



## Nutrition Plan Weekly Shopping List

### **Protein:**

Get your butcher to cut up your meat to save prep time:

- Chicken Breast
- Turkey Breast
- Kangaroo Steak/Fillets/Mince
- Beef/Steak (Free Range)
- Lamb
- All types of Fish (White & Red)
- Eggs (Free Range)

### **Vegetables:**

Any vegetables you like!

Here are some examples:

- Asparagus
- Beans
- Broccoli
- Buk Choy
- Cabbage
- Cauliflower
- Lettuce
- Squash
- Snow Peas
- Zucchini

### **Salads:**

Any salad ingredients you like!

Here are some examples:

- Avocado (Healthy Fats)
- Capsicum
- Cucumber
- Tomato

### **Flavor Enhancers:**

- Mushrooms
  - Garlic
  - Ginger
  - Onions
  - Chillies
  - Herbs (Basil, Coriander, Mint etc)
- There are heaps so get creative!

### **Fruits:**

Cut back on fruit if your looking to lose fat!  
Dictated by your coach.

### **Healthy Fats:**

- Coconut Oil
- Organic Butter (Full Fat)
- LSA (Linseeds, Sunflower Seeds & Almonds)
- Chia Seeds (Great for fibre)
- Extra Virgin Olive Oil (Dressing on Salads)
- Raw Nuts (Almonds, Brazil, Cashews etc)

### **Other:**

- Coffee (Must be organic = Limit Toxins)
- Green Tea
- Dried Herbs
- Organic Balsamic Vinaigrette
- Organic Apple Cider Vinegar

### **Back Ups:**

Have these in your fridge/cupboard for fast and easy nutritious meals:

- Pre-Packaged Salmon
- Frozen Stir Fry Vegetables
- Frozen Fish
- Canned Tuna and Salmon

### **Carbohydrates:**

Carbs are dictated by coach:

- Sweet Potato
- White Potato
- Quinoa
- Brown Rice

### **Don't Forget:**

- Toilet Paper
- Freezer Bags/Glad Wrap etc
- Toiletries