels)
- 2 cups/500g button mushrooms
- 4 cups button mushrooms
- 2 cups pumpkin, seeded, peeled & diced
- 1 medium zucchini diced (1 cup)
- 3 cups broccoli flowerets
- 2 red capsicum/pepper
- 8 cloves garlic crushed

#### Protein

- 500g/1lb beef thinly sliced
- 19 chicken thigh fillets - chopped 500g/1lb 3lb/1.5kg
- 500g beef mince
- 300g pork or veal mince
- 250g/.5lb ground beef if using in soup.

#### General

- 2 Tbsp Tamari or Coconut aminos
- 400g/14oz can cherry tomatoes in juice
- 2 Tbsp sugar free tomato paste (3 if using ground beef in soup)
- 1 cup crushed tomatoes/sugar free tomato sauce/ passata
- 2 cup broad beans
- 3 400g/14oz can diced tomatoes
- 1 cup white beans (400g/14oz can)
- 1 Tbsp chia seeds
- 1 egg
- 1 Tbsp whole seed mustard
- 1 Tbsp Worcestershire sauce
- ½ tsp baking soda
- ½ cup chicken stock
- 1 Tbsp ghee