

## Your Shopping List

Looking to feel healthier, more energised & want to improve your body composition?

Below are a list of foods that experts describe as being super beneficial to help you in your health and fitness journey. You're certainly not limited to these foods, but they're a great start.

Below could potentially be used as a shopping list:

### Protein

Chicken  
Turkey  
Salmon  
Eggs  
Greek Yogurt  
Tuna  
White Fish  
Lean Red meat  
Low Fat Cottage  
Cheese  
Whey Protein  
(optional)  
'Lite' Jelly

### Carbohydrates

Sweet Potato  
Pumpkin Butternut  
"Spud Lite" Low Carb Potato  
Brown Rice  
Rolled Oats  
Quinoa  
Apples/ Bananas  
Kidney Beans  
Black Beans  
Berries  
Buckwheat  
Mountain Bread  
Wholegrain Tortilla/Bread  
Coloured Fruit & Veg

### Fats

Almonds  
Coconut Oil  
Avocado  
Chia Seeds  
Pecans  
Extra Virgin Olive  
Oil  
Balsamic Vinegar  
Almond Butter  
Salmon  
Feta Cheese

## Breakfast Examples

- 2 Organic Eggs Poached on Mountain Bread with Cottage Cheese &  $\frac{1}{4}$  Avocado
- Bowl of Oats with 20g Buckwheat, Tablespoon of Chia Seeds, Almond/Oat milk & Greek Yogurt
- Salmon cooked in coconut oil with spinach, avocado & Feta on Wholegrain toast 1 Cup of coffee (no sugar)
- $\frac{1}{2}$  cup oats with 1 x scoop protein powder and water to mix
- Smoothie –  $\frac{1}{2}$  cup oats, 150g frozen strawberries, 1 x scoop protein powder, handful ice, 1 x cup almond milk

## Lunch Examples

- Baked Chicken with Quinoa Salad & Chia Seeds
- Sliced Turkey salad on a wholegrain tortilla
- White fish with Steamed Green beans & Spinach drizzled with Extra Virgin Olive Oil
- Sliced kangaroo fillet with 100g pumpkin butternut (cooked) mixed through a salad of lettuce, zucchini, carrot, tomato, low fat dressing
- Palm size chicken breast, 150g 'low carb' potato, mixed veggies

## Feeling Peckish?

- Shaved Turkey Breast, Small handful of almonds & an apple
- Fruit Salad (plenty of different colors) and a dollop of Chobani no fat yogurt
- Toasted Mountain bread bits with Avocado & Cottage Cheese blend
- 1 Coffee (no sugar)
- 1 x tub of chobani low fat dip with celery or carrot sticks
- 2 x corn thins with low fat cottage cheese spread topped with tomato
- Protein shake (chocolate flavour is our favourite)

## Dinner Examples

- Lean Red Meat with Baked Sweet Potato and Steamed Veg
- Tuna Steak with Quinoa Salad
- Chicken and Veg Stir Fry with a serving of brown rice.
- Grilled kangaroo sausages (kanga bangas) with homemade salad
- Chicken breast stir fry (using all colours for veggies) served on bed of cauliflower mash
- \*Pro Tip\* Use the shopping list above and combine any 'protein', 'carbohydrate' and 'fat' together to create a meal.

## Something Sweet?

- Aeroplane 'lite' sugar free jelly
- Skinny Cow Ice Cream Cookies
- Skinny Cow Ice Cream Sundae
- Low Fat Ice Cream
- Halo Top Ice Cream (highly recommend)

## Eating Habits GUARANTEED To Help You Succeed..

- "Where's my protein coming from in this meal"
- "Where's my colour in this meal"
- "How much water have I had today"
- "How will I feel in half an hour after eating this meal"
- "How much fat will I consume in this meal"
- "Is this meal balanced with protein, carbohydrates and fats"
- Chew slowly
- Eat to 80% satisfied – you should feel like you could go for a walk after eating

Aidan - [aidan@thebta.com.au](mailto:aidan@thebta.com.au)