

Shopping List



Protein (Fish, Meat, Poultry, Eggs)

Type	Weight (Grams)

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Fruit & Vegetables (Select 5 different colours)

Type	Amount

Type	Amount

Healthy Fats (Nuts, Avocado, Olive Oil, Seeds, etc)

Type	Amount

Type	Amount

Carbohydrates (Rice, Bread, Pasta, Oats etc)

Type	Amount

Type	Amount

Dairy (Milk, Yogurt etc)

Type	Amount

Type	Amount

Miscellaneous

REMEMBER:

- 1) Stay under your weekly calories
- 2) Plan before you shop
- 3) Eat enough protein
- 4) Eat vegetables @ every meal
- 5) Don't shop while hungry