

The Hustle Shopping List

Protein

Eggs
Chicken fillets
Turkey mince
Turkey sausages
Turkey rashers
5% beef mince
Quorn
Tuna
Salmon
Prawns
Chickpeas
Lentils
Greek yoghurt
Whey or soy protein
Cow's milk
Cottage cheese

Carbs

Oats
Rice
Sweet potatoes
White potatoes
Quinoa
Cous cous
Wholegrain wraps
Wholegrain pitta
breads
Seeded bread
Bagel thins
Rice cakes
Oat cakes

Fats

Peanut butter
Almond butter
Cashew butter
Olive oil
Avocado
Hummus
Nuts
Seeds
70%+ dark chocolate

Veg

Spinach
Rocket
Broccoli
Courgette
Cucumber
Green beans
Onions
Mushrooms
Peppers
Carrots
Garlic
Tomatoes
Mixed frozen veg

Fruit

Bananas
Apples
Blueberries
Raspberries
Strawberries
Oranges
Kiwi
Melon
Pineapple
Rasins
Frozen berries

Misc

Coffee & tea
Sweetener
Cinnamon
Agave syrup
Tinned tomatoes
Dried herbs & spices
1kcal spray oil
Soy sauce
Balsamic vinegar
Reduced sugar ketchup
Nakd bars
Choc shot
Cocoa
Almond milk
No added sugar squash



HUSTLE.