



## WORKSHOP 2

### WELLNESS SHOPPING LIST

#### Vegetables:

- 3 brown/yellow onion
- 2 carrots
- 7 oz./200g button mushrooms
- 2 cups baby spinach leaves
- 1.3 lb./600g snow peas/sugar snap peas/beans
- 1 small red pepper
- ½ cup yellow squash
- 1 cup broccoli
- 3 medium zucchini
- 1 pint/punnet cherry tomatoes

#### Protein

- 1 lb./500g ground beef
- 2 lb./1kg beef shin (gravy beef)
- 1 egg
- 6 chicken thighs (approx. 2 lb./1kg) boneless, skinless
- 4 white fish filets approx. 1"/2cm thick
- 2 lb./1kg pork shoulder, rind removed
- 4 5.3 oz./150g grass-fed sirloin/rump steak

#### General

- Zip-top bags, both medium & large
- 2 tbsp. tomato paste
- 1 tsp. Worcestershire sauce
- 2 tbsp. almond flour/meal
- .5 lb./250g cream cheese
- 2 tbsp. honey/maple syrup/apple juice
- 125g unsalted butter



## **REV 90 SHOPPING LIST**

### Vegetables:

- 1 brown/yellow onion
- 1.5 cups celery
- 3 large zucchini
- 2 cups baby spinach
- 1 bunch asparagus
- 1 cup cauliflower
- 1.3 lb./600g Brussels sprouts
- 4 radishes
- 1 pint/punnet cherry tomatoes

### Protein

- ½ lb./300g ground beef
- 2 lb./1kg beef shin/gravy beef diced into 1”/3cm pieces
- 1 egg
- 8 chicken thighs boneless, skinless
- 4 white fish filets approx. 1”/2cm thick
- 4 2.65 oz./75g grass-fed sirloin/rump steak

### General

- Zip-top bags, both medium & large
- 2 tbsp. sugar free tomato paste
- 1 tsp Braggs Liquid Aminos



## WORKSHOP 2

### KETO 90 SHOPPING LIST

#### Vegetables:

3 brown/yellow onion  
1.5 cups pumpkin, diced 1"/2cm  
7 oz./200g button mushrooms  
2 cups baby spinach leaves  
1 cup cauliflower  
1 small red pepper  
½ cup yellow squash  
2.5 cup broccoli  
½ cup celery  
1 lb./500g beans  
4 radishes  
1 pint/punnet cherry tomatoes

#### Protein

½ lb./300g ground beef  
2 lb./1kg beef shin/gravy beef  
1 egg  
6 chicken thighs (approx. 2 lb./1kg) boneless, skinless  
4 white fish filets approx. 1"/2cm thick  
2 lb./1kg pork shoulder, rind removed  
4 5.3 oz./150g grass-fed sirloin/rump steak

#### General

Zip-top bags, both medium & large  
2 tbsp. sugar free tomato paste  
1 tsp. Worcestershire sauce  
2 tbsp. almond flour/meal  
.5 lb./250g cream cheese  
2 tbsp. ghee  
125g unsalted butter