

# THINGS YOU WILL SEE ON THE PLAN, BRANDS CAN VARY AS LONG AS ITS THE SAME THING



CRUMPETS + PIKELETS



YOPRO + CHOBANI FIT



LIGHT SOUR CREAM  
+  
LIGHT GREEK YOGHURT



LOW SUGAR GRANOLA



NATURAL PEANUT BUTTER

+

ALMOND BUTTER



CARMANS BARS



LIGHT CHEESE



LIGHT COTTAGE CHEESE



CLEVER RICE + SMART PASTA + VERMICELLI NOODLE



Penne  
500 g



UNSWEETENED ALMOND MILK



SUGAR FREE MAPLE



Dark Bits

200 gram



FIBRE ONE BARS



LIGHT JELLY



Low Fat  
Vanilla Custard  
600 grams



SALT, PEPPER, HERBS AND SPICES ARE FINE



TEA AND COFFEE ARE FINE.  
TRY NOT TO HAVE SUGAR WITH THEM  
AND HAVE WITH ALMOND MILK, OAT MILK, LOW FAT MILK OR BLACK

BASIC APPROVED SAUCES



AS A BASIC RULE OF THUMB SAUCES WITH UNDER 5G OF CARBS, SUGAR AND FAT ARE OK PER SERVE