**WEEK ONE**

**SHOPPING LIST**

**Mon : SACRAL CHAKRA:** butternut squash soup, with roasted glazed chickpeas

**Tues : SOLAR PLEXUS:** Lemon dall with Punjabi Aloo Gobi and Broccoli Pratha

**Wed : HEART CHAKRA:** Cranberry orange roasted brssels sprouts with Beef lemongrass betal wraps.

**Thurs : THROAT CHAKRA:**

**Fri : THIRD EYE:**

**Sat : CROWN CHAKRA:** Purple cabbage, pear and walnut salad with oven roasted butter parsley fish and roasted purple potatoes.

**Sun : ROOT CHAKRA:** Blackbean, pomegraate and avocado salsa, with slow cooked roast beef. Chipotle sauce and flour tortillas

**BUTCHER**

* 1 3-4 pound boneless roast beef (chuck or round roast)
* 400 gminced beef

**FRUIT & VEG**

red onions,

brown onions

4 spring onions

red Asian shallot

2 large Potatoes

1 red cabbage

1 1/2 pounds Brussel sprouts

broccoli

1/4 cup cilantro,

1 large avocado

carrots

butternut squash

1 Cauliflower

1 iceberg lettuce

Bartlett pear

1 granny smith apple

1 orange

2 cups pomegranate arils

4 fresh limes

4 lemons

fresh tumeric

corriander

1 small jalapeño, minced, seeds removed

8 chipotle chiles,

6 green chillies,

ginger

1 bunch betel leaves

2 lemongrass

garlic,

**GENERAL GROCERIES**

black beans dry

chickpeas dry

yellow lentils or preferably toor dal

split urad dal

besan flour

brown rice flour

white rice flour

corn flour

oat flour

long grain brown basmati rice

long grain white basmati rice

gluten free flour combination)

gluten-free oat flour (make sure it’s certified gluten-free)

almond flour (make sure it’s blanched almond flour, finely ground)

teff flour

potato starch

arrowroot powder

buckwheat flour

baking powder

active dry yeast

ground flaxseed meal

15 grams ground chia seeds

rice vermicelli noodles

1 cup beef broth (organic)

½ cup balsamic vinegar

red wine vinegar

apple cider vinegar

grape seed oil

[ghee](http://www.amazon.com/gp/product/B0032RPLSY/ref=as_li_ss_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=B0032RPLSY&linkCode=as2&tag=famgonhea-20) or lard for cooking  (or substitute for coconut oil, if you don't want animal protein)

pomegranate syrup

Dijon mustard

1 tablespoon Worcestershire sauce (try to get a sugar free version)

1 tablespoon soy sauce (this can also be substituted with Tamari an all purpose seasoning)

xylatol

red pepper flakes

ground cumin

cumin seeds

ground cinnamon

ground nutmeg

turmeric

mustard seeds

asaoeftida

Red Chilli Powder

Ground Coriander

Garam Masala

Kitchen King Masala (Optional)

crushed roasted peanuts

Dried Fenugreek Leaves

fresh curry leaves

dried cranberries

walnuts

2 (14 oz) cans low sodium vegetable broth

**FRIDGE**

Tablespoons unsalted organic butter (or lard!) (or substitute for coconut oil, if you don't want animal protein)

plain coconut yogurt