

FOOD

FOOD SHOPPING LIST

Ensuring your cupboards are stocked with healthy and wholesome food is vital to help achieve a good diet. I have created a quick and easy food list you can take for your next food shop. Full of healthy, calorie friendly and tasty foods choices.

Chicken breast
Heck chicken sausages
5% beef mince
Turkey breast mince
Tinned tuna
Salmon fillet
Bacon medallions
White cod
Medium eggs
Two chicks egg whites
Skyr flavoured yogurt
Fat free cottage cheese
Eat lean cheese
Low fat spread
Almond milk
0% Greek yogurt
Spinach
Kale

Mushrooms
Courgette
Tomatoes
White potato
Sweet potato
Butternut squash
Green beans
Broccoli
Peppers
Red onion
Avocados
Apples
Frozen berries
Pears
Kiwis Oats
Ryvita
Egg noodles
Lentils

Chickpeas
Basmati rice
Cauliflower rice
Nimble bread
Lighter than light mayonnaise
1 cal spray
Sugar free squash
Nandos hot sauce
Assortment of herbs and spices
Fibre one bars