

Cycle 1 - Shopping list

225g Whey Protein Powder
1.5 lt Unsweetened Almond Milk
1.38kg Chicken Breast or (quorn or vegetarian alternative)
150g Cajun Chicken Breast (pre seasoned) (Use Quorn Chicken Fillet for alternative)
40g Porridge Oats
26 Whole Egg
2 bulbs of garlic
300g Spinach
70g Chorizo
1 pack of Streaky bacon
1 pack of Bacon medallions
325g Cherry tomatoes
4 medium onions
Bunch of spring onions
1 red onion
Five small bananas
Small pack of crumpets
1 jar of cumin powder
1 jar of paprika
Bunch of coriander
2 large courgettes
One cal spray bottle
100g coconut flour
Ras El Hanout (Or Garam Marsala)
Salt and Pepper
1 jar of coconut oil
150g Ginger
1 jar of Thai Red Curry Paste
1 jar of Smooth Peanut Butter
400ml Reduced Fat Coconut Milk
2 Limes
Vegetable Stock cubes
(4) Medium potatoes Green Vegetables
1 Avocado
Salt
Pepper
40g Oats
Blueberries
1 tub Total 0% Greek Yoghurt
70g Fresh Tagliatelle Pasta

Broccoli head
Grated Eatlean Protein Cheese
1 jar of Chilli Flakes
Salad Greens
Cucumber
2 Large peppers
Feta cheese
Cooked rice/grains
Philadelphia lightest cream cheese
Fresh Coriander
Jar of Nutella
Light mini wraps
Dark Rye Ryvita
Hovis nimble bread (lowest calories bread)
100g Green Pitted Olives
(340g) Vine Tomatoes
Peppers (one red & one Yellow)
(400g) New Potatoes
Tomato Puree
Chilli Powder
(300ml) Chicken Stock
350g Sweet Potato
180g Tenderstem Broccoli
Olive Oil
50g Hummus (Homemade or Shop Bought)
3 Large Tomatoes
Large Mushrooms
(300g) Smoked Haddock (Lean White Fish)
(100g) Sugar Snap Peas Sliced
(20g) Parmesan Cheese
Jar of Chilli Paste
(300g) Arborio Risotto Rice
200g Cooked King Prawns (or Sophie's vegan shrimp 200g)
100g Organic Edamame & Mung Bean Fettuccine
Red Pepper finely sliced
Cucumber
1 Carrot
1 bottle of white wine vinegar
1 bottle Sweet Chilli Sauce
Vegetable Oil
Sesame Seeds

3 Ripe Bananas
30g Cocoa Powder
140 Wholemeal Flour
100g Self Rising Flour
Baking Powder
Bicarbonate Powder
200g 0% fat Fage Yoghurt (Or Alpro Vegan Alternative)
25g Protein Powder
100g Wholegrain Brown Rice
100g Spring Greens
55g Walnuts, Pecans or Almonds.
Small bag of Frozen Berries
10g Almonds/Walnuts
Jar of Reduced Fat Green Pesto
Grated Eat lean Protein Cheese
Hellman's Lighter than Light Mayonnaise
Weight Watchers Wholemeal Wraps
200g 10% fat lamb mince
Fresh Mint
Skyr Yoghurt (or high protein)
Halloumi slices
Bag of Mixed Green Salad
Pack of Pepperoni
70g Spring Greens
150g Oats
1 bottle of Maple Syrup
30g Low Fat Salad Cheese
1 Large Mushroom Roasted
1 Tesco or Sainsburys Flatbread
20g Cheddar
1 jar Dijon Mustard
Head of Lettuce
1 Bar of Lindt 95% Dark Cocoa Chocolate
Maple Syrup

