

SHOPPING LIST



SELECT FROM THE VARIOUS BOXES AS YOU WISH **HIGH PROTEIN** **HIGH CALORIE** **LOW CALORIE**

CHICKEN	<input type="checkbox"/>
TURKEY	<input type="checkbox"/>
EGGS	<input type="checkbox"/>
SALMON	<input type="checkbox"/>
MINCE	<input type="checkbox"/>
COD	<input type="checkbox"/>
TUNA	<input type="checkbox"/>
HAM	<input type="checkbox"/>

OATS	<input type="checkbox"/>
POTATOES	<input type="checkbox"/>
RICE	<input type="checkbox"/>
SWEET POTATO	<input type="checkbox"/>
PASTA	<input type="checkbox"/>
COUS COUS	<input type="checkbox"/>
WRAPS	<input type="checkbox"/>
PITTA BREAD	<input type="checkbox"/>

NUT BUTTERS	<input type="checkbox"/>
CASHEWS	<input type="checkbox"/>
ALMONDS	<input type="checkbox"/>
DARK CHOCOLATE	<input type="checkbox"/>
AVOCADO	<input type="checkbox"/>
OLIVE OIL	<input type="checkbox"/>
MACKEREL	<input type="checkbox"/>
COCONUT OIL	<input type="checkbox"/>

SELECT A PROTEIN SNACK + HIGH/LOW DEPENDING ON YOUR GOAL **HIGH PROTEIN** **HIGH CALORIE** **LOW CALORIE**

GREEK YOGHURT	<input type="checkbox"/>
PROTEIN YOGHURT	<input type="checkbox"/>
MILK	<input type="checkbox"/>
PRAWNS	<input type="checkbox"/>
PROTEIN BAR	<input type="checkbox"/>
COOKED MEAT	<input type="checkbox"/>
BEEF JERKY	<input type="checkbox"/>
BOILED EGGS	<input type="checkbox"/>

GRANOLA	<input type="checkbox"/>
FLAPJACKS	<input type="checkbox"/>
PROTEIN BARS	<input type="checkbox"/>
RAISINS	<input type="checkbox"/>
NUTS	<input type="checkbox"/>
MILK	<input type="checkbox"/>
DARK CHOCOLATE	<input type="checkbox"/>
NUT BUTTER	<input type="checkbox"/>

RICE CAKES	<input type="checkbox"/>
FIBRE ONE BARS	<input type="checkbox"/>
LOW CALORIE JELLY	<input type="checkbox"/>
APPLES	<input type="checkbox"/>
BANANAS	<input type="checkbox"/>
WATERMELON	<input type="checkbox"/>
BERRIES	<input type="checkbox"/>
COOKED MEAT	<input type="checkbox"/>

SELECT WHERE NECESSARY **LIQUIDS** **VEGETABLES** **OTHER**

HOT SAUCE	<input type="checkbox"/>
LIGHT MAYO	<input type="checkbox"/>
LOW CAL KETCHUP	<input type="checkbox"/>
SALSA	<input type="checkbox"/>
DIET COKE	<input type="checkbox"/>
MILK	<input type="checkbox"/>
SUGAR FREE WATER	<input type="checkbox"/>
COFFEE/TEA	<input type="checkbox"/>

BROCCOLI	<input type="checkbox"/>
SPINACH	<input type="checkbox"/>
BEETROOT	<input type="checkbox"/>
SALAD	<input type="checkbox"/>
STIR-FRY VEG	<input type="checkbox"/>
CARROTS	<input type="checkbox"/>
CAULIFLOWER	<input type="checkbox"/>
SWEETCORN	<input type="checkbox"/>

SHAMPOO	<input type="checkbox"/>
SHOWER GEL	<input type="checkbox"/>
1 CAL COOKING SPRAY	<input type="checkbox"/>
TOOTHPASTE	<input type="checkbox"/>
BINBAGS	<input type="checkbox"/>
TINFOIL	<input type="checkbox"/>
TOILET PAPER	<input type="checkbox"/>
SANDWICH BAGS	<input type="checkbox"/>