

GRAIN-FREE DAY 1 PLAN

GROCERY SHOPPING LIST

For 1 person

✓	MEAT / FISH / DAIRY	QTY
	Eggs	6+

✓	PANTRY ITEMS	QTY
	Extra Virgin Olive Oil (EVOO)	
	Raw Honey	

✓	FRUITS & VEGETABLES	QTY
	Tomatoes	1
	Cherry Tomatoes	+15
	Potatoes	3
	Fresh rosemary, thyme, arugula	
	Cucumber	1
	Lettuce	1
	Onion	3
	Sweet potato	1
	Butternut	1
	Carrot	2
	Red pepper	1
	Garlic Bulb	1
	Bananas <small>Banan</small>	3

Shopping list notes:

Firstly, remember that I live in Zimbabwe. This means that bananas are super affordable, as well as other fruits and vegetables. I also have my own chickens for eggs, which means that eating eggs is a more affordable option. If this isn't the case for you, try to think of food that is affordable on your side of the world.

Secondly, it is on you to do 'due diligence' when shopping. Call up the honey suppliers and ask about their processes, to make sure there is no trace gluten. You can do the same for other products, too. Labelling laws can be ambiguous and often only account for the most obvious gluten sources, not trace sources.

Thirdly, don't let the list above restrain you. If you see something that you love and know you can eat, then go for it!

GRAIN-FREE DAY 1 MEAL PLAN

BREAKFAST

DAY 1

Fried or Boiled Egg/s

Fried Tomatoes with herbs (freshly picked)

Hashbrowns - there are easy recipes online that can be adapted. Simply leave out the flour or add chia seeds or chickpea flour to bind. At this point, unless have pure salt and peppercorns, refrain from seasoning. Rather use herbs from your garden or freshly bought (not dried).

A banana for some sweetness or even fry it up and caramelize the sugars for a yummy taste.

Other ideas to tide you over: steamed spinach, or avocado.

LUNCH

DAY 1

Protein and Salad

Choose a protein that you have that has not been sprayed with anything in the butchering/hanging process. Or boil some eggs.

Make a salad of lettuce, tomatoes, cucumber and sliced onion.

A baked potato or sweet potato with a drizzle of EVOO will fill you up if the above is not enough.

DINNER

DAY 1

Gather the vegetables in your fridge, or go out and buy some. Roughly chop them into squares or thick slices and roast them with some EVOO.

I use carrots, potatoes, butternut, onion (cut into chunks, so they don't burn), red peppers, and a lot of cloves of garlic (in their skins).

If you have a suitable protein option, then fry it up with some EVOO and herbs from the garden.