

Diet Makeover Shopping List

The food you buy becomes the food you eat, so we have compiled an example shopping list to show you what you CAN eat and help you get prepared for the Diet Makeover.

Quantities are not provided but buy enough to keep yourself full and satisfied.

FRUIT

- Lemons
- Limes
- Apples
- Bananas
- Fresh berries
- Frozen Berries

Vegetables

- Frozen spinach
- Tomatoes
- Cucumber
- Carrots
- Avocado
- Broccoli
- Courgettes
- Peppers
- Sweet potatoes
- White potatoes

Pantry items

- Eggs
- Extra virgin olive oil
- Coconut oil
- Tinned tomatoes
- Basmati rice
- Porridge oats
- Coconut milk
- Peanut butter (no added sugar)

Protein

- Chicken breasts
- Turkey breast mince
- Beef steak
- White fish fillets
- Salmon fillets
- Mackerel fillets
- Canned tuna

Dairy & Substitutes

- Unsweetened almond milk

Snacks

- Dark chocolate 90%
- Macadamia nuts
- Almonds
- Rice cakes
- Cashews

Vegetarian proteins

- Tofu/Quorn
- Lentils
- Quinoa
- Whey Isolate 90%
- Yellow split peas