



My Cinch FAST 30 Shopping List

CINCHFAST30

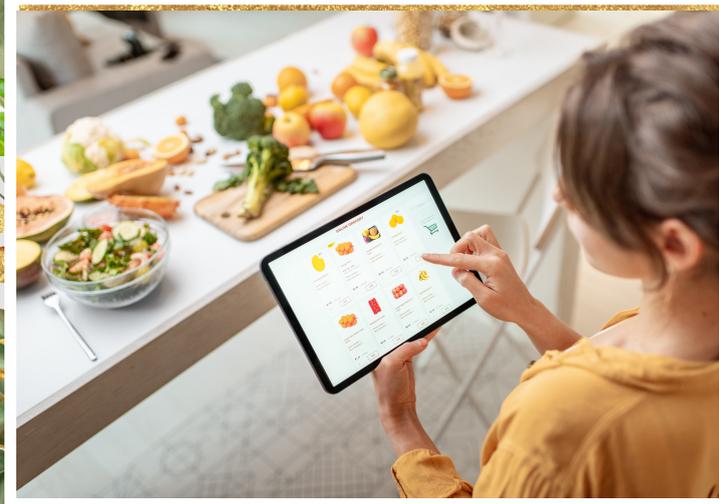


Legal Disclaimer

All contents copyright © 2021 by Cinch FAST Limited. All rights reserved worldwide. No part of this document may be reproduced or transmitted in any form, by any means (electronic, photocopying, recording, photographing, forwarding by email or otherwise) without the prior written permission of the publisher.

Limit of Liability and Disclaimer of Warranty: The information provided within the Cinch Fast 30 Fat Loss Challenge is for general informational purposes only. While we try to keep the information up-to-date and correct, there are no representations or warranties, express or implied, about the completeness, accuracy, reliability, suitability or availability with respect to the information, products, services, or related graphics contained in the Cinch FAST 30 plan for any purpose. The content of the Cinch FAST 30 Plan is for your general information and use only. Your use of any information is entirely at your own risk, for which we shall not be liable. It is your own responsibility to ensure that any products, services or information in the Cinch FAST 30 Plan meets your specific needs. Before taking part in any form of exercise, change of diet or consumption of a nutritional supplement you should always consult your doctor.

Copyright Cinch Clinic 2021



Hello!

Welcome to our Cinch FAST 30 shopping list!

This is designed to help save you time and to make sure you plan your meals properly for the best chance of success!

If there are any ingredients you don't love on there, simply swap them for something you do like! No biggie!

Remember, you are in control!

Happy shopping!

Shopping list

Week 1

- 2 ripe avocado
- 3 lemons
- 1 lime
- big pinch chilli flakes
- sourdough bread
- 12 eggs
- 2 medium peaches
- 1 medium banana,
- (200g) natural Greek yogurt
- 250ml coconut water
- 2 scoop (25g) vanilla protein powder
- 2 spring onions , sliced
- Smoked paprika
- 50g cheddar or gruyère
- small handful of chives
- Ground cinnamon
- Garlic powder
- Ground cumin
- Onion powder
- Turmeric
- Ground coriander
- Saffron threads
- Fresh thyme leaves
- Dried oregano
- Vegetable bouillon powder
- Chicken stock cube
- 50g rolled porridge oats
- 100g mixed berries
- ½ tbsp nut butter (we used almond)
- Fresh coriander, chopped
- Mint leaves
- 1 tsp. chia seeds
- Chinese 5 spice
- Bag of onions
- Garlic bulb
- 3 large tomatoes
 - Your oil of choice for all recipes (choose one)
- Coconut oil
- Sesame Oil
- Olive Oil
- Rapeseed Oil
- Avocado Oil
 - Vegetable stock cubes
 - 450g long stem broccoli
 - 4 cod, hake or any white fish fillets
 - 5 red peppers
 - 2 large red onions
 - 7 large carrots
 - 1 courgette
 - Pack of celery
 - Baby sweetcorn packet
 - 550g pack brown mushroom
 - 2 small leeks
 - 1 small bag sugar snap pea
 - pinch of sugar
 - Tomato purée
 - 3 x 400g cans chopped tomato with garlic & herbs
 - 3 medium sweet potatoes
 - 8 radishes
 - 1 yellow, 1 green pepper
 - 1 ½ tbsp. ginger, grate
 - (200g) frozen peas
 - 300g white potatoes
 - 1 red chilli
 - 300g wholemeal pasta
 - 85g dried red lentils
 - 7 oz. (200g) couscous, plus 1 tbsp
 - Sun dried tomatoes,
 - 1 bag spinach
 - 150 g penne pasta
 - wheat flour
- Light soy sauce
- Honey
- Big bag of brown rice ,
- 8 skinless chicken thighs fillets
- 400g lean turkey mince (choose breast instead of thigh mince if you can, as it has less fat) or 5% beef mince or Quorn
- (350g) chicken breast
- 2 skinless salmon fillets
- 4 bone-in chicken thighs
- 9 oz. (250g) prawns
- Almond milk, unsweetened
- Sweet chilli sauce
- Corn flour
- Rice cakes
- Vegetables for crudités
- Fruit of choice
- Whole Earth (or sugar free) Peanut Butter
- 100g pecan
- 75g raisin
- 1 tbsp ground flaxseed (or a mix- we used milled flaxseed, almond, Brazil nut and walnut mix)
- 1 tbsp cocoa powder
- 1 tbsp agave syrup
- 50g desiccated coconut
- Dried fruit
- Nuts
- 200g/7oz canned chickpeas
- 1 Tahini
- Sourdough loaf
- Your choice of sandwich fillings

