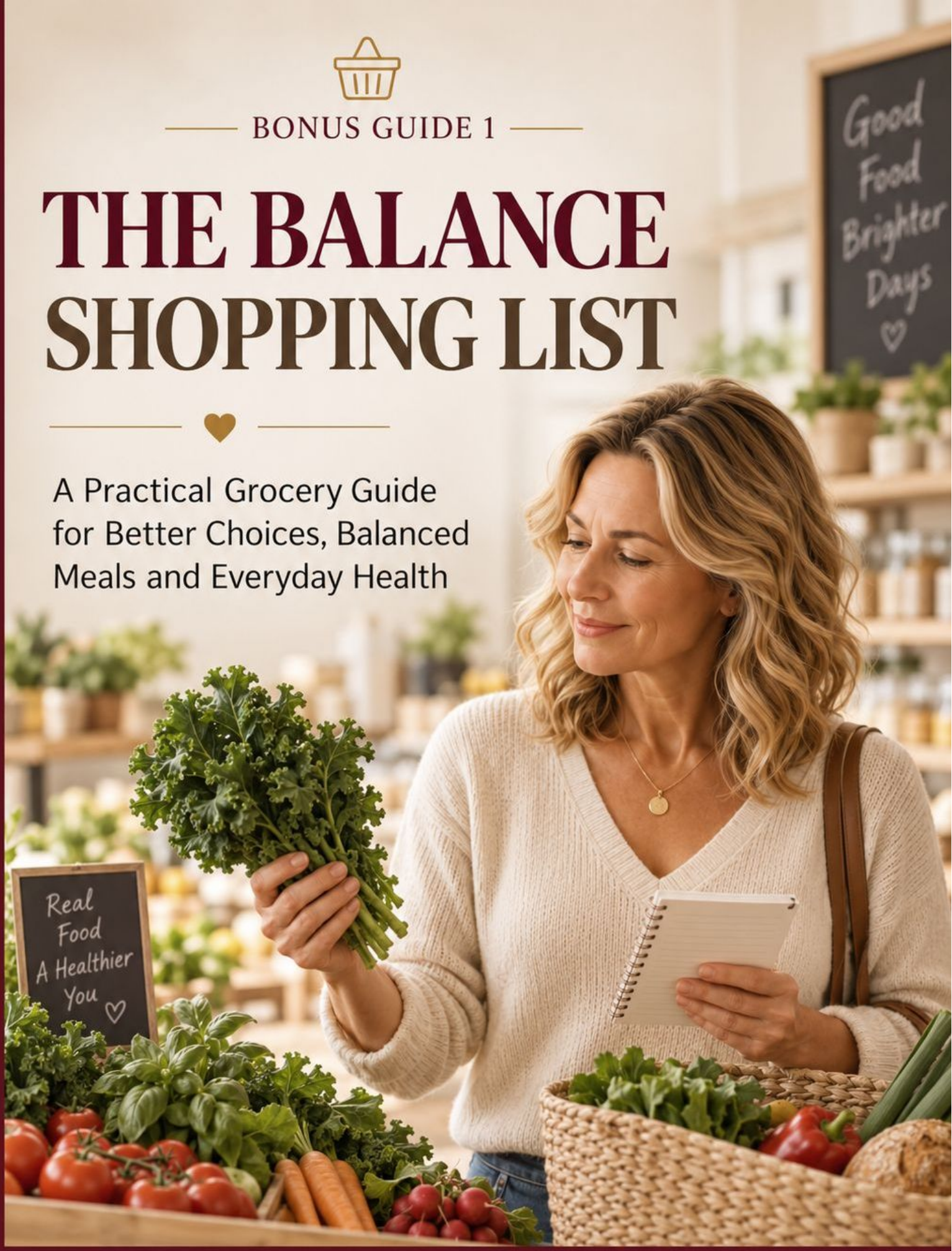
BONUS GUIDE 1

THE BALANCE SHOPPING LIST

A Practical Grocery Guide for Better Choices, Balanced Meals and Everyday Health



SHOP WITH CLARITY, EAT WITH PURPOSE



Shop Smarter, Not Perfectly

WELCOME — PART 1

Healthy nutrition does not begin with a perfect recipe, a complicated meal plan, or an expensive shopping haul. It begins far earlier — in the decisions you make before you even reach the kitchen. What you bring home shapes every meal, every snack, and every quick decision you make throughout the week. When nourishing food is available, visible, and easy to prepare, healthy choices become the natural, effortless option rather than the difficult one.

