



## WORKSHOP 3

### WELLNESS SHOPPING LIST

#### General

4 tbsp. tomato paste  
1 tbsp. BBQ sauce  
2.5-3 cups self rising flour  
2 tbsp. coconut flour  
½ cup soy sauce/tamari  
3 tbsp. corn starch  
2 tbsp. fish sauce

#### Fruits & Vegetables:

7 brown or yellow onions  
6 red peppers  
100g mushrooms  
6-8 cups mixed vegetables of choice (broccoli, cauliflower, beetroot, butternut pumpkin/squash, red onion)  
2 carrots  
200g green beans  
3 shallots or green onions  
3 cups mixed vegetables of choice (broccoli, celery, capsicum/pepper, snowpeas, carrots)  
1 large eggplant/aubergine  
7 large tomatoes  
4 garlic cloves  
2 stalks celery

#### Protein

150g steak, thinly sliced  
1.5 lb. (700g) chicken breast  
3.5 oz. (100g) bacon  
6-8 (1 lb./500g) chicken legs  
1 lb./500g white fish, skinned and boned  
1 egg  
1 lb./500g ground beef  
1¾ cup Greek yogurt  
250g shredded mozzarella cheese



## **REV 90 SHOPPING LIST**

### General

- 1 tsp salt
- 1 tsp sugar free tomato sauce
- 1 Tbsp Greek Yoghurt (only use if in maintenance)
- 3 Tbsp Almond Meal/flour
- 2 Tbsp fish sauce
- ½ cup Braggs Amino

### Fruits & Vegetables:

- 1 eggplant/aubergine
- 3 large tomatoes
- 6 red capsicum/peppers
- 4 brown/yellow onions
- 4 cloves garlic
- 300g mushrooms
- 3 shallots/green onions
- 1 bunch of celery
- 300g broccoli
- 300g cauliflower
- 1 red onion
- 100g/3.5oz pumpkin/squash
- 250g/.5lb green beans

### Protein

- 500g/1lb ground turkey
- 150g/4oz thinly sliced beef steak
- 500g/1lb chicken breast
- 100g/3.5oz bacon
- 300g white fish, skinned, boned
- 1 egg
- 4 chicken legs



## WORKSHOP 3

### KETO 90 SHOPPING LIST

#### General

Salt

½ cup tamari

3 tbsp. almond flour/meal

2 tbsp. fish sauce

1 tbsp. sugar-free tomato sauce

#### Fruits & Vegetables:

1 large eggplant

7 large tomatoes

6 red peppers

7 brown or yellow onions

4 cloves garlic

Bunch celery

300g mushrooms

½ lb./250g green beans

3 shallots or green onions

300g broccoli

300g cauliflower

1 red onion

100g pumpkin/squash

#### Protein

1 lb./500g ground beef

1.5 lb./700g chicken breasts

1 lb./500g white fish skinned and boned

1 egg

150g beef steak, thinly sliced

3.5 oz./100g bacon

6-8 (1 lb./500g) chicken legs

1 tbsp. Greek yogurt