



IDEAL GROCERY LIST

*may cause bloating and flatulence. Always soak them overnight, except lentils to be soaked for a few hours only.

PROTEINS (1 portion per meal, including breakfast)

Chicken breast (*skinless before cooking*)
Turkey breast (*skinless before cooking*)
Red meat (5% fat or less) (*once a week*)
Bresaola (high is salt)
Veal
Fresh salmon*
Smoked salmon*
Cod or white fish
Fresh or canned tuna in water*

Lean ham (salt)
Fresh or canned sardines*
Fresh or canned mackerel*
Prawns
Scallops
2 eggs (poached, scrambled or boiled)
White eggs
Tofu

*Oily fish (twice a week)

STARCHY CARBS & GRAINS (Fibre and proteins for most of them)

Baby new potatoes (*cooked with skin on*)
Sweet potato
Jerusalem artichokes
Soba noodles, Udon noodles
Red lentils pasta / green lentils pasta / chick peas pasta
Couscous
Quinoa
Barley
Whole-wheat pasta
Chick peas
Beans (black, kidney, butter beans)

Lentils
Amaranth
Spelt
Bulgur
Brown rice / wild rice
Rolled oat (*not porridge*)
Oat bran
1 slice wholegrain wheat, rye bread or gluten-free bread
3 organic or gluten-free oat cakes Nairn's

VEGETABLES

Aubergine
Carrots
Courgettes
Edamame

Tomatoes
Pumpkin / red squash
Green peas

Green beans
Beetroot
Artichokes
Asparagus
Broccoli



Slim With Candy

Cucumber
Brussels sprouts
Cauliflower
Chicory / French endive
Celery
Cucumber
Endives
Fennels
Kale
Green Lettuce / Lamb
lettuce / Rocket /
Watercress / pea shots

Leeks
Mushrooms
Peppers
Tomatoes
Radish
Spinach
Green beans
Cabbage

Garlic
Onion
Ginger
Turmeric
Lemon
Herbs
Spices
Chili

FRUITS

Apple
Apricots
Avocado
Strawberries, blackberries, raspberries
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.*

DAIRY

Skimmed Milk
Semi skimmed Milk
Almond milk Unsweetened
Oat milk Unsweetened

Fat-free Greek yogurt unsweetened
(protein-rich)
Low fat cottage cheese (protein-rich)
Low fat Greek feta cheese (protein-rich)



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

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

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

Walnuts (5 units)

Cashews (5 units)

Brazil nuts (2 units)

Pecans (5 units)

Almonds (6 units)

Macadamia (3 units)

Hazelnuts (5 units)

Pine nuts (1 tea spoon)

Pistachios (1 tea spoon)

Flax seeds (1 or 2 tea spoons)

Chia seeds (1 or 2 tea spoons)

Pumpkin seeds (1 or 2 tea spoons)

Linseeds (1 or 2 tea spoons)

Sesame seeds (1 or 2 tea spoons)

Seeds are great source of fibre and minerals.