



DG ACADEMY

SHOPPING LIST

Example

Shopping List

Poultry

- Chicken
- Turkey
- Turkey Bacon

Beef

- Lean Mince (5%)
- Sirloin Rump Steak
- Tenderloin

Lamb

- Chops
- Tenderloin Shank

Fish

- Salmon
- Sardines
- Tuna
- Mackerel

Other Protein Sources

- Protein Powder
- Quinoa
- Eggs
- Tofu
- Black Beans
- Chickpeas
- Red Kidney Beans

Protein Snack Ideas

- Greek Yogurt (Small Tub)
- Beef Jerky
- Protein Shake (1 Scoop)
- Protein Bar (200 Cals Or Less)
- Ready Cooked Meats (150g)
- 2 Hard Boiled Eggs

Fruits

- Avocados
- Olives
- Blueberries
- Raspberries
- Apples
- Bananas
- Grapes
- Strawberries
- Watermelon

Dairy

- Full Fat Cream
- Low-Fat Yogurts
- Greek Yogurts
- Full Fat Butter
- Full Fat Milk
- Full-Fat Yogurts
- Cheese

Vegetables

- Carrots
- Peppers
- Onions
- Asparagus
- Brussel Sprouts
- Spinach
- Lettuce
- Kale
- Cucumber
- Celery
- Beetroot
- Broccoli

Starchy Carbs

- Bread
- Pasta
- Rice
- Couscous
- Potatoes (Sweet and White)
- Breakfast Cereal
- Oats
- Butternut Squash

Oils

- Coconut Oil
- Olive Oil
- Extra Virgin Olive Oil
- Avocado Oil

Nuts And Seeds

- Cashew Nuts
- Peanuts
- Pistachios
- Linseeds
- Sesame Seeds
- Chia Seeds
- Almonds
- Almond & Peanut Butter

Vegan / Vegetarians

- Quorn
- Tofu
- Tempe
- Beetroot Burgers
- Just Vegi Range
- Almond Milk, Soya Free
- Oat Milk
- Vegan Butter
- Vegan Cheese





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In the next few pages, we will be giving you some examples of breakfast, lunch, dinner and snack ideas.

Again, these are just guidelines as we want you to have some freedom.

Please also download My Fitness Pal as you will need this to track calories and upon starting after the first weigh-in you will receive a calorie intake to stick with for optimum results.

You will also receive a calorie-controlled nutrition plan in full but again these are just guidelines, that you can stick with if you wish or have more foods than you normally enjoy.

Any questions just ask.

ENJOY.

Example

Breakfasts

Example 1

- Omelette (3 whole eggs with spinach, cooked in coconut oil)
- 1 cup of green tea

Example 2

- 2-3 poached eggs
- 1 slice of grilled bacon
- 1 grilled tomato
- Wilted spinach

Example 3

- Overnight oats made with almond milk, berries, chia seeds, and ½ banana (vegan option)

Example 4

- ½ cup of 0% natural yoghurt with a large handful of berries, nuts and seeds (use dairy-free yoghurt if vegan)

Example 5

- 2 eggs scrambled (replace with grilled tomatoes if vegan)
- 1 slice of bread of your choice toasted
- ½ avocado with some salt, pepper and lime



Example

Lunches

If vegan replace meat options with a preferred vegan option.

Example 1

- 170g chicken breast
- Large green salad
- 1 tsp balsamic vinegar
- 1 spoonful of coleslaw/cheese

Example 4

- 1.5 tins of canned tuna
- Large salad
- 1 spoonful of sauce
- 100g roasted baby potatoes

Example 2

- Homemade soup of choice
- 1 slice of bread
- Cup of green tea

Example 5

- Large veggie stir fry
- Rice noodles
- Bean sprouts
- Homemade ginger and sesame sauce

Example 3

- Cajun salmon fillet
- 100g rice
- Loads of roasted veggies

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Example

Dinners

If vegan replace meat options with a preferred vegan option.

Example 1

- Homemade chilli (5% mince or veggie)
- 120 g white basmati rice
- Any vegetables on the side

Example 2

- 200g baked cod
- 150g sweet potato
- Loads of green vegetables

Example 3

- Large baked potato
- 1 tin of tuna
- Low cal sauce of choice
- Large green salad on the side

Example 4

- 2 turkey burgers
- 150g roasted baby potatoes
- Large serving green vegetables
- Hot sauce

Example 5

- Lean steak
- Roasted peppers and vegetables
- Drizzle olive oil



Example

Snacks

Example 1

- 10 calorie jelly
- 80 g yoghurt and berries
- Under 100 calorie snack
- Piece of fruit

Example 2

- 2 rice cakes and peanut butter
- Halo top ice cream
- Protein bar
- Protein shake

Example 3

- 100g slices of cooked meat
- A handful of nuts/seeds
- Low-calorie popcorn
- Cup of low-calorie soup
- Beef jerky

Although it's nice to have snacks be careful that they don't eat up your daily calories. 1 is enough per day.



