

SHOPPING LIST IDEAS

Complex Carbs

Sweet Potato
Wholemeal Rice Cakes
Quinoa
Apple
Pears
Grapes
Grapefruit
Porridge Oats

Protein

Chicken Breast
Turkey Breast
Ground Turkey Mince
Ground Chicken Mince
Tune
Salmon
Chicken Thigh
Lean Ground Beef
Light Cottage Cheese
Natural Greek Yoghurt

Fat

Omega 3 fish oil
Almonds
Cashews
Avocado
Flax seed
Olive Oil
Chia Seeds

Spices & Sauces

Mustard
Garlic
Cinnamon
Turmeric
Paprika
Cajun Spices
Black Pepper
Sea Salt
Tabasco

Vegetables

Kale
Baby Spinach
Asparagus
Green Beans
Broccoli
Cucumber
Onion
Mushrooms
Bell Peppers

Snack

Natural Greek Yoghurt
Celery Sticks
Light Soft Cheese
Any Fruits
Peanut Butter
Apple With Peanut Butter

Post Workout Carbs

Banana
Orange juice
Sweet potato

Fluids

Water
Milk
Tea
Coffee
Coconut Water