

Weekly shopping list ideas:

Protein:

1. Chicken breasts
2. Salmon fillets
3. Lean ground beef
4. Eggs
5. Tofu
6. Cottage cheese
7. Turkey breast slices
8. Quorn (vegetarian protein option)
9. Canned tuna
10. Chickpeas

Healthy Carbohydrates:

1. Sweet potatoes
2. Quinoa
3. Brown rice
4. Whole grain pasta
5. Rolled oats
6. Whole grain wraps
7. Wholemeal bread
8. Lentils
9. Buckwheat
10. Barley

Healthy Fats:

1. Avocado
2. Olive oil
3. Almonds
4. Chia seeds
5. Flaxseeds
6. Peanut butter (unsweetened)
7. Coconut oil
8. Pumpkin seeds
9. Walnuts
10. Tahini (sesame seed paste)

Herbs & Spices:

1. Basil
2. Coriander
3. Parsley
4. Thyme
5. Rosemary
6. Cumin
7. Paprika
8. Ginger
9. Cinnamon
10. Oregano

Dairy:

1. Greek yogurt
2. Milk (your choice)
3. Cheese (e.g., feta, mozzarella)
4. Butter (unsalted)
5. Sour cream (optional)
6. Cream cheese
7. Parmesan cheese
8. Plain yogurt
9. Ricotta cheese
10. Cottage cheese

Fruit & Vegetables:

1. Spinach
2. Broccoli
3. Bell peppers (variety of colors)
4. Tomatoes
5. Carrots
6. Apples
7. Bananas
8. Berries (e.g., strawberries, blueberries)
9. Oranges
10. Kale

Additional Items:

- Tomato sauce or passata
- Wholemeal bread
- Butter (if not already listed under dairy)

This list should provide a good variety of ingredients to create balanced and nutritious meals. Adjust quantities based on your specific needs and preferences.