Shopping list

Week 2

- 30g dried porcini mushrooms
- olive oil
- 1 Lemon
- •1 lime
- Your oil of choice for all recipes (choose one)
- Coconut oil
- Sesame Oil
- Olive Oil
- Rapeseed Oil
- Avocado Oil
 - 20g unsalted butter
 - 250g white mushrooms
 - 250g pack brown mushrooms
 - 1 leek
 - •3 large tomatoes
 - Bunch of celery
 - 200g green lentils (tinned or dried)
 - chicken, beef or veg stock cubes
 - small bunch of thyme or dill , leaves
 - 400g lean turkey mince (choose breast instead of thigh mince if you can, as it has less fat) or 5% beef mince or Quorn
 - 150g cooked king prawns or grilled /roast chicken
 - 2 skinless salmon fillets
 - Chicken legs, including thighs and drumsticks
 - 2 chicken breasts
 - 10 oz. (300g) pork loin
 - Bag of onions
 - 4 limes
 - 3 Peppers (3 of red, yellow, green)
 - Bag of carrots
 - Tomato purée
 - Bulb of garlic
 - Sourdough loaf
 - Your choice of sandwich fillings
- 250g cooked mixed grains)
- 1 ripe avocado , stoned and cubed
- 6 radishes , sliced
- 1 courgette
- handful of baby sweetcorn
- Long stem broccoli
- 100g mango , peeled and diced
- •1 bag of sugar snap peas
- Bunch of spring onions
- 8 skinless chicken thighs fillets
- 1 red onion
- 700g baby new potatoes
- Pak Choi
- 1 tbsp. ginger, minced
- Turmeric
- Paprika
- Fresh coriander
- small bunch of thyme
- Onion powder
- Light soy sauce
- Honey
- Saffron
- 1 red chilli
- Pasatta
- Fresh Ginger bulb
- Handful chopped Thai or Italian Basil
- Dried mixed herbs
- Bag of brown rice
- Hot Pepper Paste (Asian Supermarket or online)
- Jar of ginger syrup
- Carton of cherry tomatoes
- Pineapple, canned or fresh
- 250g pouch mixed grains
- 2 plain tortillas
- 50g grated mozzarella
- Toppings of choice for Tortilla pizza
 - Chicken, ham or pepperoni
 - 6-8 pickled jalapeño slices
 - Mushrooms
 - Tomatoes
 - 2 cans chopped tomato with garlic & herbs
 - Bag of wholemeal pasta
 - Rice cakes
 - Vegetables for crudités
 - Fruit of choice
 - Whole Earth (or sugar free) Peanut Butter
 - 100g pecan
 - 75g raisin
 - 1 tbsp ground flaxseed (or a mix- we used milled flaxseed, almond, Brazil nut and walnut mix)
 - 1 tbsp cocoa powder
 - 1 tbsp agave syrup
 - 50g desiccated coconut
 - Dried fruit
 - Nuts
 - 200g/7oz canned chickpeas
 - 1 Tahini

