

## Cycle Three Shopping List

18 Free range eggs  
1.05g Chicken breast (275g Quorn Chicken Pieces or 150g Tofu)  
75g Diced Pork Pieces (Swap for 75g chicken Tofu or Quorn )  
Pack Of Bagels Of Your Choice  
28 Cherry Tomatoes  
4 Whole Fresh Tomatoes  
3 or 4 Green and Red Tomatoes  
3 Large Mushrooms  
1 Bag Of Spinach  
Pack Of Prosciutto  
300g Cooked Green Or Puy Lentils  
Handful Of Rocket  
Olive Oil  
3 Lemons  
Dried Oregano  
1 pack of Smoked Bacon Medallions (46g)  
Loaf Of Hovis Nimble Wholemeal Bread  
Punnet of Raspberries  
Bottle Of Maple Syrup  
600g Sweet Potatoes  
Bag Of Coconut Flour  
One Cal Spray  
100g Explore Cuisine Edamame Bean Spaghetti  
200g Cooked King Prawns (or Sophie's vegan shrimp 200g)  
8 Onions  
2 Red Onion  
2 Spring Onions finely sliced  
2 Red Peppers  
2 Cucumbers  
4 Carrots  
1Tbsp white wine vinegar  
1Tbsp Sweet Chilli Sauce  
1Tbsp Vegetable Oil  
20g Sesame Seeds  
Fresh Coriander  
Jar Of Coriander Powder  
Bulb Of Garlic  
(400g) Red Lentils  
Vegetable Stock Cubes  
(1) Aubergine Cubed  
Jar Of Tikka Curry Powder

(200ml) Light Coconut milk  
260g Impact Whey Protein Powder  
1L Unsweetened Almond Milk  
20g of Pistachios  
500g 5% Fat Pork Mince (Linda McCartney Vegetarian Meatballs as a vegetarian alternative)  
Bottle Of Fish Sauce  
3 Limes  
1 Red Chilli Finely Diced  
Jar Of Ground Ginger  
180g 0% fat Yoghurt (Or Alpro Vegan Alternative)  
110g Oats  
25g Blueberries  
100g Cooked Couscous  
10g Raisins  
180g Tenderstem Broccoli  
225g Broccoli  
2 TSP Ras El Hanout  
Chipotle Chilli Paste jar  
2 Bags Of Mixed Green Salad  
60g Popcorn Kernels  
Jar Of Ground Cinnamon  
Granulated Stevia  
3 Apples  
585g Salmon Fillets  
325g Butternut Squash  
3 Stalks Of Bok Choy  
Jar Of Crunchy Peanut Butter (Or Almond/Cashew)  
Jar Of Ground Cumin  
Jar Of Smoked Paprika  
Bottle Of Dark Soy Sauce  
325g Tilda Basmati Microwave Rice  
Pack of Courgettes  
200g Shiitake Mushrooms  
Garam Marsala  
Paprika  
Box of Bran flakes  
40g Walnuts  
1 Spinach Wrap  
200g Feta Crumbled  
20g Fat Free Cream Cheese

1 Beetroot  
Medium Size Lettuce Head  
75g Tofu Cubed  
Jar Of Red Curry Paste  
200g Plain Flour  
Baking Powder  
20g Almonds  
1 Tesco Garlic And Coriander Naan  
Jar Of Tandoor Curry Powder  
Bunch Of Mint  
1 Watermelon  
1 Green Pepper  
400g tin chopped tomatoes  
2 Joseph's multigrain flatbreads (you can use wholemeal wraps or flatbreads as a substitute)  
Jar Of Curry Powder  
Jar Garlic & Ginger Paste  
70g Mozzarella  
Jar Of Capers  
Balsamic Vinegar  
Small bag of Frozen Berries