

key
nutrition

Shopping Guide

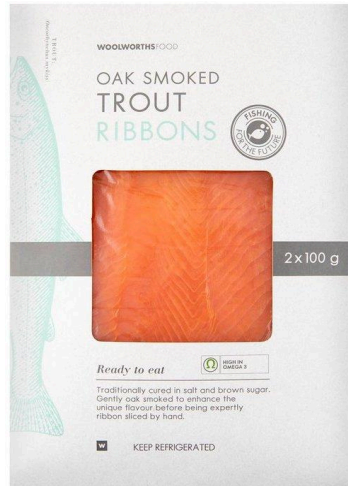
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PROTEIN ON THE GO

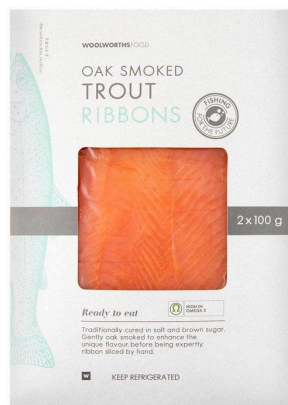
- **Quick, ready-made meals. 120g-200g is one portion size.**
- **Pick any single portion size and add either a soup, salad or vegetable portion.**
- **Have a look at the great low-carb noodle section.**
- **These items can also have sauces and condiments added in the condiments section.**

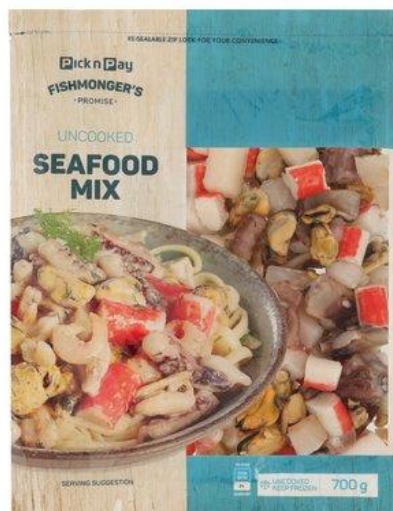
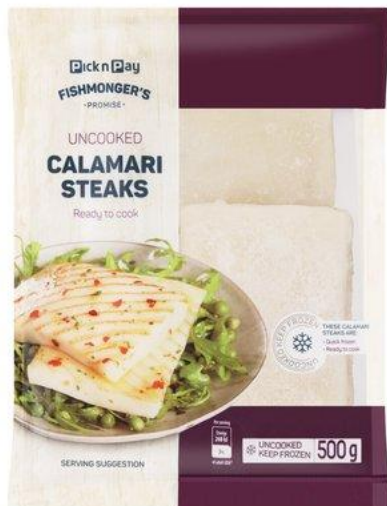
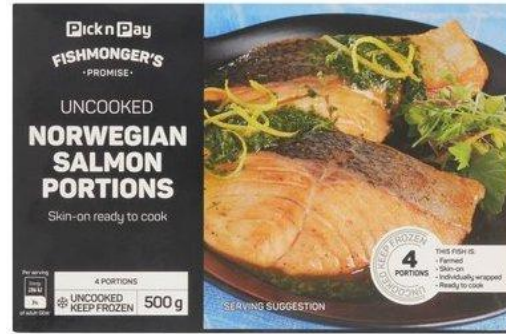


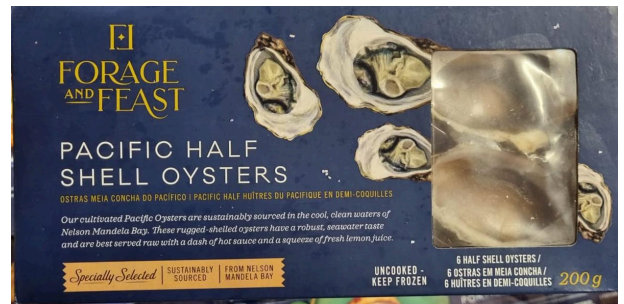
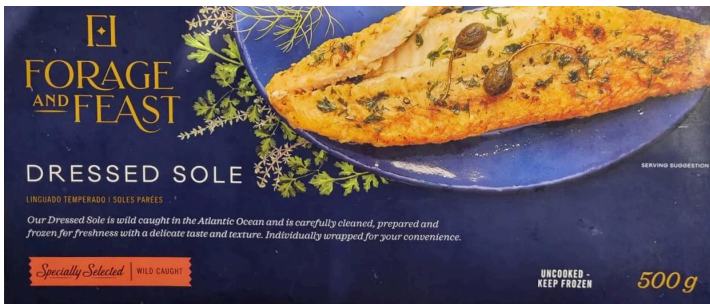


