



SHOPPING

LIST

Ultimate Transformation Academy

Protein sources (aim to base every main meal around a protein source)

Skinless Chicken breast

Skinless Turkey breast

White fish such as Cod, haddock, pollock (all fish is great)

Tuna (Tinned or steaks)

Salmon fillets or smoked salmon (protein and good fat source)

Prawns

Steak (leaner cuts best/trimmed of fat)

Extra lean or lean beef mince meat

Ostrich steaks

Venison

Turkey mince meat

Beef mince meat (lean or extra lean)

Whole eggs (protein and fat source)

Whole eggs and egg whites (zero fat/pure protein)

Greek yoghurt and other high protein yoghurts (listed below further down document)

Biltong/beef jerky (dried meat, low sugar option)

*This can be purchased in bulk for cheaper. *biltong is always a better option as low carb compared to jerky.*

Whey protein shake (no/low carb)

Cottage cheese (unflavoured best)

Bacon (pork or turkey options)

Medallions lower in fat and calories. This is processed meat so try to base majority of diet around the other forms.

Quorn meat (vegetarian option)

Tofu (vegetarian option)

Carbs (high fiber/low GI)**Vegetables** (Green veggies are high fibre & low calorie)

Broccoli, asparagus, cauliflower, green beans, salads, cucumber, kale, spinach, cabbage etc.) These are most nutrient dense foods available, yet also very low in calories. Eat these in abundance.

Quinoa (pronounced "kinwa")

Grain available in supermarkets, usually found in home baking section. Offers more protein and less carbohydrates than many other grains.

Carrots, beetroot and other root vegetables**Fruits** (berries are lowest in calories-blueberries, strawberries, raspberries, blackberries)**Tomatoes****Sweet potatoes, new baby potatoes, jacket potatoes****Oatmeal, Porridge oats** (plain)

Add calorie free sweetener or zero syrups to sweeten up rather than flavoured versions.

Rice (your preferred type). (Microwavable packs can be great for convenience).**Chickpeas****Lentils****Mushrooms**

Fats

Use portion sizes very wisely. All fats are highly calorie dense and must be used sparingly for fat loss goals. In many cases the consumption of at dense foods needs to be particularly monitored. These just happen to be great sources of fats which is great for health.

Raw nuts-almonds, cashews, brazil, walnuts, hazelnuts etc (limit to a handful is a good guide)

Avocado (around 230kcal for a medium sized one)

Whole eggs

Natural nut butters (Peanut butter, almond butter, cashew butter)

Dark chocolate (70%, 85% or 90% cocoa) - high cocoa content the more health benefits

Oils (olive oil, coconut oil)

Use sparingly or ideally not at all for fat loss goals as can rack up calories easily. Below is a 1 calorie spray alternative option.

Olives

Salmon, trout, mackerel, sardines and herring.(Great source of Omega fatty acids as well as high protein)



Easy snack ideas between meals

Raw carrots/ other raw veg

Hard boiled eggs

Greek yoghurt (Best brands listed further down in the document)

Cottage cheese

Whey protein shake

Ready cooked meats (ie: chicken, turkey, beef, ham packets)

Raw nuts (around a handful)

Fruits

Beef jerky or biltong (biltong best as low carb and sugar)

Protein bar (good options listed below, many others contain a lot of sugar so read the label)

Others (condiments, good buys and other low calorie treat options)

Multi-vitamin tablet



I recommend a multi-vitamin tablet daily that contains **B12, Magnesium** and **Zinc**. Any brand will do but just check the back of the packet to see if it contains these. **Sanatogen A-Z complete** is what I suggest (Certainly available at Tesco)

Vitamin D



Vitamin D is something in the UK most of us struggle to get adequate levels of due to the lack of sunlight for two thirds of the year. I would recommend supplementing it, vitamin D3 can only be absorbed through sunlight. Here you can purchase tablets to easily consume. If you use the code **ANDY-RL** and it's your first order you can get **25-30%** off the whole order or check if there is another code on the site you can use.

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Nandos Sauce



One of the lowest sugar and calorie sauces you can buy. Available in all main supermarkets!

