

Kick Start 5:2

Nutrition, Wellness and Weightloss Shopping List

Proteins

Beef
Chicken
Duck
Turkey
Lamb
Liver
Kidney
Veal
Pork
Lean bacon
Shellfish/Shrimp
Crab
Lobster
Salmon
Cod
Plaice
Halibut/Turbot
Hake
Bream
Prawns
Eggs
Rainbow Trout
Haddock
Mackerel
Sea Bass

Fats

Use virgin Coconut Oil to cook with.
Dress and flavour your food with walnut or olive oil (don't cook with olive oil)
Nuts: Organic Macadamia / Almonds / Brazil eat small amounts of these, if required.

Spices

Herbs and Spices are fine to enhance and flavour, but don't overdo it.
Almond or Coconut Milk (minimal amounts for cooking)

Hydration

Water a minimum 3 litres per day
Fruit Teas

Carbohydrates

Brown Rice
Lentils
Basmati Rice
Sweet Potato
Courgette
Carrots
Parsnips
Bean sprouts
Swede
Cucumber
Broccoli
Aubergine
Squash
All leafy greens Spinach, Kale, Spring Greens Lettuce etc
Tomatoes
Onion
Cabbage
Celery
Mushrooms
Green, Red, Orange, Yellow Peppers
Green Beans
Purple Sprouting Broccoli
Cauliflower
Avocado
Apple
Lemons / Limes
Pulses
Beans
Quinoa