FISH

- 120g-200g portion size per meal.
- Choose a salad, vegetable or low-carb noodle as a side dish
- Add your flavour of choice from the approved condiments section







BEEF

- A 120g-200g portion size per meal
- Choose a salad, vegetable or low-carb noodle as a side dish
- Add your flavour of choice from the approved condiments section



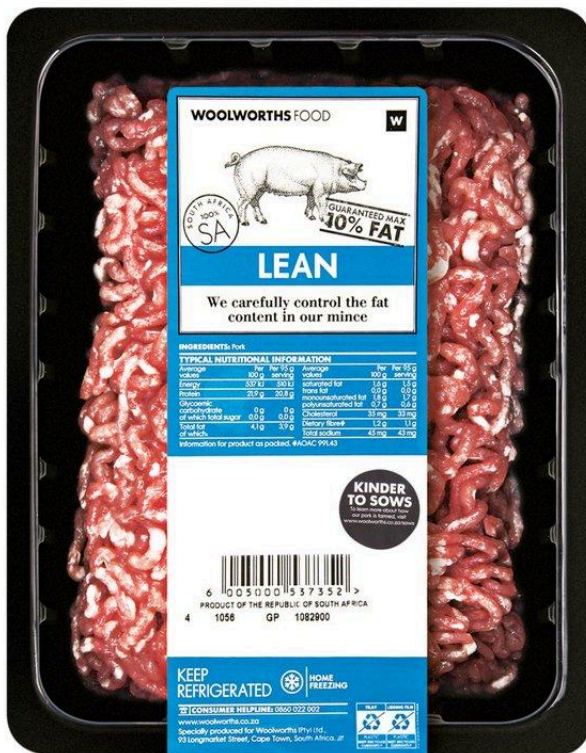
VENISON

- 120g-200g portion size per meal
- Choose a salad, vegetable or low-carb noodle as a side dish
- Add your flavour of choice from the approved condiments section



PORK

- **120g-200g portion size per meal**
- **Choose a salad, vegetable or low-carb noodle as a side dish**
- **Add your flavour of choice from the approved condiments section**



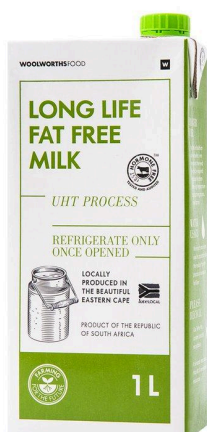
POULTRY

- 120g-200g portion size per meal
- Choose a salad, vegetable or low-carb noodle as a side dish
- Add your flavour of choice from the approved condiments section



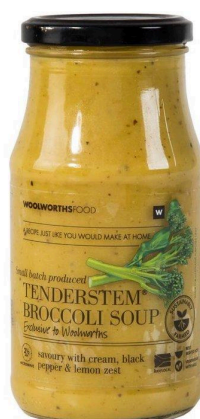
DAIRY/ EGGS

- Only fat free or reduced fat dairy options
- Ensure that fats are <3g per 100g and carbohydrates are <10g per 100g (not per serve)
- Dairy portions are considered half a protein meal or a snack, limited to one daily



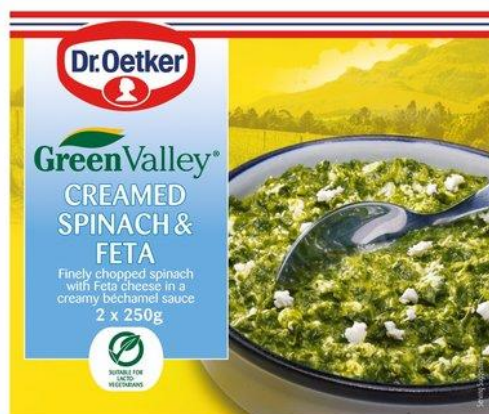
SOUPS

Add soups to any protein meal or just as a snack on its own
Ensure carbs are <10g per 100g and fats <3g per 100g



VEGETABLES

Ready-made or loose-leaf. One portion is 200g of any of the following vegetables. See the approved list of condiments below. Add any one of these veggie portions to a full protein meal.



LOW CARB NOODLES

The perfect alternative to spaghetti. Add one serve of these to any full serve of protein



SALADS

Ready-made or loose-leaf. One portion is 200g of any of the following salads. See the approved list of salad dressings below. Add any one of these salad portions to a full protein meal.



SAUCES

Less is more

Only use a splash of flavour to season your meals.

Some of these condiments have particularly low fat and carbohydrate content

