

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

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