

Shopping list

(This guide is to help you make better choices when shopping)

Protein

Fillet steak	
Chicken Breast	
Salmon fillet	
Eggs	
Cottage Cheese	
Greek Yoghurt	Fage 0%

Carbohydrates

Porridge oats	
Sweet Potato	
Jersey Royals	
Rice	
Quinoa	
Seeded Bread	

Fats

Avocado	
Nuts	
Oils	
Butter/Nut butter	
Cheese	

Vegetables

Kale	
Spinach	
Cucumber	
Asparagus	
Beetroot	
Celery	

Fruit

Kiwis	
Grapefruit	
Blueberries	
Bananas	
Apples	
Raspberries	

Snacks

Salted Popcorn	
Sugar free Jelly	
Protein Bar	
Rice cakes	
Dark Chocolate	80% +
Biltong	