

Weekly shopping list for Clean Eating Challenge

Meat and Eggs		Herbs and spices	
Eggs (pastured)	2 dozen	Basil (fresh for pesto), 1 large bunch	
Bacon (pastured)	2-3 packages	Bay leaf (fresh or dried)	
Beef (oxtail, grass-fed) or other type for slow-cooking	2.2 lbs (~ 1 kg with bones), less if without bones	Chives	
Beef (minced, grass-fed)	1.7 lbs (~ 800 g)	Cinnamon	
Pork, ribs (pastured)	0.9 lbs (~ 400 g)	Cloves	
Chicken (thighs, skinless, boneless)	0.9 lb (~ 400 g)	Nutmeg	
Chicken (breasts, skinless, boneless)	0.9 lb (~ 400 g)	Oregano	
Prawns	1 package	Paprika	
Salmon, fresh (wild) or other fatty fish	2 fillets	Parsley	
Salmon, smoked (wild)	1-2 package	Pepper, black or cayenne	
Vegetables		Salt (sea salt or pink Himalayan rock salt)	
Asparagus	2 bunches	Star anise	
Avocado	3 pieces	Thyme (fresh or dried)	
Carrot	1 medium	Oils and fats	
Celeriac (celery root)	1 medium	Ghee (or make your own, see my recipe)	
Celery stalk	1 medium	Extra virgin olive oil	
Garlic	1 head	Coconut oil, extra virgin	
Lettuce (crunchy type like Little Gem or Iceberg)	9 small heads (9 servings)	Other healthy options (lard, tallow, avocado oil, macadamia oil)	
Green pepper	1 medium	Cans / Jars	
Greens of choice (rocket, chard, dandelion, beet, turnip, etc.)	4 packages (4 servings)	Artichoke hearts	1 jar
Mushrooms (Portobello or other)	1 package	Coconut milk (canned)	1 can
Pumpkin	1 medium (Hokkaido type)	Green and black olives	1 jar
Onion, red or white	2 medium	Tuna	1 tin
Spinach	1 package	Snacking tips (extras)	
Spring onion	1 bunch	Ham and bacon, pastured	
Tomatoes (cherry)	1-2 packages (1-2 cups)	Celery stalks	
Fruit		Eggs	
Blackberries or other berries (fresh or frozen)	1 package (150 g / 5.3 oz)	Nuts and seeds (pecans, almonds, walnuts, hazelnuts, macadamias, etc.)	
Lemons	1-2 pieces	Avocados	
Orange	1 medium	Fermented foods (sauerkraut, kimchi, kombucha)	