

Shopping list

Everything you need for all four days of the 1600 kcal plan, grouped by aisle.

GRAINS

- ☐ Wholegrain rye bread 240 g (6 slices)
- ☐ Pomegranate granola 30 g (5 tbsp)
- ☐ Cooked buckwheat 120 g (4 tbsp)
- ☐ Millet 60 g (2 tbsp)
- ☐ Quinoa 110 g (2/3 cup)
- ☐ Rolled oats 40 g (4 tbsp)
- ☐ Jasmine rice 50 g (1/4 cup)
- ☐ Wholegrain rice 50 g (1/4 cup)

VEGETABLES

- ☐ Sweet potato 120 g (1/2 piece)
- ☐ Broccoli 100 g (1/5 piece)
- ☐ Beetroot 105 g (1 piece)
- ☐ Onion 90 g (3/4 piece)
- ☐ Red onion 10 g (1/8 piece)
- ☐ Courgette 280 g (1/2 piece)
- ☐ Garlic 5 g (1 clove)
- ☐ Tinned red kidney beans 80 g (1/5 tin)
- ☐ Sauerkraut 60 g (1/2 cup)
- ☐ Chinese cabbage 50 g (1 leaf)
- ☐ Dill 8 g (2 tsp)
- ☐ Carrot 225 g (5 pieces)
- ☐ Mixed salad leaves 50 g (2 handfuls)
- ☐ Cucumber 210 g (1 1/4 pieces)
- ☐ Pickled cucumber 60 g (1 piece)
- ☐ Red pepper 500 g (2 1/4 pieces)
- ☐ Parsley leaves 12 g (2 tsp)
- ☐ Tomato 85 g (1/2 piece)
- ☐ Cherry tomatoes 100 g (5 pieces)
- ☐ Tomato passata 15 g (1 tbsp)
- ☐ Rocket 80 g (4 handfuls)
- ☐ Iceberg lettuce 100 g (1/4 piece)
- ☐ Dried red lentils 50 g (1/4 cup)
- ☐ Chives 5 g (1 tbsp)
- ☐ Spinach 50 g (2 handfuls)

DAIRY

- ☐ Natural skyr yoghurt 50 g (1/3 pot)
- ☐ Natural yoghurt, 2% fat 20 g (1 tbsp)
- ☐ Kefir, 2% fat 240 ml (1 cup)
- ☐ Soft goat's cheese 45 g (3 tsp)
- ☐ Goat's cheese log 30 g (1/7 pack)
- ☐ Cream cheese 60 g (3 tbsp)
- ☐ Feta cheese 30 g (1/7 block)

MEAT & EGGS

- ☐ Eggs 350 g (6 3/4 pieces)
- ☐ Skinless chicken breast 100 g (1/2 piece)

FISH & SEAFOOD

- ☐ Skinless Atlantic salmon fillet 100 g (1/2 piece)
- ☐ Smoked mackerel 50 g (1/3 piece)
- ☐ Tuna in brine 75 g (2 1/2 tbsp)

FRUIT, NUTS & SEEDS

- ☐ Avocado 140 g (1 piece)
- ☐ Blueberries 100 g (2 handfuls)
- ☐ Apple 270 g (1 1/2 pieces)
- ☐ Raspberries 100 g (1 1/3 handfuls)
- ☐ Mango 80 g (1/4 piece)
- ☐ Flaked almonds 5 g (1/3 tbsp)
- ☐ Sunflower seeds 15 g (1 1/2 tbsp)
- ☐ Walnuts 30 g (1 handful)
- ☐ Sesame seeds 5 g (1 tsp)
- ☐ Flaxseed 10 g (1 tbsp)

OILS & FATS

- ☐ Rapeseed oil 22 ml (2 1/4 tbsp)
- ☐ Olive oil 25 ml (2 1/2 tbsp)

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HERBS & SPICES

- ☐ Dried basil 1 g (1 tsp)
- ☐ Curry powder 2 g (2/3 tsp)
- ☐ Ground cinnamon 6 g (1 1/2 tsp)
- ☐ Granulated garlic 6 g (2 tsp)
- ☐ Vanilla extract 2 ml (1/2 tsp)
- ☐ Ground ginger 1 g (1/3 tsp)
- ☐ Ground turmeric 3 g (3/4 tsp)
- ☐ Dried marjoram 2 g (2/3 tsp)
- ☐ Mustard 5 g (1/2 tsp)
- ☐ Dried oregano 4 g (1 1/3 tsp)
- ☐ Black pepper 8 g (8 pinches)
- ☐ Chilli flakes 1 g (1 pinch)
- ☐ Green pesto 10 g (1/2 tbsp)
- ☐ Salt 7 g (7 pinches)
- ☐ Dried thyme 4 g (1 1/3 tsp)

PLANT-BASED PRODUCTS

- ☐ Peanut butter, no salt or sugar 25 g (1 1/4 tbsp)
- ☐ Chickpea flour 60 g (5 tbsp)
- ☐ Coconut milk 70 ml (7 tbsp)
- ☐ Unsweetened coconut drink 60 ml (1/4 cup)
- ☐ Soya drink 330 ml (1 1/3 cups)
- ☐ Natural tofu 90 g (1/2 pack)

DRINKS

- ☐ Lemon juice 15 ml (2 1/2 tbsp)
- ☐ Water 80 ml (1/3 cup)