

Transfigure Advisory Shopping List.



An advisory shopping list focusing on nutrient-dense, whole foods while minimising processed items.

Proteins

- **Lean meats:** Skinless chicken breast, turkey, lean cuts of beef or pork (e.g., sirloin or tenderloin)
- **Fish:** Salmon, tuna, trout, sardines (high in omega-3 fatty acids)
- **Shellfish:** Shrimp, scallops, crab
- **Plant-based proteins:** Tofu, tempeh, edamame, lentils, chickpeas, black beans, kidney beans, quinoa
- **Eggs:** Free-range or organic eggs (high in protein and nutrients)
- **Greek yoghurt:** (plain, non-fat or low-fat)
- **Cottage cheese** (low-fat or fat-free)
- **Protein powder** (optional for smoothies)

Vegetables (low-calorie, nutrient-dense)

- **Leafy greens:** Spinach, kale, arugula, romaine lettuce.
- **Cruciferous vegetables:** Broccoli, cauliflower, Brussels sprouts, cabbage
- **Root vegetables:** Carrots, sweet potatoes (for healthier carb options)
- **Other vegetables:** Courgette, bell peppers, cucumbers, asparagus, tomatoes, mushrooms, onions, garlic, celery, spinach.

Fruits

(whole fruits for natural sugars and fibre)

- **Berries:** Strawberries, blueberries, raspberries, blackberries (rich in antioxidants)
- **Apples:** A great source of fibre and low in calories
- **Citrus fruits:** Oranges, grapefruits, lemons, limes (high in vitamin C)
- **Stone fruits:** Peaches, plums, cherries, nectarines
- **Avocados:** High in healthy fats (good for satiety) but should be consumed in moderation

Whole Grains

(for sustained energy and fibre)

- **Brown rice**
- **Quinoa**
- **Whole wheat bread or wraps** (look for whole grain as the first ingredient)
- **Oats:** Steel-cut oats or rolled oats for breakfast
- **Farro**
- **Barley**
- **Spelt**

Healthy Fats

(for heart health and satiety)

- **Nuts & seeds:** Almonds, walnuts, chia seeds, flaxseeds, pumpkin seeds, sunflower seeds
- **Nut butter:** Peanut butter, almond butter (choose natural, with no added sugar)
- **Olive oil:** Extra virgin, cold-pressed (for cooking or dressings)
- **Coconut oil** (used sparingly)
- **Flaxseed oil** (for smoothies or salads)

Dairy & Dairy Alternatives

- **Almond milk, soy milk, oat milk** (unsweetened)
- **Cheese** (opt for lower-fat varieties, such as part-skim mozzarella or feta)
- **Unsweetened yoghurt** (Greek, plant-based alternatives)

Spices & Condiments (for flavour without added calories)

- **Herbs:** Fresh or dried basil, parsley, cilantro, rosemary, thyme, oregano, dill
- **Spices:** Turmeric, cinnamon, ginger, cumin, paprika, garlic powder, onion powder, cayenne pepper, chilli powder
- **Low-sodium soy sauce**
- **Vinegar:** Apple cider vinegar, balsamic vinegar, red wine vinegar
- **Hot sauce** (for a low-calorie flavour boost)
- **Mustard** (choose varieties with no added sugar)
- **Lemon and lime juice**

Beverages (for heart health and satiety)

- **Green tea** (a great metabolism booster)
- **Herbal teas** (peppermint, chamomile, etc.)
- **Sparkling water**
- **Black coffee** (limit sugar and cream)
- **Infused water** (cucumber, lemon, mint)

Healthy Snack Ideas

- **Popcorn** (air-popped, minimal butter or salt)
- **Rice cakes** (with a spread like almond butter or avocado)
- **Raw veggies** (carrot sticks, cucumber slices, bell pepper strips) with hummus
- **Hard-boiled eggs** (a great protein-packed snack)
- **Baked kale chips** or roasted chickpeas

Items to Limit or Avoid

- **Refined carbs:** White bread, white rice, sugary cereals, pastries, etc.
- **Sugary snacks & desserts:** Candy, cakes, cookies, etc.
- **Fried foods:** French fries, fried chicken, chips
- **Sugary drinks:** Sodas, fruit juices with added sugars, energy drinks
- **Highly processed foods:** Fast food, boxed meals, frozen dinners with added preservatives