

EXAMPLE SHOPPING LIST FOR HEALTHY MEALS AND SNACKS

PICK 3 OPTIONS FROM EACH GROUP LISTED IN THE TABLE BELOW:

CARBOHYDRATES	3x Grains	<ul style="list-style-type: none"> - Oatmeal - Brown rice - Whole-grain bread - Rice cakes - Pasta 	<ul style="list-style-type: none"> - Quinoa - Muesli - Cereals - Couscous - Barley
	3x Fruits and berries	<ul style="list-style-type: none"> - Blueberries - Strawberries - Raspberries - Apples - Bananas - Pears 	<ul style="list-style-type: none"> - Kiwis - Oranges - Pineapple - Melons - Mango - Grapes
	3x Vegetables	<ul style="list-style-type: none"> - Potatoes - Sweet potatoes - Broccoli - Beans - Spinach - Carrots - Leafy greens - Leek - Kale - Cabbages - Peas - Corn 	<ul style="list-style-type: none"> - Tomatoes - Asparagus - Squash - Cauliflower - Zucchini - Brussel sprouts - Beetroot - Turnip - Eggplant - Cucumber - Celery - Peppers
PROTEINS	3x Dairy	<ul style="list-style-type: none"> - Milk - Yoghurt - Cream cheese 	<ul style="list-style-type: none"> - Hard cheese - Cottage cheese
	Eggs		
	3x Meat and fish/ vegetable protein source	<ul style="list-style-type: none"> - Chicken breast - Lean beef - Turkey - Salmon - Sole - Tuna 	<ul style="list-style-type: none"> - Soy products - Beans (different kinds) - Peas - Vegetarian meat-alternatives - Lentils - Chickpeas

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FATS	Oils	<ul style="list-style-type: none">– Soy– Corn– Sunflower	<ul style="list-style-type: none">– Olive– Canola– Avocado
	Nuts and seeds	<ul style="list-style-type: none">– Almonds– Nut butters– Linseed– Walnuts– Peanuts– Hazelnuts– Pecans	<ul style="list-style-type: none">– Macadamia– Brazil nuts– Sesame seeds– Sunflower seeds– Pumpkin seeds– Hemp seeds– Chia seeds

The shopping cart should now contain enough products to create 3 meals for one day as well as 2–3 healthy snacks.