

Week's **HEALTHY** **GROCERIES**

- **FRESH SPINACH** 100 grams
- **ORGANIC MINCED BEEF** (optional)
- **ORGANIC CORN** 1 jar
- **WHOLEGRAIN TORTILLAS** 6-8 pieces
- **FRESH BROCCOLI** 1
- **CANNELINI & BROWN BEANS** 800 grams
- **LEMON** 1
- **CANNED TUNA, LINE-CAUGHT** 150-200 grams
- **RED ONION (or buy in bulk)** 1
- **AVOCADOS** 1-2 ripe
- **EGGS** Buy in bulk
- **ROOT OF GINGER** One small
- **QUINOA** Buy in bulk
- **SMOKED FOREL, wild or organic** 200 grams
- **ROCKET SALAD** 100 grams
- **BELL PEPPERS** 2
- **Multigrain low-sugar CEREALS or FLAKES + milk of your choice**
- **SEASONAL FRUITS** for daily fruit portions
- **NUTS (almonds, cashews or walnuts) for one handful a day**