

30 Days to Change your Life

Week 4 Shopping List

www.paleo-britain.co.uk

Vegetables – aim for organic where budget allows. Vegetables on the Clean 15 list are low in pesticides so buying organic is not as important. Vegetables on the Dirty Dozen list are heavily sprayed with pesticides so buy organic if you can.

- 3-4 large courgettes (for courgette spaghetti)
- 7 avocados (1 per day) – leave out of the fridge to ripen and then once ripe store in the fridge. Clean15 so no need for organic
- Tomatoes – big ones for salad etc. Dirty dozen so buy organic if possible
- Punnet cherry tomatoes. Dirty dozen so buy organic if possible
- Selection of salad – lettuce (dirty dozen), spring onions, celery (dirty dozen), cucumber (dirty dozen), radishes, rocket, watercress, pea shoots etc.
- Carrots
- Mixed peppers (red, green, orange or yellow). Dirty dozen so buy organic if possible
- Bag spinach (or frozen leaf spinach which is a lot cheaper) Dirty dozen so buy organic if possible
- Punnet of mushrooms
- Selection of green veg – leeks, asparagus (clean15), runner beans, kale (dirty dozen), cabbage (any variety, clean15), spring greens, broccoli etc. Frozen can be cheaper
- Cauliflower (frozen is cheaper and a big bag would last you through the 30 days). Clean15 so no need for organic
- Selection of root veg - sweet potatoes (clean15), parsnips, swede, celeriac, butternut squash & other varieties of squash
- Garlic
- Onions. Clean15 so no need for organic
- Fresh ginger
- Red & green chillis

Herbs

- A selection of fresh herbs – coriander, parsley, mint, basil etc. You can also buy frozen herbs
- Fresh or dried thyme
- Dried oregano

Fruit – any fruit that you like is good – this is just a suggestion. Berries (strawberries, raspberries, blueberries, blackberries) are lowest in sugar. Aim for organic where budget allows.

- 3 Limes (for guacamole)
- Lemons
- 1 Melon
- Punnet of blueberries. Dirty dozen so buy organic if possible. Frozen fruit are cheaper than fresh
- Punnet of raspberries/strawberries. Dirty dozen so buy organic if possible
- Apples. Dirty dozen so buy organic if possible. Frozen fruit are cheaper than fresh
- Oranges
- Bananas
- Pears
- Plums
- Dates

Eggs – aim for organic if you can afford or otherwise free-range. You will need 2 boxes of 12-18 (24-36 eggs) depending on whether you plan to have eggs for breakfast most days or not

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Fresh meat - Paleo Britain's 30 Day Paleo Plan Box 2 from www.livelean.co.uk

We recommend you buy your meat from **Live Lean** - they supply premium grass-fed and free-range meat from award-winning British Farms. They have developed a custom-made box that fits specifically into the Paleo Britain 30 day plan and represents fantastic value for money. This is box 1 of a 2 box set that gives you all your grass fed meat needs for the 30 days.

Box 2 contains the meat for weeks 3 & 4. To buy the box (**Paleo Britain's 30 Day Paleo Plan Box 2 - FREE DELIVERY**) click here:

<http://www.livelean.co.uk/catalogsearch/result/?q=britain>. If you need to substitute anything in the box just drop them an email - they are extremely helpful. They also stock other paleo-friendly products and you can use the code **Paleo5** for a discount on their other products (the boxes are already discounted).

