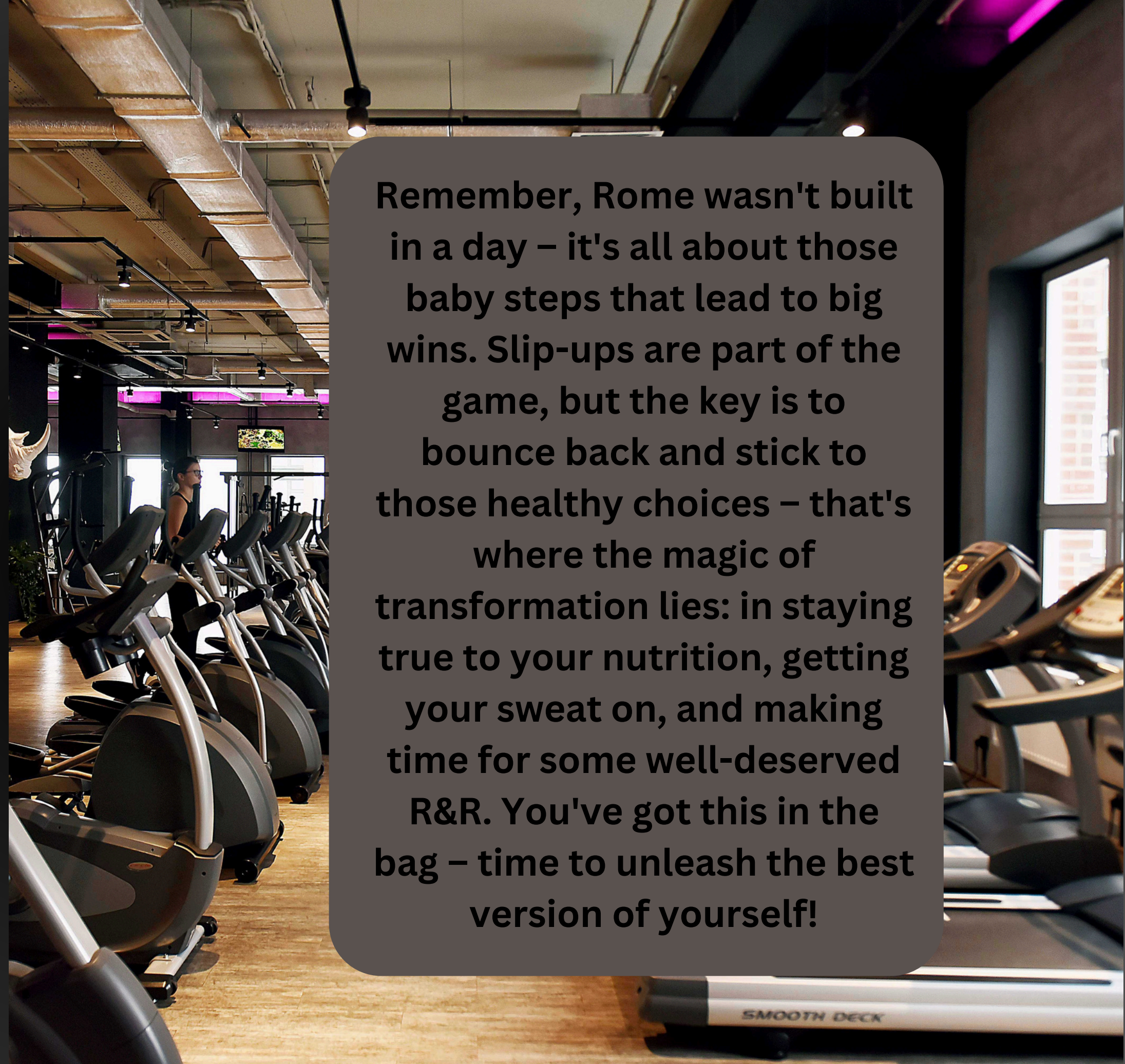


You're on a roll, all fired up and ready to crush those new goals – what's next? Let's jazz it up and serve you some real-deal info so you can kickstart this transformation like a boss! Here's a neat list of top-notch food choices in each major nutrient category – think of these as the ultimate squad for your meals. We've got Carbs (the cool kids like grains, bread, veggies, and fruits), Proteins, and Fats.