Shopping list

Week 3

- Bag of Salad leaves
- 3 radishes,
- 12 chicken breast per person or whole cooked rotisserie chicken
- Sourdough loaf
- 3 large eggs
- Broccoli
- Parmesan, grated
- Your oil of choice for all recipes (choose one)
- Coconut oil
- Sesame Oil
- Olive Oil
- Rapeseed Oil
- Avocado Oil
-
- 2 lemons
- 1 lime
- Bulb of garlic
- Honey
- 4 large, roundish sweet potatoes ,
- Chilli flakes
- 400g pack extra-lean beef mince
- Bag of onions
- Tomato ketchup
- 4 small wholemeal buns
- 1 Little Gem lettuce
- 1 beef tomato , sliced
- 1 red onion
- 4 pickles or gherkins
- 400g can black beans, drained
- small bunch coriander
- Packet of wholemeal tortillas
- 1 avocado or small tub of guacamole
- soured cream
- 4 red, green, yellow peppers
- 1 red onion,
- 1 garlic clove,
- chilli powder
- Smoked paprika
- Ground cumin
- Dried oregano
- For the marinade
- 1 tsp
- black pepper to taste
- 2 packets of Long stem broccoli
- Asparagus
- 3 courgettes spiralized if poss
- Bag of brown rice
- •1 tsp.
- Plant or dairy milk
- Smoked salmon
- •¼ cup (30g) feta cheese (or brie, camembert), cubed (optional)
- •4-5 cherry tomatoes
- Chinese rice paper pancakes (online or Asian Supermarket)
- Fresh coriander & mint leaves
- Cucumber
- 1 carrot
- Bag of radishes
- Spring onions
- Cellophane rice noodles
- Creamy organic or natural peanut butter
- Rice vinegar
- Soy sauce
- 500 g (1lb) vine tomatoes
- 2 tbsp Balsamic vinegar
- 800 g (1½lbs) steak of your choice (
- 2 red onions
- 300g potatoes
- 4 bone-in chicken thighs , skin and any fat removed
- Rice cakes
- Vegetables for crudités
- Fruit of choice
- Whole Earth (or sugar free) Peanut Butter
- 100g pecan
- 75g raisin
- 1 tbsp ground flaxseed (or a mix- we used milled flaxseed, almond, Brazil nut and walnut mix)
- 1 tbsp cocoa powder
- 1 tbsp agave syrup
- 50g desiccated coconut
- Dried fruit
- Nuts
- 200g/7oz canned chickpeas
- 1 Tahini
-

Shopping list

Week 4

- 200g dried chickpeas , soaked for 6-8 hours or tin
- Your oil of choice for all recipes (choose one)
 - Coconut oil
 - Sesame Oil
 - Olive Oil
 - Rapeseed Oil
 - Avocado Oil
- Bag of onions
- Bulb of garlic
- Baharat
- Paprika
- 4 bay leaves
- Garam masala
- Ground cinnamon
- Dried oregano
- 1 small bunch of flat-leaf parsley
- 3 medium aubergines
- 3 cans chopped tomatoes
- 1 lemon , juiced
- 50g pine nuts
- Cous Cous
- pitta breads or flatbreads
- Potato for baking with choice of filling
- **1 ripe avocado**
- **2 lemons**
- 1 lime
- Chilli flakes
- Sourdough bread
- 9 eggs
- Red chilli
- Fresh thyme
- Fresh ginger
- 100g smooth peanut butter
- 400ml coconut milk
- roasted peanuts, to serve
- Bag of brown rice
-
- 1150g wholewheat penne
- 8 skinless boneless chicken thighs, cut into chunks
- 6 chicken legs, including thighs and drumsticks
- 2 salmon fillets
- 12 oz. (350g) chicken breast
- (60g) smoked salmon
- 6 sundried tomatoes
- ½ cup (125ml) plant-based oat cream (or regular)
- 1 bag spinach
- 300g mushrooms, sliced
- Miso paste
- Honey
- Tamari, or soy sauce
- Apple cider vinegar
- Sesame seeds
- 3 courgettes spiralised
- 6 radishes
- 1 scoop (25g) of vanilla whey powder
- 1 banana
- ¼cup (25g) fresh or frozen mixed berries
- 700g baby new potatoes
- Bunch of asparagus
- (70ml) milk, plant or dairy
- ¼ cup (30g) feta cheese (or brie, camembert), cubed (optional)
- 4-5 cherry tomatoes, halved
-
- Rice cakes
- Vegetables for crudités
- Fruit of choice
- Whole Earth (or sugar free) Peanut Butter
- 100g pecan
- 75g raisin
- 1 tbsp ground flaxseed (or a mix- we used milled flaxseed, almond, Brazil nut and walnut mix)
- 1 tbsp cocoa powder
- 1 tbsp agave syrup
- 50g desiccated coconut
- Dried fruit
- Nuts
- 200g/7oz canned chickpeas
- 1 Tahini



Meal Plan

Copyright Cinch Clinic 2021