

30 Days to Change your Life

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 noodles and prawn stir fry)
- 7 avocados (1 per day) – leave out of the fridge to ripen and then once ripe store in the fridge.
- Tomatoes – big ones for salad etc.
- 2 Punnets cherry tomatoes.
- 1 bunch of Asparagus
- Selection of salad – lettuce, spring onions, celery, cucumber, radishes, rocket, watercress, pea shoots etc.
- Carrots
- Mixed peppers (red, green, orange or yellow).
- Bag spinach (or frozen leaf spinach which is a lot cheaper)
- Punnet of mushrooms
- Large flat mushrooms to be stuffed
- Selection of green veg – leeks, asparagus, runner beans, kale, cabbage, spring greens, broccoli etc. (Frozen can be cheaper)
- 2 large Cauliflowers (frozen is cheaper and a big bag would last you through the 30 days)
- Selection of root veg - sweet potatoes, parsnips, swede, celeriac, butternut squash & other varieties of squash
- Fresh beetroot (4 or 5)
- Garlic
- Onions (red and white)
- Fresh ginger
- Red & green chillis

Herbs

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

Spices

- Chilli powder/flakes
- Cumin
- Paprika
- Salt and Pepper
- Cinnamon
- Nutmeg

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
- 2 Punnets of blueberries
- Punnet of raspberries/strawberries

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- Frozen fruit for smoothies (or prepare fresh and freeze in advance)
- Apples
- 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.

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.
- 750g chicken thighs
- 4 chicken legs
- 2-4 pork loin steaks
- 1 pack Chicken livers

Fish

- 400 - 500g Jumbo prawns – frozen are cheaper than fresh
- 4 x White fish fillets of choice (frozen are usually cheaper than fresh and if you get a pack with 4-6 fillets in these will be used in future week's meals too)
- 2 fillets of smoked haddock

Cold meats – optional what you buy from this list, choose what suits you for lunches

- 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

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. Beef bones are included in the Live Lean bundle box and you can order chicken bones from them too.
- 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
- 1 can of chickpeas
- 4 x tins tomatoes
- Tins of coconut milk (if you want to use this for smoothies)

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- 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. There are also 300ml jars of coconut oil for £2.99 in Lidl which we think is a great price.
- Clarified Butter/Ghee. You could also make your own clarified butter - buy Kerrygold brand of butter for this. (Butter is one of the things we remove for the 30 days but clarified butter is allowed)

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
- Almond Flour/Ground Almonds
- Pine nuts (if making your own pesto)
- Arrowroot powder

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