



HEALTHY SHOPPING LIST

FRUIT

- ☐ Bananas (great for freezing for protein smoothies)
- ☐ Apples
- ☐ Lemons & limes
- ☐ Berries (fresh or frozen) especially Raspberries & blueberries

VEGETABLES

- ☐ Onion
- ☐ Garlic
- ☐ Courgette
- ☐ Mixed peppers
- ☐ Cucumber
- ☐ Beetroot
- ☐ Carrots
- ☐ Mushrooms
- ☐ Broccoli
- ☐ Spinach (great for Smoothies)
- ☐ Runner beans/Snap Peas/Peas
- ☐ Cherry tomatoes

PROTEIN

- ☐ Eggs
- ☐ Tofu
- ☐ Chicken breast
- ☐ Protein powder (Bulk or MyProtein)
- ☐ Turkey mince/breast
- ☐ Chicken/Turkey sausages
- ☐ Quorn chicken/sausages/mince

DAIRY/NON-DAIRY PRODUCTS

- ☐ Milk or (non-dairy) plant milk- Soya / Almond / Coconut
- ☐ Cottage cheese
- ☐ Feta / Mozzarella / Halloumi
- ☐ Plain greek yogurt or (non-dairy) coconut milk yogurt
- ☐ Quark

CARBOHYDRATES

- ☐ Plain rolled oats
- ☐ (Sweet) potatoes*
- ☐ Whole-grain pasta
- ☐ Rice*
- ☐ Quinoa*
- ☐ Whole-wheat flour
- ☐ Whole-wheat bread
- ☐ Lentils*

HEALTHY FATS

- ☐ Unsalted nuts
- ☐ Peanut butter (natural) e.g Pip & Nut
- ☐ Almond butter
- ☐ Flaxseeds/Linseeds
- ☐ Avocados
- ☐ Coconut oil
- ☐ Olive oil
- ☐ Linseed oil
- ☐ Chia seeds

CANNED FOOD

- ☐ Kidney beans
- ☐ Chickpeas
- ☐ Sweetcorn
- ☐ Tuna
- ☐ Chopped Tomatoes
- ☐ Butter beans

**"SKIP THE DIET
EAT HEALTHY"**

HERBS & SPICES

- ☐ Basil
- ☐ Mixed Herbs
- ☐ Parsley
- ☐ Rosemary
- ☐ Thyme
- ☐ Cinnamon
- ☐ Chili powder
- ☐ Smoked Paprika
- ☐ Oregano
- ☐ Ground ginger

BEVERAGES

- ☐ Green tea (flavored ones taste better).
- ☐ Peppermint tea

FOR THE PANTRY

- ☐ Dark chocolate
- ☐ Honey or maple syrup
- ☐ Wholegrain mustard
- ☐ Almond (ground) Flour
- ☐ Balsamic vinegar
- ☐ Dried dates
- ☐ Cider Vinegar

*gluten-free