

# Kick Start 5:2

Nutrition, Wellness and Weightloss  
Vegetarian Shopping List

## Proteins

Shellfish/Shrimp  
Crab  
Lobster  
Salmon  
Cod  
Plaice  
Halibut/Turbot  
Hake  
Bream  
Prawns  
Eggs  
Rainbow Trout  
Haddock  
Mackerel  
Sea Bass

## Other

We suggest on any vegetarian diet that you take supplements.

## Fats

Use virgin Coconut Oil to cook with.  
Dress and flavour your food with walnut or olive oil (don't cook with olive oil)

Nuts: Organic Macadamia / Almonds / Brazil nuts.

## Spices

Herbs and Spices are fine to enhance and flavour, but don't overdo it.  
Almond or Coconut Milk (minimal amounts for cooking)

## Hydration

Water a minimum 3 litres per day  
Fruit Teas

## Carbohydrates

Brown Rice  
Lentils  
Basmati Rice  
Sweet Potato  
Courgette  
Carrots  
Parsnips  
Bean sprouts  
Swede  
Cucumber  
Broccoli  
Aubergine  
Squash  
All leafy greens Spinach, Kale, Spring Greens Lettuce etc  
Tomatoes  
Onion  
Cabbage  
Celery  
Mushrooms  
Green, Red, Orange, Yellow Peppers  
Green Beans  
Purple Sprouting Broccoli  
Cauliflower  
Avocado  
Apple  
Lemons / Limes  
Pulses  
Beans  
Quinoa