

6week SHAPE UP shopping list

BURN FAT AND BUILD MUSCLE IN JUST SIX WEEKS

YOUR FOOD SELECTION GUIDE

MEAT / FISH / POULTRY - PROTEIN

- ☐ Salmon
- ☐ Beef, fillet or sirloin (lean cuts)
- ☐ Skinless chicken breasts
- ☐ Skinless turkey / Sliced Turkey
- ☐ Canned tuna in brine
- ☐ Ostrich, steaks or minced
- ☐ Extra lean ground beef
- ☐ Hake
- ☐ Haddock
- ☐ Salmon
- ☐ Prawns



DAIRY AND EGG PRODUCTS

- ☐ Eggs
- ☐ Egg-white powders
- ☐ Low-fat / Fat-free cottage cheese
- ☐ Low-fat / Fat-free cheese
- ☐ Low-fat / Fat-free yogurt
- ☐ Tofu
- ☐ Low-fat / Fat-free milk



NUTS & SEEDS

- ☐ Organic Peanut butter
- ☐ Almonds, raw
- ☐ Flaxseeds
- ☐ Peanuts, raw



CONDIMENTS & SPICES

- ☐ Garlic
- ☐ Onions
- ☐ Olive oil
- ☐ Flaxseed oil
- ☐ Mustard
- ☐ Gherkins
- ☐ Balsamic vinegar
- ☐ Pepper
- ☐ Low sodium sea salt
- ☐ Apple cider vinegar
- ☐ Rosemary, basil and oregano
- ☐ Honey



CARBOHYDRATES

- ☐ Oats
- ☐ Whole-wheat cereals
- ☐ Whole-wheat bread
- ☐ Brown rice
- ☐ Basmati rice
- ☐ Wild rice
- ☐ Whole-wheat pasta
- ☐ Potatoes
- ☐ Sweet potatoes
- ☐ Microwave popcorn (unsalted/reduced fat)
- ☐ Couscous



FRUITS

- ☐ apples
- ☐ apricots
- ☐ avocados
- ☐ bananas
- ☐ blueberries
- ☐ cherries
- ☐ coconut
- ☐ currants
- ☐ grapes
- ☐ kiwis
- ☐ lemons
- ☐ melons
- ☐ oranges
- ☐ pears
- ☐ pineapple
- ☐ raisins
- ☐ raspberries
- ☐ strawberries
- ☐ tangerines
- ☐ tomatoes



VEGETABLES

- ☐ Artichokes
- ☐ Asparagus (tinned and fresh)
- ☐ Baby marrow
- ☐ Broccoli
- ☐ Brussels sprouts
- ☐ Cabbage
- ☐ Carrots
- ☐ Cauliflower
- ☐ Celery
- ☐ Cucumber
- ☐ Eggplant (brinjal)
- ☐ French salad
- ☐ Frozen Mixed Veg
- ☐ Gem squash
- ☐ Green beans
- ☐ Green peas
- ☐ Green, yellow or red peppers
- ☐ Lettuce
- ☐ Mushrooms (tinned and fresh)
- ☐ Parsley
- ☐ Patty pans
- ☐ Peppers
- ☐ Radishes
- ☐ Rhubarb
- ☐ Sauerkraut
- ☐ Spinach
- ☐ Sprouts
- ☐ Tomatoes
- ☐ Chives

