

THE CLARITY PROTOCOL

SA Shopping List

Built in Cape Town. Engineered for the world.

CLARITY PROTOCOL

THE CLARITY PROTOCOL: DURBANVILLE SHOPPING LIST

Your Local Supply Chain

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

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

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

Tier 4: Specialty / Online (South Africa)

SOURCE	PRODUCTS	URL
Faithful to Nature	Organic pantry, clean cosmetics, supplements	faithfultonature.co.za
Sally-Ann Creed	Collagen, MCT, grass-fed supplements	sallyanncreed.co.za
The Meat Box	Grass-fed beef delivery (Cape Town)	themeatbox.co.za
Takealot	Blue blockers, alum stone, tallow products	takealot.com
Local Butchery	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

The "Clarity Cart" Rule

Before checkout, scan every item: 1. **Flip the label.** If it contains Canola Oil, Sunflower Oil, HFCS, or "Fragrance" — put it back. 2. **Count the ingredients.** If there are more than 5, question whether you need it. 3. **Ask:** "Is this fuel, or is this noise?"
