

SHOPPING LIST

Protein

Chicken
Turkey
Beef
Lamb
Pork
Eggs
Wild salmon
Herring
Mackerel
sardines
Quinoa
Buckwheat
Pumpkin seeds
Chia seeds

Calcium Rich foods

Milk
Yoghurt
Cottage cheese
Broccoli
Kale
Fortified plant milks

Starchy

Beans
Potatoes
Butternut squash
sweet potato
pumpkin
Swede
Carrots
Lentils
Parsnips
Sweetcorn
Beetroot
Brown rice
Wild rice
Quinoa
Wholegrain Pasta
Oats
Chickpeas
Cous Cous
Wholegrain cereal
Wholegrain breads

Carbohydrates

Non-Starchy

Spinach
Green beans
Broccoli
Cauliflower
Brussel Sprouts
Cabbage
Asparagus
Bell peppers
Artichoke
Kale
Onions
Garlic
Aubergines
Courgettes
Mushrooms
Watercress
Cucumber

Fruits

High fibre, low GI

Apples
Pears
Raspberries
Blueberries
Blackcurrants
Blackberries
Plum
Pomegranate
Grapefruit
Rhubarb
Tomato

Healthy fats

To cook with at high heat

Coconut oil
Buter
Ghee

To drizzle with

Extra Virgin Olive oil
Avocado oil

Nuts & Seeds

Olives in water
Avocado
Flax seeds
Chia seeds
Almonds
Brazil nuts
Cashew nuts
Hazelnuts
Pine nuts
Pecans
Walnuts
Sesame seeds
Pumpkin seeds
Sunflower seeds