



Food Groups List

Starch Carbs	Protein	Veg	Fat	Fruit
White Potato	Chicken Breast	Broccoli	Avocado	Strawberries
Sweet Potato	Turkey Breast	Asparagus	Almonds	Blueberries
Butternut Squash	Minced Chicken	Lettuce	Sunflower Seeds	Blackberries
Rice	Minced Turkey	Carrots	Pumpkin Seeds	Raspberries
Quinoa	Salmon	Cauliflower	Peanuts	Bananas
Lentils	Tuna	Green Beans	Cashews	Melon
Couscous	Cod	Peppers	Cold-Water Fish	Grapes
Pasta	Seabass	Mushrooms	>(Salmon)	Kiwi
Oats	Prawns	Spinach	Peanut Butter	Pears
Bulgur	Lean/ Fillet Steak	Kale	Low Fat Cheese	Apple
Barley	Lean Beef Mince	Tomato	Olives	Orange
Beans	Pork	Sprouts	Olive Oil	Mandarine
Corn	Ham	Artichoke	Coconut Oil	Satsuma
Bread	Eggs	Cabbage	Sesame Oil	Mango
High Fiber Cereal	Low Fat Cottage Cheese	Celery	Sunflower Oil	Pineapple
Torilla/ Wrap	Skim Milk	Cucumber	Butter	Passion Fruit
Pita	Protein Milk	Onion	*Gravy (with meat juice)	
Bagel	Turkey Rashers	Courgette	*Sauce (Here as it's processed and should be taken in minimal amounts)	
Grains	Pork Rashers	Squash		
Kashi	Greek Yogurt	Aubergine		
Chickpeas	Protein Powder	Peas		