

Shoping List For 7-Day Weight Loss Diet Plan

Product Type	Product	Asda Price (£)	Calories	Checklist	Product Type	Product	Asda Price (£)	Calories	Checklist
Deli Products					Grains Products				
	Plain low-fat Greek yoghurt (3¾ cups)	1.1	100	<input type="checkbox"/>		Oats (¾ cup plain)	1	200	<input type="checkbox"/>
	Plain non-fat Greek yoghurt (¾ cup)	1.1	60	<input type="checkbox"/>		Whole wheat bread (6 slices)	0.6	180	<input type="checkbox"/>
	Cheddar cheese (2 oz)	0.36	225	<input type="checkbox"/>		Whole wheat tortilla (3)	1	220	<input type="checkbox"/>
	Hummus (6 tbsp)	1	150	<input type="checkbox"/>		Cooked quinoa (2½ cups)	1.5	150	<input type="checkbox"/>
Produce Products						Cooked brown rice (1½ cups)	1.5	90	<input type="checkbox"/>
	Blueberries (1 cup)	2	85	<input type="checkbox"/>	Proteins Products				
	Strawberries (1½ cups)	2.5	70	<input type="checkbox"/>		Eggs (6)	3	120	<input type="checkbox"/>
	Bananas (4 medium)	0.6	105	<input type="checkbox"/>		Turkey breast (7 oz)	3.5	165	<input type="checkbox"/>
	Apples (1 medium)	0.3	95	<input type="checkbox"/>		Chicken breast (15 oz cooked)	2	160	<input type="checkbox"/>
	Clementines (2)	0.6	80	<input type="checkbox"/>		Canned tuna (2 cans)	1.5	70	<input type="checkbox"/>
	Avocado (¼ avocado)	1.25	160	<input type="checkbox"/>		Skinless chicken breast (4 oz raw)	2	90	<input type="checkbox"/>
	Grapes (1 cup)	2	100	<input type="checkbox"/>		Shrimp (5 oz)	4	200	<input type="checkbox"/>
	Spinach (4 cups)	1	25	<input type="checkbox"/>		Salmon (8 oz raw)	1.5	90	<input type="checkbox"/>
	Cherry tomatoes (¾ cup)	1.1	15	<input type="checkbox"/>	Pantry Products				
	Romaine lettuce (1 cup)	0.7	10	<input type="checkbox"/>		Peanut butter (4 tbsp)	2	600	<input type="checkbox"/>
	Lettuce leaves (2 large + ½ cup lettuce)	0.7	15	<input type="checkbox"/>		Mixed nuts (¾ cup)	0.7	50	<input type="checkbox"/>
	Baby carrots (2 cups)	1.2	70	<input type="checkbox"/>		Olive oil (7 tsp)	0.5	10	<input type="checkbox"/>
	Celery sticks (2 cups + 1 tbsp diced celery)	1.1	30	<input type="checkbox"/>		Mustard (1 tbsp)	0.3	80	<input type="checkbox"/>
	Red bell pepper (1)	0.85	40	<input type="checkbox"/>		Lemon juice (2 tsp)	0.4	40	<input type="checkbox"/>
	Green beans (1 cup)	1.5	44	<input type="checkbox"/>		Vinaigrette (1 tbsp + ½ tbsp)	0.5	15	<input type="checkbox"/>
	Broccoli florets (3½ cups)	1.8	120	<input type="checkbox"/>		Italian seasoning (2 tsp)	0.4	20	<input type="checkbox"/>
	Garlic (1 clove)	0.4	4	<input type="checkbox"/>		Honey (1 tsp)	0.3	30	<input type="checkbox"/>
	Asparagus (1 cup)	2	30	<input type="checkbox"/>		Soy sauce (2 tbsp)	1.5	90	<input type="checkbox"/>
	Red onion (1-2 slices)	0.15	15	<input type="checkbox"/>		Chocolate (15g)	1	30	<input type="checkbox"/>
						Unsweetened almond milk (3 cups)	1.2	180	<input type="checkbox"/>

