



MAINSTREAM

STAPLES & GROCERY LIST

eBOOK BY ANGE DRAKE



Staple Pantry Items

Himalayan or Sea Salt
Black Pepper
Coconut Oil
Tamari Sauce
Nut Butter of Choice
Olive Oil
Sesame Seeds
Soy Sauce
Chilli Sauce
Rice Wine Vinegar
Almonds
Oats
Coconut Flour
Vanilla Essenes

Rolled Oats
Sauerkraut
Bottle of Lemon Juice
Small Bag Sunflower
Seeds
Coffee
Small Bag of Pepita
Seeds
1 Kg White or Brown
Rice
Peanut Butter
Stevia
Garlic (2-3 Bulbs)
Ginger (large and fresh)

Siracha
Chili Powder
Ground All Spice
Ground Cumin
Peri Peri Seasoning
Smoked Paprika
Ground Cinnamon
Chilli Flakes
Ground Coriander
Seed
Dried Oregano
Cayenne
Rosemary



Grocery List - Week 1

Condiments & Pantry	Fruit & Veg	Proteins
1 Red Kidney Beans (Canned) 1 Black Beans (Canned) 1 Tsp Dukkha 1 Cup Linseeds 1 Small Tub Coconut Yogurt 1lt Almond Milk Optional 1kg X Chicken Carcass 4 X Stalks Celery 2 X Carrots 3 X Spring Onions	1 Cauliflower 1 Apple 1 Punnet Fresh Berries 1 Bag Spinach 1 Avocado 1 Punnet Cherry Tomatoes 1 Bunch Spring Onions 2 Fresh Red Chilli 8 Button Mushrooms, 1 Banana 3 Cucumber 2 Stalks Celery 3 Roma Tomatoes 2 Broccoli 1 Small Bag Edamame 1 Bag Carrots 2 Capsicum 300g Sweet Potato 1 Red Onion 1 Bunch Kale Leaves 2 Lime 1/4 Red Cabbage 2 Cups Mixed Leafy Greens 10 Snow Peas 1 Medium Carrots 1 Raw Beetroot ¼ Pumpkin Choice of Fruit	1 Doz. Eggs 100g Smoked Salmon 300g Chicken Breast 450g Skinless Chicken Thighs 2 Seabass Fillets (Around 120-150g Each) 2 Salmon Fillets (120-150g Each) 450g Turkey Minute Steaks 250g Lean Pork Mince Herbs and Spices Mint (Fresh) Parsley (Fresh) Coriander (Fresh)

Grocery List - Week 2

Condiments & Pantry	Fruit & Veg	Proteins
1 X Black Beans (Canned) Honey Quinoa Flakes 750ml Chicken Stock 500g Basmati Rice Balsamic Vinegar 1 X Small Jar Black Olives 1 X Chickpeas (Canned) 1 X Jar of Tahini 1 x Light Coconut Milk (Canned)	1 Banana 1 Punnet Berries 500 Large Sweet Potato 1 Avocado 2 Punnet Cherry Tomatoes ½ Red Cabbage 1 Bag Carrots 1 Apple 1 Brown Onion 4 Roma Tomatoes 1 Red Capsicum 1 Yellow Capsicum 1 Green Capsicum 1 Eggplant 1 Lime 1 Red Chili 500g Green Beans 3 Beetroot Choice of Fruit	1 Doz. Eggs 3 x 130g White Fish 1 Kg Chicken Breast 500 G Chopped Turkey Breast Herbs and Spices Cardamom Pods Bay Leaves Parsley (Fresh) 6 X Lemon Grass (Fresh) Basil Leaves (Fresh) Dairy and Dairy Products Butter 1 Kg Greek Yogurt

Grocery List - Week 3

Condiments & Pantry	Fruit & Veg	Proteins
Sough Dough Bread Maca Powder 2 Lt Almond Milk Cocoa Powder Dijon Mustard Walnuts (1/4 Cup) Tortilla Wrap 400g Tomatoes (Canned) Tomato Paste 20g Dried Goji Berries 60g Desiccated Coconut 2 Tsp. Chia Seeds	3 Tomato 1 X Bunch Spring Onions Lemon 2 Banana 1kg Bag of Carrots 200g Brussel Sprouts 2 Bunches Asparagus Bag of Spinach 3 Brown Onion, Sliced Celery (Half) Seedless Grapes (1 Cup) Green Apple Lettuce Leaves Frozen Peas 2 Eggplant 3 Zucchini 1 Field Mushroom 1 Large Red Capsicum 1 Large Yellow Capsicum 1 Large Sweet Potato (200g Approx.) 1 X White Potato 2 X Beetroot Choice of Fruit	700g Raw Chicken 150g Smoked Salmon 1 Doz. Eggs Vanilla Protein Powder 2 Cups. Shredded Cooked Chicken (300g raw) 450g Lean Beef Mince 300f Lean Lamb Mince 2 170g Steaks Herbs and Spices Mint (Fresh) Parsley (Dried) Basil (Fresh) Dairy and Dairy Products 100g Reduced Fat Feta 1kg Low Fat Greek Yogurt 75g Ricotta Cheese 75g Shredded Mozzarella Cheese 50g Reduced Fat Cheddar Cheese 2lts 2% Milk

Grocery List - Week 4

Condiments & Pantry	Fruit & Veg	Proteins
Fish Sauce 2/3 Cup Roasted Cashews or Roasted Peanuts 2 Tomato (Canned) 1 Tbsp. Hoisin Sauce 2 Tsp. Asian Garlic Chili Paste	4 Cups Baby Spinach Leaves 3 Punnet of Cherry Tomatoes 500g Button Mushrooms 3 Brown Onion 1 Bunch Spring Onions 20 Snow Peas 1kg Bag Carrots 3 Bok Choy 1 Cauliflower 1/2 Head Cabbage Bag of Bean Shoots Garden Salad 2 Red Capsicum 3 Zucchini 2 Avocados Veggies for Snacks	450g Raw Lean Minute Steak 500g Ground Pork 600g Chicken Breast 500g Lean Sirloin Beef 800g Lean Ground Beef 1 Doz. Eggs 7 Can Tuna in Olive Oil Herbs and Spices Basil (Fresh) Dairy and Dairy Products 1 1/2 Cups Shredded Mozzarella Cheese 150g Parmesan Cheese 150g Feta Cheese