First up, the A-listers for each group, followed by the not-so-great options to steer clear of (unless it's a special treat day). And to make things even breezier as you dive in, here's a handy grocery list to get you rolling. Get playful with it, scout for recipes featuring these wholesome goodies and try your hand at baking, grilling, air-frying, or a light sauté. Let the feast begin!

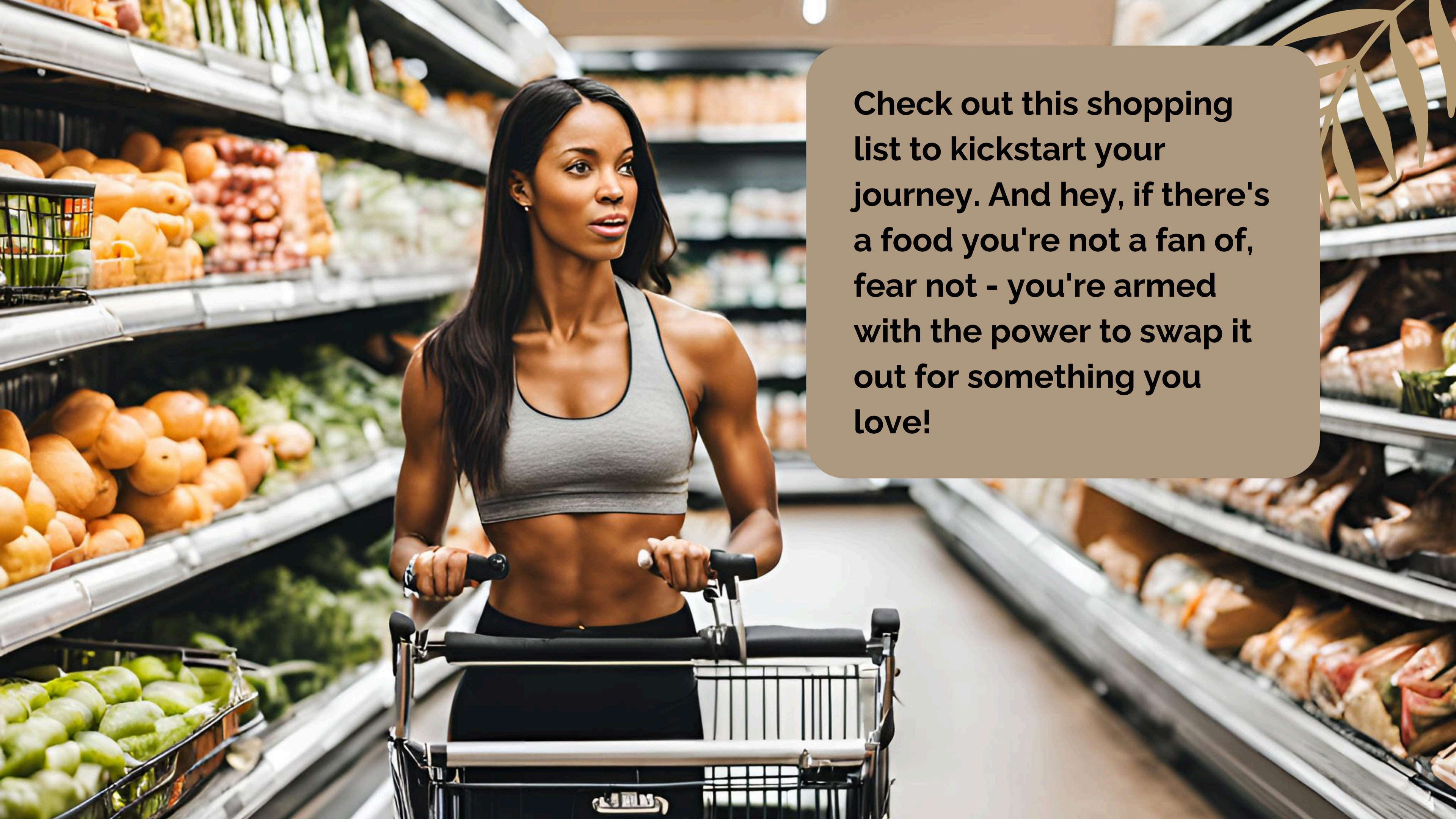


Remember, Rome wasn't built in a day – it's all about those baby steps that lead to big wins. Slip-ups are part of the game, but the key is to bounce back and stick to those healthy choices – that's where the magic of transformation lies: in staying true to your nutrition, getting your sweat on, and making time for some well-deserved R&R. You've got this in the bag – time to unleash the best version of yourself!



**Now that are
armed with good
nutrition
knowledge, you
now know how to
separate the facts
from the fiction
and choose the
BEST foods that
will benefit your
health, vitality
and goals.**

**It's time to raid
the grocery
store for the
ultimate
health-boosting
goodies!**



Check out this shopping list to kickstart your journey. And hey, if there's a food you're not a fan of, fear not - you're armed with the power to swap it out for something you love!

PROTEINS

- Get ready to up your protein game with an all-star lineup:
- Eggs,
- egg whites,
- chicken breast,
- turkey mince, and
- cottage cheese are the MVPs!
- **Don't forget about 5% Fat Greek Yogurt!**
- **Lentil Pasta**
- **Black Bean Spaghetti**
- **Lentil Rice**

Surprisingly, a recent study revealed that certain saturated fat-rich foods like full-fat dairy, dark chocolate, and unprocessed meat don't play games with your heart health.

In fact, full-fat dairy could be your wingman in the battle against type 2 diabetes and heart disease, while also boosting those bones. So, don't kick it to the curb just because of its saturated fat status; a little bit of the good stuff is actually beneficial. Research shows a strong link between full-fat dairy and maintaining a trimmer figure, suggesting that whole milk can be a winning player in your balanced diet, helping you stay in the healthy weight zone.

