

## The #IrieMealPlan Grocery List

2 bags shredded callaloo  
2 heads iceberg lettuce  
2 heads romaine lettuce  
pak choy  
1 head cauliflower  
1 head broccoli  
16oz flax seed  
1doz oranges  
6 grapefruit  
1 pineapple  
3 American Apples  
raw almonds  
1 tray boneless chicken breast or boneless, skinless thighs  
1 tray fish fillet  
1lb string beans  
2lb carrot  
2lb sweet potato  
1lb yam  
2 pear (avocado)  
1 box organic green tea bags or loose leaf  
1 large pack old-fashioned oats  
1 bag dried chick peas  
1 bag dried black beans  
1 bag dried kidney beans  
1 bag dried 16 bean mix  
1 bag dried lentils  
1 bag brown rice  
1 can green peas  
1lb plummy tomato  
3 cans tuna in water (or sardine)  
6 ripe bananas, 6 green bananas  
watermelon  
skimmed milk or almond milk, one box  
1 heads cabbage  
6 eggs  
saltfish  
plain greek yogurt (optional)  
cinnamon  
coconut oil  
sweet pepper  
whole wheat wraps