

T H E   C L A R I T Y   P R O T O C O L

# SA Shopping List

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Built in Cape Town. Engineered for the world.

# THE CLARITY PROTOCOL: DURBANVILLE SHOPPING LIST

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## Your Local Supply Chain

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Localized for the **Northern Suburbs / Durbanville / Cape Town** area. Real stores. Real products. No guessing.

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### Tier 1: Woolworths (Best Source — Willowbridge / Durbanville)

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Woolworths has the cleanest supply chain in South Africa. This is your primary stop.

CATEGORY	PRODUCT	NOTES
Beef	Free Range Beef Mince (500g)	Grass-fed. No hormones.
Beef	Free Range Ribeye / Rump Steak	Check for "100% Grass-Fed" label.
Eggs	Free Range Eggs (18-pack)	Look for "Woodland" or "Free to Roam."
Salmon	Norwegian Salmon Fillets (Frozen)	Wild-caught preferred. Check label.
Chicken	Free Range Chicken Breast / Thigh	Woolworths FR is above industry standard.
Butter	Unsalted Butter (block)	Grass-fed not always specified, but quality is high.
Avocado	Ripe Avocados (each)	South African grown. Seasonal.
Sweet Potato	Organic Sweet Potatoes (per kg)	Woolworths organic section.
Berries	Frozen Mixed Berries (350g)	Year-round. No added sugar. More affordable than fresh.
Spinach	Baby Spinach (200g bag)	Pre-washed.
Rice	Basmati or Jasmine Rice (1kg)	White. No "enriched" brands.
Bone Broth	Woolworths Chicken Bone Broth	Check ingredients: should be bones, water, salt, veg only.
Sauerkraut	Woolworths Sauerkraut	Refrigerated section. Must say "live cultures."
Dark Chocolate	85% Dark Chocolate Bar	Low sugar. High cacao.
Olive Oil	Extra Virgin Olive Oil (SA-produced)	South African olive oil is world-class. Check for harvest date.

## Tier 2: Checkers / Shoprite (Budget Alternatives)

For staples that do not require the Woolworths premium.

CATEGORY	PRODUCT	NOTES
Rice	Tastic Basmati (2kg)	Affordable. Clean ingredient list.
Coconut Oil	Nature's Choice Organic Coconut Oil	Available at most Checkers.
Salt	Himalayan Pink Salt or Celtic Sea Salt	Health aisle. Avoid standard table salt.
Honey	Raw Honey (SA-produced)	Look for "raw" and "unprocessed." Cape honey is excellent.
Turmeric	Ground Turmeric (spice aisle)	Pair with black pepper always.
Garlic	Fresh garlic bulbs	South African grown. Buy by the net.
Lemon	Fresh lemons (net bag)	For daily water + salt + lemon.
Sweet Potato	Standard sweet potatoes (per kg)	Cheaper than Woolworths organic. Still good.
ACV	Apple Cider Vinegar (with "mother")	Wellington's or imported Bragg's.

## Tier 3: Dis-Chem / Wellness Warehouse (Supplements & Hygiene)

For the targeted supplements and hygiene swap products.

CATEGORY	PRODUCT	BRAND / NOTES
<b>Collagen</b>	Hydrolyzed Collagen Peptides	Sally-Ann Creed (SA brand, excellent) or Vital Proteins.
<b>Magnesium</b>	Magnesium Glycinate	Solgar or Biogen at Dis-Chem.
<b>Creatine</b>	Creatine Monohydrate (Unflavored)	USN or NPL. Cheapest at Dis-Chem.
<b>Vitamin D3</b>	Vitamin D3 drops or capsules	Solgar or Metagenics.
<b>Toothpaste</b>	Hydroxyapatite Toothpaste	RiseWell (order online) or Dis-Chem natural range.
<b>Deodorant</b>	Crystal Alum Stone	Dis-Chem natural care aisle.
<b>Castile Soap</b>	Dr. Bronner's (Unscented)	Wellness Warehouse or Faithful to Nature.
<b>Tallow Balm</b>	Beef Tallow Moisturizer	SA artisan brands (Takealot / Etsy SA). Or render your own.
<b>Blue Blockers</b>	Blue-Light Blocking Glasses (Red/Orange)	Dis-Chem or order BonCharge (ships to SA).

## Tier 4: Specialty / Online (South Africa)

SOURCE	PRODUCTS	URL
<b>Faithful to Nature</b>	Organic pantry, clean cosmetics, supplements	<a href="http://faithfultonature.co.za">faithfultonature.co.za</a>
<b>Sally-Ann Creed</b>	Collagen, MCT, grass-fed supplements	<a href="http://sallyanncreed.co.za">sallyanncreed.co.za</a>
<b>The Meat Box</b>	Grass-fed beef delivery (Cape Town)	<a href="http://themeatbox.co.za">themeatbox.co.za</a>
<b>Takealot</b>	Blue blockers, alum stone, tallow products	<a href="http://takealot.com">takealot.com</a>
<b>Local Butchery</b>	Organ meats (liver, heart), grass-fed tallow	Durbanville / Bellville area butchers

## Weekly Shopping Run (Template)

**Budget Estimate:** R1,200 - R1,800 per week (single person, training 3x/week).

STORE	TIME	WHAT TO GET
Woolworths (First Stop)	20 min	Beef, eggs, salmon, butter, avocados, spinach, berries, bone broth
Checkers (Second Stop)	10 min	Rice, coconut oil, salt, honey, turmeric, lemons, garlic
Dis-Chem (Monthly)	15 min	Collagen, magnesium, creatine, alum stone, blue blockers

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## The "Clarity Cart" Rule

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Before checkout, scan every item:

- Flip the label.** If it contains Canola Oil, Sunflower Oil, HFCS, or "Fragrance" — put it back.
- Count the ingredients.** If there are more than 5, question whether you need it.
- Ask:** "Is this fuel, or is this noise?"

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