

# LIVEFIT

*with Stace*

## HEALTHY #LOCKDOWN GROCERY LIST

### MEAT | FISH | POULTRY

- RED MEATS & BILTONG
- FISH
- PORK
- EGGS
- OFFAL
- FROZEN SEAFOOD

### DAIRY

- MILK
- SEMI/HARDCHEESE
- YOGHURT
- BUTTER
- FULL FAT CREAM
- SOFT CHEESE

### FREEZE / RIPEN-AT-HOME FRUIT

- AVOCADO
- MANGO
- PEARS
- BERRIES
- BANANAS
- NECTARINES

### FRUIT

- ORANGES/NAARTJIES
- LEMONS & LIMES
- DATES
- GRAPEFRUIT
- PAW-PAW
- PINEAPPLE

### VEG

- AVAIL GREEN VEG
- CAULIFLOWER
- MUSHROOMS
- LETTUCE
- HERBS
- TOMATOES

### VEG

- ONIONS
- GARLIC
- CHILLI & PEPPERS
- SWEET POTATO
- SQUASH
- CARROTS

HEALTHY FRESH ITEMS (UP TO 14 DAYS)

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### BEANS, PULSES & LEGUMES

- BROAD BEANS
- BUTTER BEANS
- KIDNEY BEANS
- BLACK BEANS
- CHICKPEAS
- LENTILS

### GRAINS

- RICE (BASMATI) W/B
- QUINOA
- BULGAR WHEAT
- COUSCOUS
- GLUTEN FREE MUESLI
- GFOATS

### NUTS | OILS & BUTTERS

- COCONUT OIL
- OLIVE OIL
- PEANUT BUTTER
- ALMONDS/CASHEWS ETC
- SEEDS
- HUMMUS

### CANNED/ PACKAGED GOODS

- RICE CAKES & CRACKERS
- TUNA
- TEA & COFFEE
- SPICES & VINEGAR
- POPCORN
- HONEY

### CANNED/ PACKAGED GOODS

- MILK ALTERNATIVES
- FROZEN VEG
- SUGAR ALTERNATIVES
- DRIED FRUIT
- OLIVES
- NUTRITION BARS

### DRINKS & DESSERTS

- SPARKLING WATER
- FAVOURITE BEVERAGES
- ICE-CREAM
- CAKE-MUFFIN MIXES
- ALCOHOL
- NUTRITION BARS

### NON-PERISHABLES

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### HOUSEHOLD ITEMS

- STORAGE ITEMS
- TOILETRIES
- PET FOOD
- FIRST AID KIT
- CLEANING ITEMS
- ROOM SPRAYS

### ENTERTAINMENT

- PUZZLES
- COLOURING BOOKS
- PENCILS & PAINTS
- BOARD GAMES
- BOOKS/NOVELS
- BATTERIES

### MOVEMENT

- YOGA MAT
- LIGHT WEIGHTS
- EXERCISE BANDS
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### SELF

- JOURNAL
- AROMATIC CANDLE
- BATH SUPPLIES
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### NOTES

- Eat before you shop
- Stick to your regular recipes/cooking items for the bulk of your shopping
- Fresh food should still be the mainstay of your diet. Certain items can be frozen or can ripen at home.
- Desserts have been included because hey, life happens, but go easy here, we want to be healthy post lockdown!
- Enjoy the time with your loved ones!!



**ANYTHING ELSE?**