You do not need a perfect kitchen. You do not need expensive superfoods, exotic ingredients, or an entirely organic diet. You do not need to spend hours cooking every evening or follow rigid rules about what to eat and when. What you do need is a reliable foundation — a kitchen stocked with everyday ingredients that make it easier to eat well, most of the time, without unnecessary stress.

This guide is designed to be your practical companion for exactly that. It will walk you through every food category you might consider, help you build a shopping basket that works for your life, and show you how a well-stocked kitchen makes balanced eating simpler. Whether you shop weekly at a supermarket, visit a local market, or order online, the same principles apply.

The central message of this entire guide is simple: **Healthy eating starts before you cook. It starts with what you bring home.**

Available

Keep nourishing foods visible and within reach so they become the easy choice.

Convenient

Choose practical formats — frozen, canned, pre-cut — that fit real, busy days.

Sustainable

Build routines that repeat naturally, without willpower or complicated planning.

Flexible

There are no rigid rules here — only practical principles you can adapt to your life.

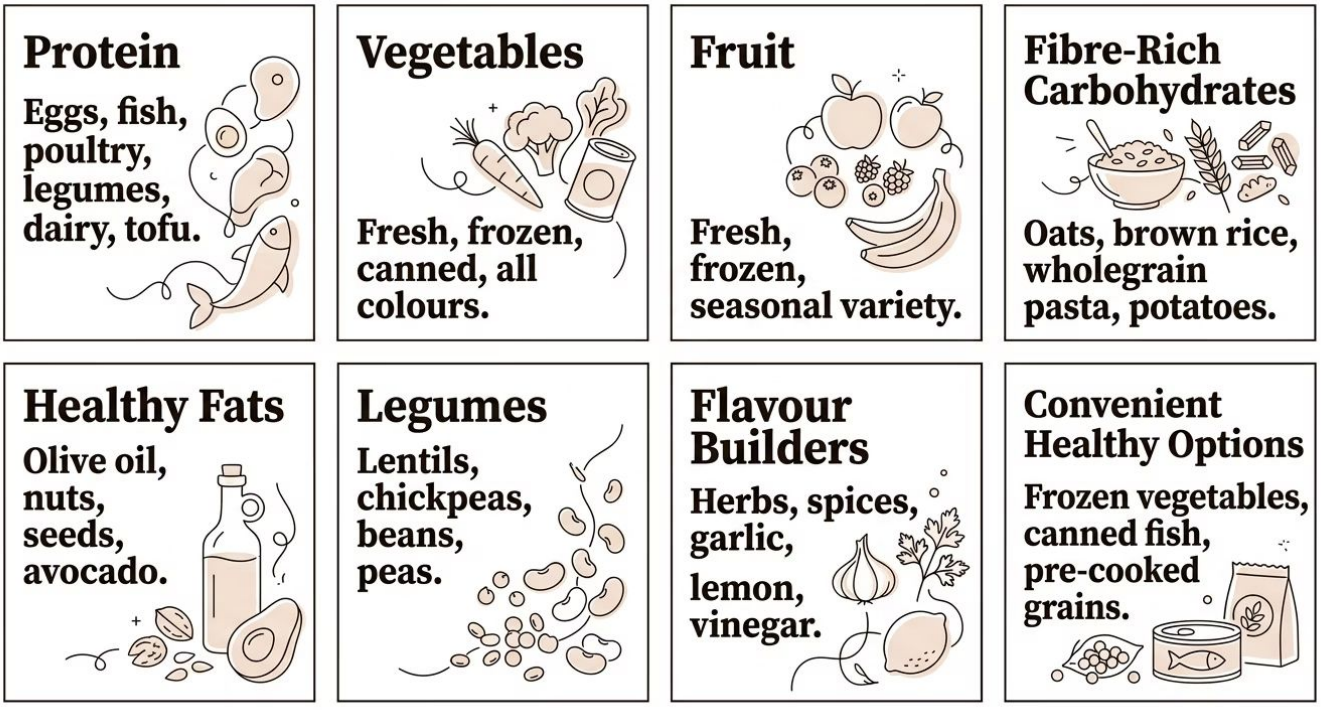


PART 2 — THE FRAMEWORK

The Complete Balance Shopping Formula

A balanced shopping basket does not need to be complicated. It does need to be intentional. The Complete Balance Method™ organises a healthy, varied diet into eight practical categories. When your weekly shop includes something from most of these categories, you have everything you need to build nourishing, satisfying meals without overthinking every plate.

This framework is not a rigid prescription — it is a guide. You do not need every item from every category every single week. Quantities, preferences, and needs vary. The goal is to create a kitchen where balance is the default, not the exception.



Each section of this guide explores one or more of these categories in detail — with shopping lists, practical tips, and flexible guidance designed to fit real life. Use the categories as a checklist when planning your shop, not as a set of rules you must follow perfectly.

Protein Shopping List

Protein becomes increasingly important after the age of 40. It plays a central role in maintaining muscle mass — which naturally declines with age — as well as supporting tissue repair, immune function, healthy ageing, and sustained satiety. Eating enough protein regularly, spread across meals, is one of the most practical things you can do to support your health.

There is no single best protein source. The key is variety, consistency, and choosing options that suit your dietary preferences, budget, and lifestyle. Both animal-based and plant-based proteins have a place in a balanced diet, and many people benefit from a combination of both.

