

# Successful Weight Loss Week One Shopping List

## Meat and Fish

Chicken Breasts	– 12 pieces (4 ounces, 112 grams each)	Smoked Salmon	– 8 ounces, 250grams
Eggs (large)	- 50 pieces	Sole	- 16 ounces, 500 grams
Ham (diced)	– 4 ounces, 115 grams	Tuna	– 200 grams
Scallops	– 16 ounces, 500 grams	Turkey Cutlets	– 16 ounces, 500 grams
Shrimp	– 32 ounces, 1 Kilogram		

## Vegetables

Arugula (Rocket)	- 4 cups, 1 Liter	Iceberg Lettuce	- 1 Head
Asparagus	- 2 Bunches	Jalapeno	- 1 Piece
Avocado	- 2 Pieces	Kale	- 1 Bunch (4 cups needed, 1 Liter)
Basil (Fresh)	- 1 Bunch	Lettuce, Green Leaf	- 3 Heads
Beets (Beetroot)	- 4 Pieces	Mint	- 1 Bunch
Broccoli	- 3 Heads	Onion	- 4 Piece (yellow or red)
Butternut Squash (Pumpkin)	- 1 Piece	Parsley	- 1 Bunch
Button Mushrooms	- 4 cups, 1 Liter	Radicchio	- 1 Piece
Carrots	- 1 Large Bag (5 pounds, 2kg)	Plum (Roma) Tomatoes	- 12 Pieces
Cauliflower	- 2 Heads	Rosemary	- 1 Bunch
Celery	- 2-3 Heads	Shallot	- 10 Pieces
Cherry Tomatoes	- 30 Pieces	Spinach	- 4 Quarts, 1 Liter
Cilantro (Coriander)	- 1 Bunch	Scallions (Spring Onions)	- 6 Pieces
Cucumber	- 2 Pieces	Sugar Snap Peas	- 4 cups, 1 Liter
Eggplant (Aubergine)	- 1 Piece	Sweet Potato	- 2 pieces
Garlic	- 3 Bulbs	Tarragon	- 1 Tablespoon, 15 ml
Ginger Root	- 1 Piece	Thyme	- 1 Bunch
Green Beans	- 4 Cups, 1 Liter	Tomato (large)	- 3 Pieces
Green Bell Pepper (Green Capsicum)	- 1 Piece	Zucchini (Courgette)	- 1 Piece
Red Bell Pepper (Red Capsicum)	- 4 Piece		

## Fruits and Nuts

Acai Berries	- ¼ Cup, 60ml	Lemon	- 8 Pieces
Apricot	- 1 Piece	Lime	- 6 Pieces + 1
Granny Smith Apples (or similar)	- 4 Pieces	Orange	- 1 Pieces
Gala Apples (or similar)	- 4 Pieces	Pineapple	- ½ Cup, 125ml
Blackberries	- 56 gm (2 ounce)	2.5 oz pine nuts	
Blueberries	- 2 1/2 cups	1 pomegranate, seeds removed	
Almonds	- 1 Ounce, 30 grams	Raisins	- ½ Cup
Cashews	- 8 Ounces, 240 grams	Raspberries	- 56 gm (2 ounce)
Chestnuts	- 8 Pieces	Strawberries	- 24 Pieces
Kiwi	- 2 Pieces		

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Agave Syrup	- approx. ¼ Cup, 60ml	Paprika	- 2 teaspoons, 10ml
Almond butter	- 2 tbs	Peanut Butter	
Artichokes (Canned)	- 4 Pieces	(Natural & Gluten Free)	- 1 Cup, 250ml
Bay Leaf	- 2 leaves	Black Pepper	- 2 Tablespoons, 30ml
Beef Broth	- ½ Cup, 125ml	Pine Nuts	- 2 Ounces, 60 grams
Black Beans	- 1 Cup, 250ml	Pumpkin Seeds	
Balsamic Vinegar	- ¼ Cup, 60ml	Quinoa 5 oz,	- 140 grams
Capers	- 2 Tablespoons, 30ml	Rice Paper	- 4 Pieces
Chicken Broth	- 5 Quarts, 5 Liters	Roasted Red Pepper	- ¼ Cup, 60ml
Chickpeas	- 2 Cups, 500ml	Sea Salt, as needed	
Cider Vinegar	- ¼ Cup, 60ml	Sesame Seeds	- 1 Tablespoon, 15ml
Cinnamon	- Approx. 3 Tablespoons, 45ml	Sesame Oil	- 1 Tablespoon, 15ml
Clove	- ¼ teaspoon, 1ml	Soy Milk (Non-GM)	- 2 Cups, 500ml
Coconut Milk	- 2 cups, 750ml	Soy Sauce (Gluten Free)	- ¼ Cup, 60ml
Sherry Cooking Wine	- ¼ Cup, 60ml	Sunflower seeds	- 56gm (2 ounce)
Coriander Seeds	- 1 teaspoon, 5ml	Tomato Paste	- 1 Tablespoon, 15ml
Curry Powder	- 3 Tablespoons, 30ml	Stewed Tomatoes	- 4 Cups, 1 Liter
Dijon Mustard	- 1 Tablespoon, 15ml	Vanilla Extract	- 1 Tablespoon, 15ml
Hearts of Palm	- 4 pieces	White Vinegar	- ¼ Cup, 60ml
Hummus	- 1 container (great as a little snack!)	Vegetable stock (gluten free)	- ½ cup
Olive Oil	- 1 Bottle	Yellow Lentils	- 1 Cup, 250ml
Oregano	- 1 Tablespoon, 15ml		

There are certain items it's always handy to stock in your pantry. These are useful in many recipes, when you are stuck for ideas and many have a long shelf life.

- Almond Meal
- Almond Milk
- Balsamic Oil
- Coconut Milk
- Eggs
- Herbs & Spices, like Chili, Cinnamon, Paprika, Tumeric
- Lentils
- Nuts, Plain (a variety of your favourites)
- Olive Oil, Extra virgin
- Pepper
- Sea salt
- Stocks (gluten free)