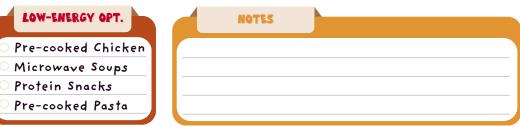






VEGGIES & FRUITS	DAIRY	MEAT & SEAFOOD	
Bananas	Kefir	Chicken Thighs	
Avocados	○ skyr	O Salmon	
Sweet Potatoes	Greek Yogurt	O Beef Mince	
Bell Peppers	Whole Milk	O Turkey Sausages	
Cherry Tomatoes	Cream Cheese	O Sardines	
Spinach	Cottage Cheese	C Eggs	
Carrots	Feta Cheese	0	
Kiwis	O Whey Protein Powder	0	

FROZEN	DRINK5	OTHERS
Mango	Water	Wholegrain Pasta
C Edamame	O Herbal Tea	Nut Butter
Mixed Berries	<ul><li>Light Coconut Water</li></ul>	Oats
Butter Squash	Coffee	O Hummus
Salmon Fillets	Chocolate Milk	O Nuts
Grilled Chicken	Protein Shakes	O Protein Bars
	Electrolyte Water	Bread or Bagles
0	0	O Honey







MY HEALTH GOAL: Loose fat to improve my mood and mobility.

Calorie deficit while keeping high volume, fiber and nutrient density. I'm picking foods that will keep me full and satisfied.

	VEGGIES & FRUITS	
;	Zucchini	
1	Bell Penners	

Carrots
Salad Greens
Berries
Cusumbars

Sweet Potatoes

Kiwis

7	ļ

# DAIRY

Skyr

Kefir

- O% Greek YogurtLight or Plant Milk
- Whey Protein PowderCottage Cheese
- Reduced-fat Cheese

## MEAT & SEAFOOD

- Chicken Breasts
  - Turkey Mince
    White Fish
- Tuna (in water)
- Shrimp
  - Eggs & Egg Whites
- $\circ$

### FROZEN

- Cauliflower Rice
- Mixed Stir-Fry Veg Edamame
- Spinach
- O Grilled Chicken
- Mixed Berries
- Smoothie Packs

### DRINKS

- O Water
- Herbal Tea ○ Light Coconut Water
- Coffee
- O Protein Shakes
- $\bigcirc$
- 0

#### OTHERS

- Wholegrain Wraps
  - Chia Seeds
  - Oats
  - Light Hummus
  - | Lentils & Chickpeas | Powder Peanut Butter
  - Popcorn
  - Honey

# LOW-ENERGY OPT.

- Pre-cooked Chicken

  Microwave Soups
- O Protein Snacks
- Pre-washed Salads

### NOTES

