Source Wellness

MINI RESET - SHOPPING LIST

VEGETABLES

- [ ] Avocados 6+
- [ ] Baby tomatoes
- [ ] Broccoli
- [ ] Butternut
- [ ] Carrots 2 large bags
- [ ] Cabbage (optional alternative to courgette)
- [ ] Cauliflower
- [ ] Courgette
- [ ] Cucumber
- [ ] Garlic
- [ ] Mixed lettuce - big bag
- [ ] Mushrooms - punnet for pasta dish
- [ ] Onions x 1 bag
- [ ] Red Cabbage
- [ ] Red onion x 1 bag
- [ ] Baby Spinach
- [ ] Peppers
- [ ] Rocket
- [ ] Sweet potato 2kgs (orange if possible)
- [ ] Spring onions

PANTRY ITEMS

- [ ] 1kg Organic Quinoa (optional breakfast)
- [ ] 500g Organic brown basmati rice
- [ ] Organic chickpeas x 2 (meat alternative)
- [ ] Organic lentils x 2 (meat alternative)
- [ ] Organic Black beans (optional switch for chickpeas)
- [ ] Chickpea/lentil pasta (Happy Earth People)
- [ ] Oat Milk or Nut milk

SMOOTHIE EXTRAS

- [ ] Hemp seeds (optional)
- [ ] Plant based protein powder (optional but recommended)
- [ ] Cacao nibs (optional)
- [ ] Green powder (optional)

MEAT

- [ ] Choice of fish
- [ ] 500g Mince
- [ ] Chicken breasts x 8
- [ ] Burger patties
- [ ] Tin Tuna (optional)
- [ ] 6-18 Eggs (depending on breakfast choice)
- [ ] Optional - smoked salmon for egg breakfast option

FRUIT

- [ ] Bananas x 2 bags
- [ ] Apples x 1 bag
- [ ] Berries - frozen
- [ ] Lemons x 1 bag

FRESH HERBS

- [ ] Fresh Ginger
- [ ] Fresh Chilli or chilli flakes
- [ ] Fresh Coriander or Rocket (large)
- [ ] Fresh Mint
- [ ] Organic cinnamon - ground
- [ ] Oryx Salt (Celtic or Himalayan)
- [ ] Salt also needed for below

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PANTRY "FATS"

- [ ] Coconut oil - cold pressed
- [ ] Olive oil - cold pressed
- [ ] Pesto of choice (optional to add to meals)
- [ ] Coconut cream x 2
- [ ] Toasted Coconut shavings

NUTS & SEEDS

- [ ] Walnuts (200g+)
- [ ] Cashew nuts (200g+)
- [ ] Pumpkin seeds
- [ ] Sunflower seeds
- [ ] Sesame seeds (optional for salad dressing)
- [ ] Nut butter of choice

FLAVOURS

- [ ] Raw Honey (optional for salad dressing)
- [ ] Dijon mustard (optional for salad dressing)
- [ ] Organic Apple Cider Vinegar
- [ ] Balsamic vinegar (optional dressing)
- [ ] Tamari (optional for salad dressing)
- [ ] Green Curry paste

MASTER CLEANSE

If it is your first 3 day fast we recommend using the master cleanse drink to support your body through the fast.

We have provided Cayenne Pepper, you can choose to mix raw honey or maple syrup into the Master Cleanse drink along with fresh lemon.

ADDITIONAL INFO

There are three different breakfast options; smoothie, eggs and avo or quinoa porridge. Choose one for the week or mix it up. Adjust shopping list accordingly.

The "Grated Salad Base" is a recurring element in the lunches so ensure to have enough ingredients for all the days. The base salad for all lunches consists of grated carrots, courgettes, cauliflower, spring onions or red onion, and pumpkin or sunflower seeds. You can swap the courgette for cabbage if you prefer.

The quantities listed are a guide and can be adjusted based on your needs and number of people you are cooking for.

It is recommended to buy organic produce when possible.

The list includes options for protein and grains that can be added if needed or preferred.

Salad Dressings: There is a link to salad dressing recipes on the first day. You can prep one to use for the whole week or mix it up.

Flexibility: The recipes are flexible, and you can adjust ingredients and amounts to your preference.