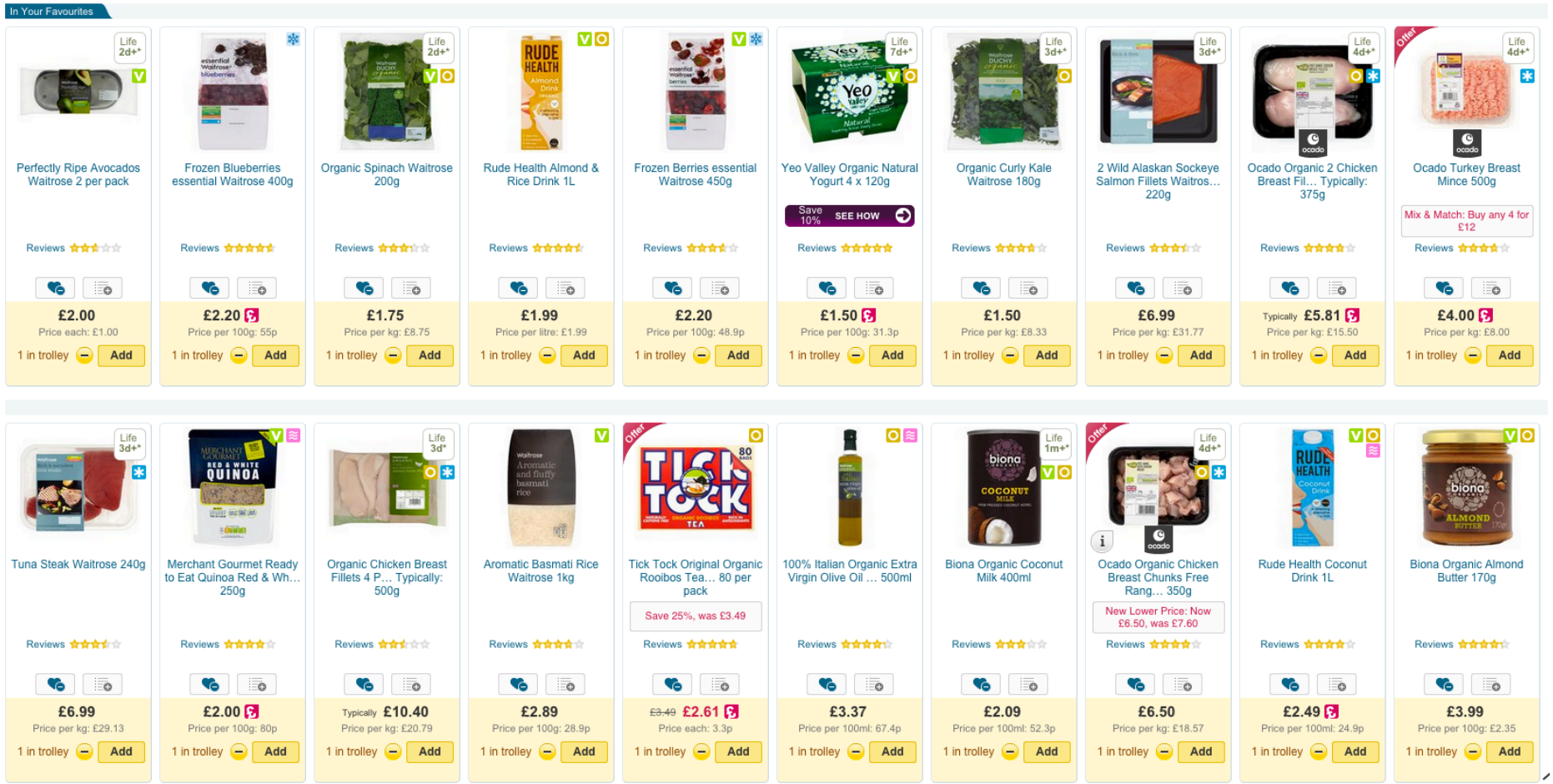
Shopping Basket

MIBOSOlife
health & happiness
MIND BODY SOUL

This is a guide to what you might like to be putting in your basket when following the 123Life plan.

These are all brands that I know to be “clean” ie free of Wheat, Dairy, Alcohol, Processed foods, Caffeine and Added Sugars (this basket is from Ocado but many of the big supermarkets also have the same brands)
To be sure ALWAYS check labels – this is not an infinitive list but just a few ideas.

The first two pictures are some of my favorites for the detox plan. The final picture are some suggestions that can be added in later weeks.