Unsweetened Almond Milk



Can be bought in long life milk section or fresh. (offers a much lower sugar and calorie profile than cows milk) Good for those who don't tolerate dairy well.

Turkey bacon rashers



Great zero fat and carb option to have with eggs for example.

[CLICK HERE](#)

Bacon Medallions



Medallions are a much lower fat/calorie options to still eat real pork bacon.

Harleys 'No added Sugar' Jelly



Harleys 'No added Sugar' Jelly (can buy ready made pot or to make and refrigerate yourself overnight) **Virtually calorie free, so very useful for jelly lovers!**

Sugar Free Squash



Robinson sugar free squash or supermarket own brand '**NO ADDED SUGAR**' squash (if you don't want plain water). Just ensure its '**no added sugar**' version.

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1 kcal cooking spray



Spray in pan rather than use oil to save a lot of calories.

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Biltong



Great high protein dried beef snack" Biltong is a better option than beef jerky which contains a lot of sugar and more calories than biltong.

Low/zero calorie sweeteners



Low/zero calorie sweeteners for in tea, on porridge oats etc are great replacements for sugar. The natural option is 'Truvia'. Others usually found are 'Canderel' or 'Splenda' (all available in tablets or granulated)

Jell-O sugar and fat free pudding mix



Just mix with skimmed milk (only 32 calories and 8g carbs per serving its guilt free and tastes amazing). I love the chocolate one but also some other flavours like cheesecake available.

[CLICK HERE](#)

Low Calorie Popcorn



This is a great diet friendly option that is low calorie and also packs some useful fibre. You can purchase this in most if not all supermarkets and there are many flavours available. There are a few brands around including **Propercorn** and **Metcalfe's** which tend to be the best low calorie options.

Better crisps option



Better crisps option. These 'Popchips' are produced not using a frying method so are lower fat and carbs than most crisps so can be a good replacement as a treat rather than the usual crisps. Generally, any bag of crisps around 100 calories or less is a better option than most. (**Quavers, skips, French fries, squares**).

1 kcal cooking spray



Tesco sell a brand called 'Eat lean' cheese which is extremely low in calories and works well grated or melted. Virtually a pure protein source!

Calorie Free Syrup



These are great for in oats or on cereals

[CLICK HERE](#)

High protein yoghurts



Available in many flavours. **(Best Brands Skyr & Arla)**

Fage Total Greek yoghurt



Available in **0%, 2% or 5%** versions. This is just the difference in fat content but the higher % are still good options if you do not find the 0% flavoursome enough. You can add berries, some nuts or the 'MyProtein calorie free syrup' above to sweeten to desired taste.

Non-dairy Yogurt



For those who struggle to digest dairy (Available in supermarkets)

Fulfil protein and vitamin bars



Good high fibre protein bar option.

Better crisps option



90 calorie chocolate brownies. They also now do other bar options also.

Barebells Caramel cashew



Look on Amazon or just Google and find best price. Boxes of 12 bars usually.

Low calorie ice creams



Amazing and only **280-350 calories** per tub (depending on the flavour). That's around 700-800 calories less than the same size Ben and Jerrys ice cream. Many own brand options available in many different supermarkets. Look out for brands such as Halo Top too.



This list is just to help educate you on what foods fall into which macronutrient category, I am by no means stating that you should only eat these foods. I am a big advocate of balance with nutrition and eating a diet that is maintainable. The foods on this list are guidelines, if you are unsure of any food allergy then consult your doctor before making any dietary changes. I must also add that there is nothing magical about these foods and when it comes to fat loss and maintaining a lower body composition, it does come down to the overall calories and macronutrients consumed. Second to that protein intake helps satiety for fat loss and muscle building/retention. These foods offer great nutrient profiles, more satiety and nutrients to help optimise health and energy etc. The overall carb and fat sources need to be especially monitored and eaten in moderation. Remember that fat loss will come down to overall energy balance (calories in vs expended). The diet friendly list offers a better caloric value, so are good options to keep tasty foods in your diet and good replacements for highly calorie options



