



20 STAPLE FOODS TO BEGIN YOUR FITNESS JOURNEY: SHOPPING LIST

Carbohydrates: Oats, sourdough bread.

Proteins: Chicken breast, whey protein powder, smoked salmon, eggs, yoghurt.

Fats: Almonds.

Fruits, Vegetables and Salads: Bananas, frozen mixed berries, avocado, frozen spinach, potatoes, broccoli, carrots, mushrooms, bell peppers.

Cans, Condiments and Other Items: Butter beans, cacao powder, passata.

