

This Week's Shopping List:

Oils/Fats

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| Coconut Oil | 1 cup | = approx. 8 ½ fl oz / 250 ml |
| Flax Seed Oil (optional) | 3 tsp | |
| Hemp Seed Oil (optional) | 1 tsp | |

'Dry' ingredients - Nuts, Seeds, Dried Fruits, Superfood Powders

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|------------------------------------|----------------|-------------------------|
| Coconut (<i>flaked/shredded</i>) | ½ cups | = approx. 1 oz / 25 g |
| Cashews | 2 ½ cups | = approx. 15 oz / 425 g |
| Almonds | 1 cup | = approx. 6 oz / 170 g |
| Chia Seeds | ¼ cup | = approx. ½ oz / 10 g |
| Sunflower Seeds | ¼ cup | = approx. 2 oz / 50 g |
| Dates | 5 | |
| Cacao Powder | 2 tbsp | |
| Sea Salt | couple pinches | |

Optional Superfood Powders

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|-------------------------|-------|
| Chlorella (broken cell) | 2 tsp |
| Spirulina Powder | 1 tsp |
| Lucuma Powder | 1 tsp |
| Maca Powder | 1 tsp |
| Bee Pollen | 1 tsp |

'Wet' ingredients (tinned or other) - Nuts, Seeds, Butters

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|---------------|---|
| Spring Water | approx. 3 gallons / 13 ½ litres |
| Coconut Cream | 3 cups = approx. 25 fl oz / 750 ml (2 ¼ tins) |
| Coconut Water | 2 cups = approx. 17 fl oz / 500 ml |

Spices, Extracts, and (food grade) Essential Oils

Vanilla Extract, Hazelnut Extract, Orange Essential Oil, Peppermint Essential Oil, Cinnamon & Nutmeg

Natural Sweeteners

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|-------------|---------|-----------------------------|
| Maple Syrup | 2 ½ cup | = approx. 22 fl oz / 650 ml |
|-------------|---------|-----------------------------|

Can also use Honey or Coconut Blossom Syrup instead of Maple Syrup.

Fresh Fruit, Veg & Fresh Herbs

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|-------------------------|------------|---------------------|
| Kale | 10 leaves | = approx. 2 bunches |
| Green Silverbeet | 5 leaves | = approx. 1 bunch |
| Carrot | 1 small | |
| Cucumber | 1 small | |
| Bananas | 3 ½ medium | |
| Apple (dark green/tart) | 1 | |
| Orange | 1 | |
| Strawberries | 1 cup | |
| Blueberries | ½ cup | |
| Raspberries | ½ cup | |
| Mango | 1 ½ small | |
| Papaya/Paw-Paw | ½ small | |
| Pineapple | 1 small | |
| Avo | 1 small | |
| Fresh Peppermint | 4-5 leaves | |

Please Note: I've calculated these amounts based on making 1 of each, of ALL recipes shared in this Module.