Animal-Based Protein

- Eggs
- Greek-style yoghurt
- Cottage cheese
- Milk or fortified alternatives
- Chicken breast or thigh
- Turkey
- Lean beef or mince
- Salmon (fresh or frozen)
- Tuna (fresh or canned)
- Sardines or mackerel
- White fish
- Prawns or mixed seafood

Plant-Based Protein

- Green or brown lentils
- Red lentils
- Chickpeas (canned or dried)
- Kidney beans
- Black beans
- Edamame (frozen)
- Tofu (firm or silken)
- Tempeh
- Soy-based products
- Quorn or similar mycoprotein
- Hemp seeds
- Nutritional yeast

My Weekly Protein Picks

Choose four to six protein sources you enjoy and will realistically use this week. Variety across the week is more useful than eating the same protein at every meal.

Pick 1

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Pick 2

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Pick 3

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Pick 4

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Pick 5

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Pick 6

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PART 4 — VEGETABLES

Vegetable Shopping List

When it comes to vegetables, variety matters far more than finding one "perfect" option. Different vegetables provide different vitamins, minerals, phytochemicals, and types of fibre. The simplest approach is to aim for a range of colours across the week — not because colour itself is magical, but because it naturally reflects variety in nutrients.

Fresh, frozen, and canned vegetables all have a place in a practical, balanced kitchen. Frozen vegetables are picked at peak ripeness and retain most of their nutritional value. Canned vegetables are convenient and long-lasting. There is no hierarchy here — the most useful vegetable is the one you will actually eat.

Leafy Greens

- Spinach
- Lettuce varieties
- Rocket / arugula
- Kale
- Swiss chard
- Watercress

Cruciferous

- Broccoli
- Cauliflower
- Cabbage
- Brussels sprouts
- Pak choi
- Kohlrabi

Colourful Choices

- Bell peppers
- Tomatoes
- Carrots
- Beetroot
- Courgette / zucchini
- Aubergine / eggplant

Convenient Options

- Frozen mixed vegetables
- Frozen peas
- Frozen spinach
- Pre-cut vegetable packs
- Canned tomatoes
- Bagged salad leaves

Fresh, frozen, and canned can all have a place. Prioritise variety and practicality over format. A freezer stocked with vegetables is one of the most useful tools in a healthy kitchen.



PART 5 — FRUIT

Fruit Shopping List

Fruit is one of the most practical, portable, and naturally satisfying foods you can include in a balanced diet. It provides dietary fibre, vitamins, minerals, and a wide range of phytochemicals — plant compounds that contribute to long-term health. The natural sugars found in whole fruit are delivered alongside fibre, which means the impact on blood glucose is very different from the same amount of sugar in a soft drink or processed snack.

