



Shopping List!

Sinead O'Donovan
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Sinead O'Donovan
Nutrition



novo nordisk®

Shopping List



Use this list to guide your food shop for the week ahead.

Fruit & Veg

Protein Foods

(Meat, fish, eggs, beans, lentils, tofu, yoghurt)

Wholegrains & Carbs

(Bread, rice, pasta, oats, potatoes)

Dairy & Alternatives

(Milk, cheese, yoghurt)

Fats, Oils & Extras

(Olive oil, nuts, seeds, spreads)

Frozen Foods

Snacks

Other



Weekly Meal Planner:

(Customise)

Day	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



This is an educational resource created by Sinead O'Donovan, Dietitian & Performance Nutritionist RD, MSc in collaboration with Novo Nordisk Ireland and is intended for people living with overweight or obesity.

Information in the Nutrition Guide is not intended to replace advice from your healthcare professional.

Visit [TruthAboutWeight.ie](https://www.truthaboutweight.ie) to view the full Nutrition Guide



Nutrition Guide

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