\*Gym-Friendly Shopping List\*

| Category | Item | Price |

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| \*Protein\* | Farmer's Choice Fresh 12 Piece Chicken Fillets (per kg) | R157.23 |

| \*Carbs & Wraps\* | Albany Brown Wheat Wraps 6 × 45g | R42.99 |

| | The Bakery Brown XL Tortilla Wrap 5s | R46.99 |

| | Jewel Sweet Potatoes 1kg | R28.99 |

| \*Vegetables\* | McCain Frozen Mixed Vegetables 1kg | R52.99 |

| \*Cooking Essentials\* | Spray & Cook The Original Non-Stick Spray (1 × 1) | R49.95 |

| \*Sauces & Condiments\* | Jimmy's Sauces Steakhouse Sauce 375ml | R37.99 |

| | Checkers Housebrand Lite Mayonnaise 400g | R26.99 |

| \*Snacks / Desserts\* | Simply Delish Zero Jelly Vegan Dessert 8g | R18.99 |

\*Total Estimated Cost:\* R461.15

Notes:

\* Wraps and sweet potatoes for carbs and meal prep.

\* Chicken fillets for protein source.

\* Frozen veggies for easy, nutrient-rich sides.

\* Non-stick spray for healthy cooking.

\* Sauces and mayonnaise for flavoring meals.

\* Vegan dessert as a low-calorie sweet treat.