There is no need to fear fruit. Eating a variety of whole fruits — rather than fruit juices or fruit-flavoured products — is consistently associated with good health outcomes. The goal is simply to include fruit regularly, in whatever forms are most practical and enjoyable for you.

Everyday Fruits to Keep in Stock

- Berries — blueberries, strawberries, raspberries
- Apples
- Pears
- Oranges, clementines, mandarins
- Kiwi
- Grapes
- Bananas
- Stone fruit — peaches, plums, nectarines
- Melon
- Mango
- Pineapple
- Frozen berries (year-round staple)
- Frozen mango or tropical mix

The Easy Fruit Strategy

To reduce food waste and keep variety consistent, buy a combination of three types each week:

Use First

Ripe, ready-to-eat fruit for the first 2–3 days of the week.

Longer-Lasting

Apples, pears, citrus — these keep well for 5–7 days.

Frozen Backup

Frozen berries or mango for the end of the week — zero waste, full flavour.



PARTS 6 & 7 — CARBOHYDRATES & LEGUMES

Fibre-Rich Carbohydrates & Legumes

Carbohydrates are not the enemy. They are one of the body's primary fuel sources, and the fibre they contain supports digestive health, blood glucose regulation, satiety, and cardiovascular wellbeing. The most useful carbohydrates to prioritise are those that also provide dietary fibre — whole grains, root vegetables, and legumes.

Fibre-Rich Carbohydrates

- Rolled oats or porridge oats
- Potatoes (with skin)
- Sweet potatoes
- Brown or wholegrain rice
- Quinoa
- Wholegrain pasta
- Wholegrain or sourdough bread
- Rye bread
- Barley
- Buckwheat
- Couscous (wholegrain)
- Spelt or farro

Legumes — Double Benefit

Legumes are exceptional because they provide both fibre-rich carbohydrates and plant protein simultaneously. They are also among the most budget-friendly nutritious foods available.

- Green lentils / red lentils / Puy lentils
- Chickpeas
- Kidney beans
- Black beans
- White beans / cannellini beans
- Butter beans
- Garden peas / split peas
- Frozen edamame

Canned legumes are just as nutritious as dried. Rinse them before use to reduce added sodium.

> Carbohydrates are not automatically fattening. Portion sizes, overall dietary patterns, and individual energy needs matter far more than the presence of carbohydrates on the plate.

Healthy Fats, Nuts & Seeds

Dietary fat is an essential nutrient — not an ingredient to eliminate. Fats support cell function, hormone production, the absorption of fat-soluble vitamins (A, D, E, and K), brain health, and the palatability of food. The most useful fats to include regularly are those that come from whole foods or minimally processed sources.

Because fats are energy-dense, you do not need large quantities to gain their benefits. A small amount adds significant flavour, texture, and nutritional value to any meal. The goal is inclusion, not excess.



Oils & Spreads

- Extra virgin olive oil
- Avocado oil
- Small amounts of butter
- Nut butters (almond, peanut)
- Tahini



Whole Food Fats

- Avocado
- Olives
- Oily fish (salmon, mackerel, sardines)
- Eggs (yolk)
- Full-fat plain yoghurt



Nuts & Seeds

- Walnuts
- Almonds
- Pistachios
- Hazelnuts
- Pumpkin seeds
- Sunflower seeds
- Chia seeds
- Ground flaxseed / linseeds
- Sesame seeds

Small Amount — Big Flavour

A drizzle of olive oil

Over roasted vegetables or salad — adds richness, depth, and supports fat-soluble vitamin absorption.

A handful of walnuts

Stirred into porridge or scattered over a salad — adds crunch, omega-3 fatty acids, and staying power.

A tablespoon of chia seeds

Blended into yoghurt or overnight oats — adds fibre, texture, and plant-based omega-3s without changing the flavour.

Half an avocado

Served alongside eggs or on wholegrain toast — creamy, satisfying, and full of heart-supportive monounsaturated fats.

