

MACROS

Kitchen basics

CARBS

Wholegrain pasta
Brown rice
Wholegrain bread
Root vegetables
Ripe fruit
Legumes (beans / lentils) Oats
Quinoa
Buckwheat
Spelt

PROTEIN

Poultry
Meat
Fish / seafood
Eggs Nuts and seeds
Tofu Dairy
Tempeh
Quorn
Legumes (beans / lentils)

Salmon
Mackerel
Sardines
Herring
Anchovies
Eggs
Meat
Nuts and seeds
Extra virgin olive oil
Coconut oil
Avocado
Dairy

FATS