Very Lazy Chopped Garlic in White Wine Vinega… 125g

Reviews

£1.49

Price per 100g: £1.19

1 in trolley Add

Biona Organic Cider Vinegar Unfiltered 750ml

Reviews

£2.69

Price per 100ml: 35.9p

1 in trolley Add

Biona Organic Virgin Coconut Oil Raw 400g

Reviews

£8.49

Price per 100g: £2.12

1 in trolley Add

Offer

Life 1m+*

Thai Green Curry Paste in Pouch 200g

Save 20%, was £1.89

Reviews

£1.89 £1.51

Price per 100g: 75.5p

1 in trolley Add

Life 1m+*

Ocado Smoked Salmon Wild Alaskan Frozen 300g

Reviews

£3.25

Price per 100g: £1.08

1 in trolley Add

Offer

Life 4d+*

Eversfield Organic Diced Beef Gras… Typically: 500g

Save 10% per Kg, was £13.50 per Kg

Reviews

Typically £6.75 £6.07

Price per kg: £12.14

1 in trolley Add

Offer

Life 1m+*

Thai Taste Red Curry Paste in Pouch 200g

Save 20%, was £1.89

Reviews

£1.89 £1.51

Price per 100g: 75.5p

1 in trolley Add

Biona Organic Cashew Nut Butter 170g

Reviews

£3.99

Price per 100g: £2.35

1 in trolley Add

Rude Health Hazelnut Drink 1L

Be the first to review

£2.49

Price per litre: £2.49

1 in trolley Add

Biona Organic Hazelnut Butter 170g

Reviews

£4.49

Price per 100g: £2.64

1 in trolley Add

Biona Organic Coconut Virgin Oil 800g

Reviews

£14.89

Price per 100g: £1.86

1 in trolley Add

Teapigs Lemon and Ginger 15 per pack

Reviews

£4.15

Price each: 27.7p

1 in trolley Add

Offer

Life 4d+*

Eversfield Organic Beef Burger Gra… Typically: 460g

Save 10% per Kg, was £14 per Kg

Reviews

Typically £6.44 £5.79

Price per kg: £12.59

1 in trolley Add

Biona Organic Pumpkin Seed Butter 170g

Reviews

£2.99

Price per 100g: £1.76

1 in trolley Add

Very Lazy Piri Piri Chillies with Oil 110g

Reviews

£1.80

Price per 100g: £1.64

1 in trolley Add

Life 3d+*

Eversfield Organic Meat Selection Box 6 Varieties

Reviews

£48.90

1 in trolley Add

Out of stock

Tuna Steak In Olive Oil essential Waitros… 4 x 200g

Reviews

£4.60

Price per 100g: 57.5p

1 in trolley Add

Out of stock

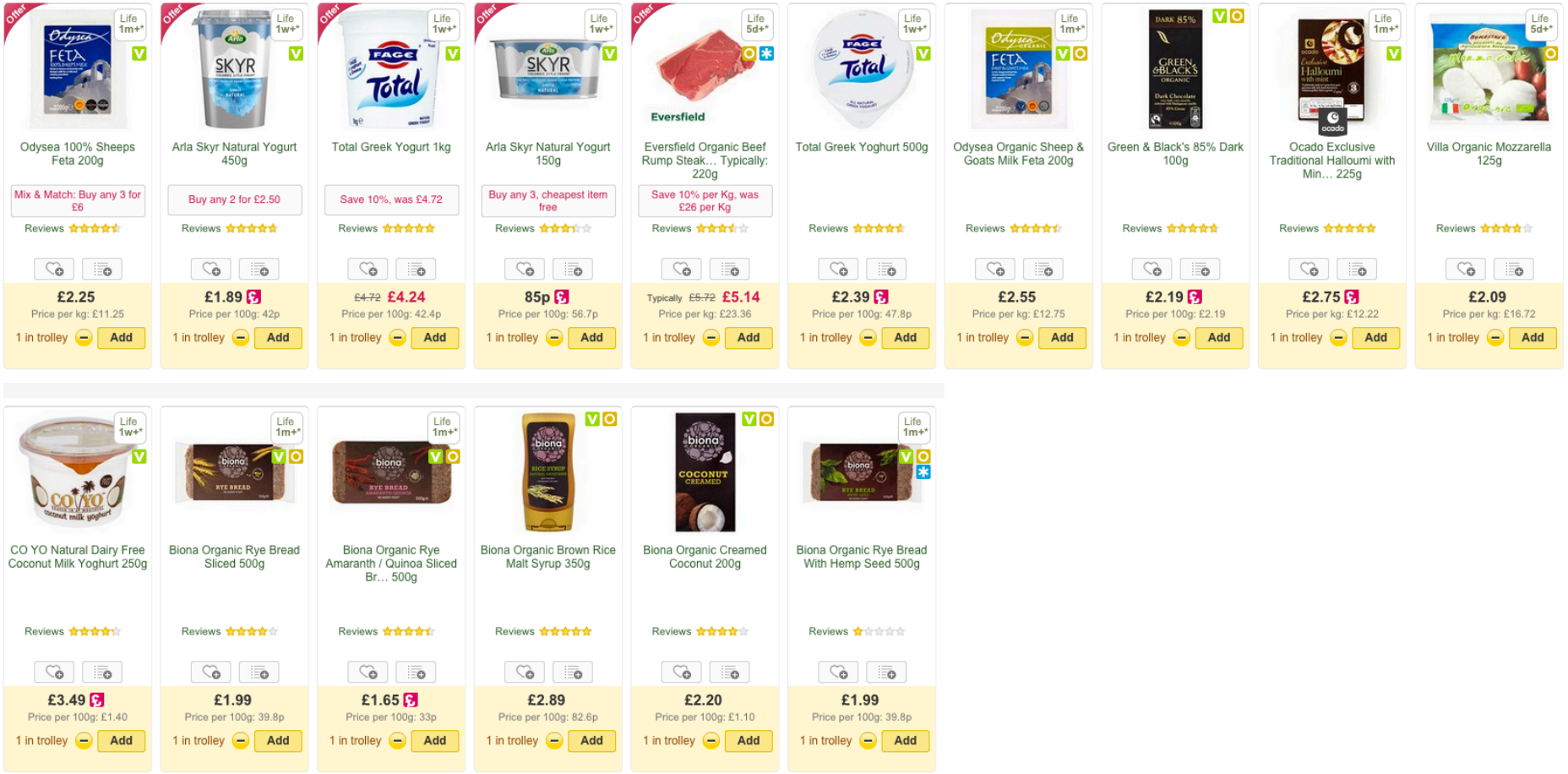
Alternatives

Show similar products

Tuna Steak In Olive Oil essential Waitrose 200g

£1.30

John West Yellowfin Tuna Steaks Olive Oil 3 x 80g

£2.65

Occasional treats ideally just for after detox period.