

Example replacement shopping list

- Lean meats (minced or whole chicken, pork, beef etc)
- Cold water fish (fresh and canned)
- Low-fat dairy (cottage cheese, yoghurt, milk)
- Eggs and frozen egg whites
- Lots and lots of fruits and veg (fresh in season and frozen)
 - At least 3 types of green veg
 - Min one cruciferous veg
 - In season fruits like bananas, apples, grapes, mandarin, oranges
 - Frozen berries and other fruits ready for smoothies
- Legumes (black beans, kidney beans, chickpeas etc)
- Pumpkin
- Sweet potato
- Whole grains - brown rice, oats, quinoa
- Extra virgin olive oil
- Ground flaxseed and flaxseed oil
- Whey protein isolate or concentrate (WPI/WPC)
- Optional - High potency green tea supplement and omega-3 supplement.

REMEMBER:

Build your list from the FEON's chart from week 3!

If you're tempted to eat it, don't buy it!