

Shopping Guide for Effortless Fat Loss

This guide contains a comprehensive list of fridge and pantry items for your journey to Effortless Fat Loss.

You can take this list and highlight the foods that you will need to buy for your own 7 day meal plan.

There is also a blank template for you to add any other foods that are not on the list.

Remember, this list is a guide only - your focus for this program is on wholefoods, foods that are in their whole state, as you would find them in nature. Read ingredients on any packaged foods very carefully so that you are avoiding both toxins and triggers - but feel free to add any of your own favourite foods to your shopping list.

Fridge Items for Effortless Fat Loss

Vegetables:

- Asparagus
- Avocado
- Beetroot
- Broccoli
- Brussels Sprouts
- Cabbage
- Capsicum
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Green beans
- Kale
- Leek
- Lettuces - cos, rocket, butter etc
- Mushrooms
- Onions
- Olives
- Parsnip
- Potatoes
- Pumpkin
- Radishes
- Shallots
- Snap peas
- Spinach
- Sweet potato
- Tomatoes
- Turnips
- Zucchini

Fruit:

- Apples
- Bananas
- Berries - blueberries, raspberries, strawberries (try to go organic)
- Cherries
- Grapefruit
- Kiwi fruit
- Lemons
- Limes
- Mango
- Medjool dates
- Oranges
- Papaya or paw paw
- Pineapple
- Peaches
- Pears
- Plums

Protein sources:

- Beef
- Chicken
- Duck
- Eggs
- Fish: cold-water fish such as salmon (wild - filet or canned), sardines, mackerel, herring, cod and shellfish such as prawns, oysters, mussels
- Kangaroo
- Lamb
- Pork
- Pulses - chickpeas, lentils, black beans (make sure you soak before cooking, or if you buy canned then rinse really well before eating)
- Turkey

Pantry Items for Effortless Fat Loss

- Apple cider vinegar
- Extra virgin olive oil and coconut oil
- Tamari (or gluten free soy sauce)
- Raw nuts and seeds and natural nut butters – choose from almonds, walnuts, cashews, Brazil nuts, pecans, hazelnuts, pistachios, sunflower seeds, pumpkin seeds, chia seeds, sesame seeds
- Pea or Rice protein powder
- Quinoa, quinoa flakes, rice, buckwheat and other gluten free grains
- Coconut flour and almond flour
- Cacao powder
- Desiccated coconut, coconut flakes and shredded coconut
- Dairy free milks such as coconut, almond or rice milk (no carrageenan in ingredients)
- Miso paste or powder
- Coconut water
- Dried herbs, sea salt and black pepper
- Organic herbal and green teas

