



WORKSHOP 4

WELLNESS SHOPPING LIST

Vegetables:

2 radishes
1lb./500g brussel sprouts
½ cup snow peas
1 cup broccoli florets
1 cup cauliflower florets
1 lb./500 baby potatoes
2 large potatoes
1lb./500g roasting potatoes
½ leek
1 large green pepper/capsicum
1 med red onion
1 clove garlic
2 brown/yellow onions
1 cup red cabbage
1 cup celery

Protein

4 salmon steaks (7oz./200g each)
8 chicken thighs (skin on bone in)
1lb. /500g diced lamb
1lb./500g diced gravy beef

General

400g tin crushed tomatoes
olive oil
125g butter
large & medium Zip lock bags



WORKSHOP 4

REV 90 SHOPPING LIST

Vegetables:

2 radishes
1lb./500g brussel sprouts
½ cup snow peas
1 cup broccoli florets
1 cup cauliflower florets
1lb./500g cauliflower
½ leek
1 large pepper/capsicum
1 med red onion
1 clove garlic
2 brown/yellow onions
1 cup red cabbage
1 cup celery

Protein

4 salmon steaks (7oz./200g each)
8 chicken thighs (skin off bone in)
1 lb./500g diced Lamb
1 lb./500g diced Gravy Beef

General

400g can crushed tomatoes
large & med zip lock bags



WORKSHOP 4

KETO SHOPPING LIST

Vegetables:

2 radishes
1 lb./500g brussel sprouts
½ cup snow peas
1 cup broccoli florets
1 cup cauliflower floret's
1 lb./500g diced pumpkin
½ Leek
1 large green pepper/capsicum
1 med red onion
1 clove garlic
2 brown/yellow onions
1 cup red cabbage
1 cup celery

Protein

4 salmon steaks (7oz./200g each)
8 chicken thighs (skin on bone in)
1 lb./500g diced lamb
1 lb./500g diced gravy beef

General

large & med zip lock bags
400g can crushed tomatoes
olive oil
125g butter