

Ideal Grocery List



***May cause bloating and flatulence.**

PROTEINS

(1 portion per meal, including breakfast)

- Chicken breast (*skinless*)
- Turkey breast (*skinless*)
- Red meat (*5% fat or less*)
- Bresaola
- Veal
- Fresh salmon
- Smoked salmon
- Cod or white fish
- Fresh or canned tuna
- Lean ham (salt)
- Fresh or canned sardines
- Fresh or canned mackerel
- Prawns
- Scallops
- Eggs
- Egg Whites
- Tofu

PROTEINS

Vegan Friendly Sources

- Tofu
- Edamame
- Tempeh
- Lentils (*red, green*)
- Beans (*red, black, white, broad*)
- Split Peas
- Chick Peas
- Seitan
- Spinach
- Brocolis
- Spelt
- Quinoa
- Plant based milks
- Pasta made with pea flour (edamame, chick peas, lentils, beans)

STARCHY CARBS & GRAINS

(Fibre and proteins for most of them)

- Baby potatoes (*cooked with skin on*)
- Sweet potato
- Jerusalem artichokes
- Soba noodles, Udon noodles
- Red lentils pasta / green lentil pasta /
- Chick pea pasta
- Couscous
- Quinoa
- Barley
- Whole-wheat pasta
- **Chick peas**
- **Beans (*black, kidney, butter beans*)**
- **Lentils**
- Amaranth
- Spelt
- Bulgur
- Brown rice / wild rice
- Rolled oat
- Oat bran
- Wholegrain rye bread
- Gluten-free bread
- Organic or gluten-free oat cakes Nairn's



DAIRY

- Skimmed Milk
- Semi skimmed Milk
- Almond milk Unsweetened
- Oat milk Unsweetened
- Fat-free Greek yogurt
- Low fat cottage cheese
- Low fat Greek feta cheese



VEGETABLES

- Aubergine
- Carrots
- Courgettes
- Edamame
- Tomatoes
- Pumpkin / red squash
- Green peas
- Green beans
- Beetroot
- Artichokes
- Asparagus
- Broccoli
- Cucumber
- Brussels sprouts
- Cauliflower
- Chicory / French endive
- Celery
- Cucumber
- Kale
- Green Salad
- Leeks

- Mushrooms
- Peppers
- Radish
- Spinach
- Cabbage

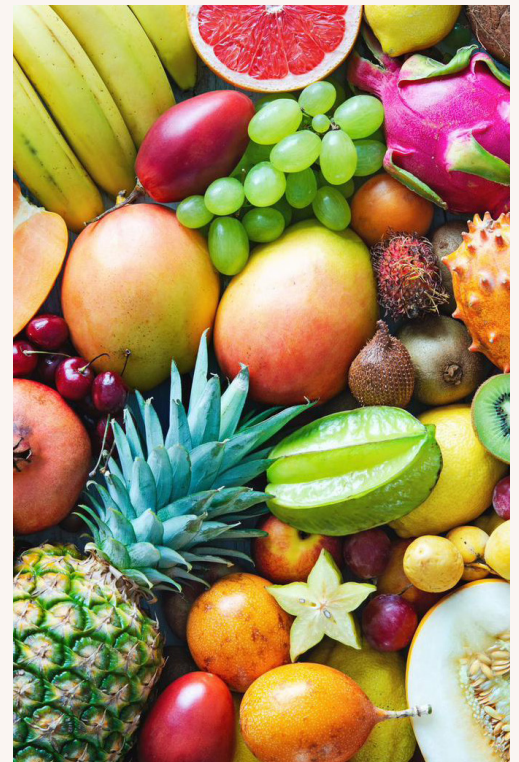
SEASONINGS

- Garlic
- Onion
- Ginger
- Turmeric
- Lemon
- Herbs
- Spices
- Chilli



FRUITS

- Apple
- Apricots
- Avocado
- Strawberries
- Blackberries
- Raspberries
- Watermelon
- Cantaloupe
- Passion fruits
- Fresh figs
- Pomelo
- Kiwi
- Nectarine
- Orange
- Clementine
- Papaya
- Peach
- Pear
- Pineapple
- Fruit can be fresh or frozen
- Avoid buying chopped fruits, they have lost their vitamins and minerals...
- Always prefer fresh fruits to dried fruits (significantly higher in sugar and calories)
- Try to eat fruits away from meals
- Ideal for breakfast, or as snacks combined either with nuts / seeds or/and a low-fat yogurt.



BEVERAGES

- Mineral water (still, sparkling) 1.6l/day for women, 2l/day for men, throughout the day
- Herbal teas (green tea, mint, lemon, ginger, etc)
- Black tea
- Coffee (limit your daily consumption)

Tea and coffee can lead to dehydration => drink a glass of water after
Dehydration can cause constipation and fatigue



OILS

1 serving = 1tsp olive, rapeseed oil, coconut oil, avocado oil.

Always choose cold pressed oils.



NUTS/ SEEDS

(unsalted and not roasted). Good source of omega 3, fibre and minerals

- Walnuts
- Cashews
- Brazil nuts
- Pecans
- Almonds
- Macadamia
- Hazelnuts
- Pine nuts
- Pistachios
- Flax seeds
- Chia seeds
- Pumpkin seeds

- Linseeds
- Sesame seeds

Calorie rich so limit your portion and vary the nuts and seeds to cover your needs in vitamins and minerals.



I hope you found this grocery list useful.

If you need any more information or guidance please let me know:

candy@slimwithcandy.com

Candy



Candy Duval

www.slimwithcandy.com

+44(0)7367 996668

 [slimwithcandy](https://www.instagram.com/slimwithcandy)