CARBS

- Carbs
- Old Fashioned Oats
- Sweet Potatoes
- Brown Rice
- White Potatoes
- White Rice
- Whole grain pasta

FRUIT

- Apples
- Blueberries
- Raspberries
- Bananas
- Lemons and Limes
- Frozen mixed berries
- Your favorites

VEGETABLES

- Broccoli
- Green Beans
- Asparagus
- Spinach
- Cabbage
- Garlic
- Onions
- Carrots
- Corn
- Veg Mixes

Choose new fruits & vegetables as often as you can!

FATS

Fats

- Extra Virgin Olive Oil in dark bottle
- Fish Oil/Cod Liver Oil—You can get the pill form if you like
- Almonds, mixed nuts & seeds
- Chia & ground Flax Seeds
- Natural Peanut Butter, Almond butter
- Avocado
- Cheeses (eat in moderation)
- Butter (eaten in moderation)
- Avocados




The Final Scoop

These foods are a great start to a healthy diet. It is not an exhaustive list and should not be used as a list every week. It is important to add variety to your diet, so choose a rainbow of colours with vegetables and fruits and choose different lean protein and dairy sources.



The Final Scoop

Feast on the nutritious delights listed in the previous pages, dance with a rainbow of fruits and veggies, and spice things up with various lean proteins and dairy. Remember, a sprinkle of treats now and then won't hurt - it's all about that delicious balance! So, savor the healthy eats, watch those calories, get creative with meal swaps, and stay committed for a happy, healthy you!

A close-up photograph of a pink-glazed donut covered in multi-colored sprinkles (yellow, blue, pink, and white). The donut is positioned in the center foreground, resting on a wooden surface. In the background, two other donuts are visible but out of focus: one with white frosting and black sprinkles on the left, and one with yellow frosting and black sprinkles on the right. A semi-transparent pink circle is overlaid on the left side of the image, containing white text.

When you eat a nutrient rich diet for most of your meals, there is room for the occasional sweet treat or salty fun food. Life is meant to enjoy and it's all about balance.



Thank You

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For more information, please check out our
website at



www.musclebound.uk