Alternatively, here is the list of meat you need for week 4:

Fresh meat

- 1 x packet bacon - look for a sugar free one. Spoilt Pig Smoked Dry Cured Back Bacon from www.ocado.com is sugar free.
- Beef mince - 1 x 400-500g pack (If you don't eat beef get turkey or chicken mince)
- 1 x piece of pork belly for Crispy Roast Pork belly on Sunday or any other roasting joint of your choice
- If you want to try making your own pate you will need organic chicken livers

Fish

- Jumbo prawns - frozen are cheaper than fresh
- 2 x cod fillets or any other white fish (frozen are usually cheaper than fresh)
- 2 x salmon fillets. Try to buy wild not farmed salmon. Frozen is usually cheaper than fresh. You could substitute any other oily fish here like tuna or mackerel.
- Smoked mackerel if you want to make smoked mackerel pate

Cold Meats

- 1 x packet of gluten-free sausages (they need to not contain rice starch or anything else). M&S or Abel & Cole have some and also Tesco do some pure pork ones too
- You will need protein for salads for lunches - choose from chicken thighs/breasts or turkey escalopes, prawns/tinned tuna/tinned salmon/smoked salmon/ham/parma ham depending on budget and what you like. I often buy a small joint of chicken, gammon, pork or beef and use for salads for the whole week.
- Optional: Wiltshire cured ham (check it's the one with no sugar). It's cheaper to buy from the deli counter and get it sliced up rather than the packet version. Or you could buy Parma ham if you prefer. Ham is expensive so you could buy a gammon and then cook, slice and freeze. This is a cheaper way to have ham to last for the whole plan and you can ensure it is additive free.
- Optional: Chorizo. I like the Discover Unearthed brand of cooking chorizo, which only contains pork, paprika, salt and garlic.
- Optional: You could look for an additive-free pate if you don't want to make your own and would like this for lunch.

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Tins, jars & dried food

- Marigold stock cubes – the ones in a red packet and gluten and lactose free. You can buy them from www.ocado.com for £1.19. They are called (on ocado) Marigold Organic Bouillon Cube Regular (Not the bouillon in the tub). Or better - make your own stock from bones.
- Tinned fish for lunches if you like it – sardines, mackerel, tuna, salmon etc. It must not be in sunflower oil. Fish 4 Ever do all the above in spring water and you can buy from www.ocado.com
- 4 x tins tomatoes
- Tins of coconut milk (if you want to use this for smoothies)
- 2 x tins tomato puree or a tube of tomato puree
- Dates for making granola/granola bars
- Dried fruit (only a small amount!)
- Coconut oil. This is the best value we have found for coconut oil:
http://www.amazon.co.uk/RealFoodSource-Certified-Organic-Virgin-Coconut/dp/B00L1FXP3C/ref=sr_1_1?s=grocery&ie=UTF8&qid=1420197583&sr=1-1&keywords=RealFoodSource available in 500ml or 1 litre tubs.
- Clarified Butter/Ghee. You could also make your own clarified butter - buy Kerrygold brand of butter for this. (Butter as it is is one of the things we remove for the 30 days).

OPTIONAL extras - you will not need to buy all these every week and they are optional

- Olives for snacking
- Pickles (onions, beetroot, gherkins, capers etc for snacks)
- Jerky for snacking – Big T's jerky or The Naked Ape jerky
- Mixed nuts (500g), mixed seeds (for snacking and if you want to make granola/granola bars)
- Nut butter like almond or cashew butter
- Duck fat, goose fat, lard or beef dripping for cooking
- Coconut flakes
- Desiccated coconut
- Tahini to make paleo hummus
- 100% dark chocolate if you can get it (one bar from Hotel Chocolat got me through my first 30 day plan as I only had one square when I really craved chocolate, it's super expensive though!)
- RAW Health flaxseed crackers (or you can make your own cheaper seed crackers from pumpkin and sunflower seeds)
- Snack bars – Wild Thing/The Primal Kitchen/Nakd (no more than 1-2 a week)
- Awfully Posh gluten-free crackling (pork crackling) – you can buy from www.ocado.com

Store cupboard basics that you may already have

- Vinegars for dressings – raw apple cider vinegar is best while you are on the plan but you could also use balsamic, white wine, red wine, sherry etc.
- Mustards like Dijon or English (check they do not contain sugar)
- Olive oil for cooking
- Extra virgin olive oil or avocado oil for dressings
- Selection of herbal teas – chamomile is good in the evenings, rooibos is a good caffeine-free alternative to black tea