

SAMPLE SHOPPING LIST

Make your life easier!

PROTEIN

- Chicken Breasts
- Turkey Burgers
- Lean Beef – 5% Mince
- White Fish
- Turkey
- Sausages
- Turkey Bacon
- Red Lentils
- Beans
- Lentils
- Chickpeas
- Eggs
- Egg Whites
- Quorn Products (be careful as these are high in fat too and not as low in calories)
- Tofu
- 0% Greek Yogurt
- Protein Yogurts
- Cottage Cheese
- Protein milk
- Protein Powder
- Protein bars



Be careful with **“protein” branded foods** – a lot of companies use this as a way for you to buy it and it **could be very high in calories and low in protein!**

CARBOHYDRATES

- Sweet Potato
- Potato
- Vegetables
- Cauliflower/Broccoli rice
- Frozen vegetables
- All Fruit (Berries are much lower in calories than all other fruits)
- Beans
- Frozen fruit is a brilliant snack
- Oats
- Bread (Brennans Bread do a 60 calorie slice)
- Slimster bagels and thins
- Rice cakes
- Corn Cakes
- Pasta, Rice
- Lentils

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Make sure to weigh these foods as they're higher in calories

FATS

- Cheese – 30% Less Cheese
 - Philadelphia is lower in calories
 - Cottage Cheese
 - Avocado
 - Dark Chocolate
 - Peanut Butter
 - Salmon
- For the likes of butters and oils try and use frylite as they are super high in calories which people forget about!



Remember - fats are not 'BAD'. They are **very important** for female hormone production. Use unsaturated fats in your diet **daily**. Saturated fats can be used sparingly and shouldn't be restricted just not overused.

