

The Shopping List

Omnivore Week 1 of 3

This week you'll cook: Protein Power Scramble with Spinach & Feta · Chicken & Quinoa Power Salad with Avocado · Pan-Seared Salmon with Broccoli & a Smart Carb · Greek Yoghurt Bowl with Berries, Nuts & Chia · Chicken Breast with Steamed Veg & Wholegrain Rice · Minced-Meat & Vegetable Pan with Chickpeas

Protein

- ☐ Chicken breast
- ☐ Chickpeas
- ☐ Minced beef
- ☐ Salmon fillet
- ☐
- ☐
- ☐

Vegetables

- ☐ Broccoli
- ☐ Carrots
- ☐ Cucumber
- ☐ Mixed salad
- ☐ Onions
- ☐ Peppers
- ☐ Spinach
- ☐ Zucchini
- ☐
- ☐
- ☐

Fruit

- ☐ Avocado
- ☐ Lemon
- ☐ Mixed berries
- ☐
- ☐
- ☐

Dairy & eggs

- ☐ Eggs
- ☐ Feta
- ☐ Greek yoghurt
- ☐
- ☐
- ☐

Grains & starch

- ☐ Quinoa
- ☐ Sweet potato
- ☐ Wholegrain bread
- ☐ Wholegrain rice
- ☐
- ☐
- ☐

Pantry & oils

- ☐ Chia seeds
- ☐ Olive oil
- ☐ Salt & pepper
- ☐ Walnuts or almonds
- ☐
- ☐
- ☐



This week's prep tip. Prep ahead: cook a big batch of quinoa or rice and roast a tray of vegetables on day one. Half your lunches and sides are then ready in minutes.

Easy snacks this week

Greek yoghurt with berries

A handful of almonds

Veg sticks with hummus

Hard-boiled egg

A handful of walnuts

Veg sticks with almond butter

The Shopping List

Omnivore Week 2 of 3

This week you'll cook: Greek Yoghurt Bowl with Berries, Nuts & Chia · Minced-Meat & Vegetable Pan with Chickpeas · Protein Power Scramble with Spinach & Feta · Pan-Seared Salmon with Broccoli & a Smart Carb · Lighter Chicken Curry with Cauliflower & Quinoa · Beef Steak with Roasted Veg & a Big Salad · Chicken Breast with Steamed Veg & Wholegrain Rice

Protein

- ☐ Beef steak
- ☐ Chicken breast
- ☐ Chickpeas
- ☐ Minced beef
- ☐ Salmon fillet
- ☐
- ☐
- ☐

Vegetables

- ☐ Broccoli
- ☐ Carrots
- ☐ Mixed salad
- ☐ Onions
- ☐ Spinach
- ☐ Zucchini
- ☐
- ☐
- ☐

Fruit

- ☐ Lemon
- ☐ Mixed berries
- ☐
- ☐
- ☐

Dairy & eggs

- ☐ Eggs
- ☐ Feta
- ☐ Greek yoghurt
- ☐
- ☐
- ☐

Grains & starch

- ☐ Quinoa
- ☐ Sweet potato
- ☐ Wholegrain bread
- ☐ Wholegrain rice
- ☐
- ☐
- ☐

Pantry & oils

- ☐ Chia seeds
- ☐ Curry powder
- ☐ Light coconut milk
- ☐ Olive oil
- ☐ Salt & pepper
- ☐ Walnuts or almonds
- ☐
- ☐
- ☐

 **This week's prep tip.** Prep ahead: cook a double batch of your protein early in the week. It turns three dinners into ten-minute meals and keeps the protein rule effortless.

Easy snacks this week

Hard-boiled egg

Greek yoghurt with berries

A handful of almonds

Veg sticks with hummus

A handful of walnuts

Protein at every meal is the one rule that does the heavy lifting. Tick what you need, add your own on the blank lines.

OMNIVORE · WEEK 2

The Shopping List

This week you'll cook: Protein Power Scramble with Spinach & Feta · Pan-Seared Salmon with Broccoli & a Smart Carb · Greek Yoghurt Bowl with Berries, Nuts & Chia · Chicken Breast with Steamed Veg & Wholegrain Rice · Minced-Meat Chili with Kidney Beans · Chicken & Quinoa Power Salad with Avocado · Minced-Meat & Vegetable Pan with Chickpeas

Protein

- ☐ Chicken breast
- ☐ Chickpeas
- ☐ Kidney beans
- ☐ Minced beef
- ☐ Salmon fillet
- ☐
- ☐
- ☐

Vegetables

- ☐ Broccoli
- ☐ Carrots
- ☐ Chopped tomatoes
- ☐ Cucumber
- ☐ Mixed salad
- ☐ Onions
- ☐ Peppers
- ☐ Spinach
- ☐ Zucchini
- ☐
- ☐
- ☐

Fruit

- ☐ Avocado
- ☐ Lemon
- ☐ Mixed berries
- ☐
- ☐
- ☐

Dairy & eggs

- ☐ Eggs
- ☐ Feta
- ☐ Greek yoghurt
- ☐
- ☐
- ☐

Grains & starch

- ☐ Quinoa
- ☐ Sweet potato
- ☐ Wholegrain bread
- ☐ Wholegrain rice
- ☐
- ☐
- ☐

Pantry & oils

- ☐ Chia seeds
- ☐ Olive oil
- ☐ Salt & pepper
- ☐ Spices (cumin, paprika, chili)
- ☐ Walnuts or almonds
- ☐
- ☐
- ☐

 **This week's prep tip.** Prep ahead: wash and chop your salad veg into jars on shopping day, so a fast, protein-first lunch is never a decision.

Easy snacks this week

Veg sticks with almond butter

Hard-boiled egg

Greek yoghurt with berries

A handful of almonds

Veg sticks with hummus