Fermented Foods & Building Flavour

Fermented Foods

Fermented foods contain live microorganisms and are often discussed in the context of gut health. Some people find that including fermented foods regularly supports digestive comfort and overall wellbeing. Others find they do not tolerate them well, particularly those with sensitive digestion.

Fermented foods are a useful addition for many people — but they are not a requirement for gut health, and they do not automatically "heal" the digestive system. A diet rich in diverse plant foods, fibre, and varied nutrients provides the foundation that most benefits the gut microbiome.

- Plain yoghurt with live active cultures
- Kefir (dairy or water-based)
- Sauerkraut (refrigerated, unpasteurised)
- Kimchi
- Miso paste
- Fermented vegetable pickles
- Kombucha (low-sugar varieties)

Herbs, Spices & Flavour Builders

Healthy food does not need to taste bland. Herbs and spices are among the most underused tools in everyday cooking — they add depth, complexity, and satisfaction without adding significant calories, salt, or sugar.

Fresh or Dried Herbs

- Basil, parsley, coriander
- Rosemary, thyme, oregano
- Mint, chives, dill

Spices

- Paprika (smoked or sweet)
- Cumin, turmeric, cinnamon
- Black pepper, ginger
- Curry blends, za'atar, mixed herbs

Flavour Builders

- Garlic, onion, shallots
- Lemon, lime (fresh or bottled juice)
- Vinegar (apple cider, balsamic, red wine)
- Dijon mustard, whole grain mustard
- Soy sauce or tamari
- Tomato purée

> Build flavour without building a complicated recipe. A good combination of herbs, spices, and aromatics can transform the simplest ingredients into a genuinely satisfying meal.



PART 12 — THE PANTRY

Always-Useful Pantry Staples

A well-stocked pantry is one of the most practical investments you can make in your long-term eating habits. When the fridge is nearly empty or time is short, a good pantry provides the foundation for a nourishing, satisfying meal without a last-minute shop. These are the ingredients that make healthy eating possible on the most ordinary, unremarkable weekday evenings.

You do not need every item listed here. Choose the ones that suit your cooking style, dietary preferences, and how you actually eat. The goal is a pantry that feels useful — not one that feels like a project.

Protein & Legumes

- Canned tuna / salmon / sardines
- Canned chickpeas
- Canned kidney beans
- Canned lentils
- Canned white beans / butter beans
- Red lentils (dried)

Carbohydrates

- Rolled oats
- Brown rice
- Wholegrain pasta
- Quinoa
- Wholegrain crackers
- Rye crispbreads

Flavour Essentials

- Canned chopped tomatoes
- Tomato purée
- Low-salt vegetable stock
- Vinegars
- Soy sauce / tamari
- Mustard (Dijon or wholegrain)

Healthy Fats

- Extra virgin olive oil
- Mixed nuts (unsalted)
- Nut butter (no added sugar)
- Tahini
- Seeds (pumpkin, sunflower, chia)
- Ground flaxseed

A pantry built on these staples means you are never more than 15 minutes away from a genuinely balanced, satisfying meal — even on the most unprepared evenings.



PARTS 13 & 14 — FRIDGE & FREEZER

The Balanced Fridge & Freezer

The Balanced Fridge

What you keep at eye level in your fridge influences what you reach for first. Organise your fridge so that the foods you want to eat most often are the most visible and accessible.

- Eggs
- Plain Greek or natural yoghurt
- Fresh vegetables
- Bagged salad leaves
- Fresh herbs
- Hummus
- Tofu
- Pre-cooked grains (batch-cooked)
- Protein leftovers
- Milk or plant-based alternative
- Seasonal fruit
- Cottage cheese

Tip: Keep a visible "use first" area on the top shelf for anything that needs eating within the next 1–2 days.

Your Healthy Freezer

The freezer is one of the most underrated tools for practical healthy eating. It reduces food waste, makes convenient choices available on busy days, and allows you to shop less frequently without sacrificing variety.

- Frozen mixed vegetables
- Frozen peas and sweetcorn
- Frozen spinach
- Frozen berries
- Frozen mango / tropical fruit
- Frozen fish fillets (individually wrapped)
- Portioned chicken or turkey
- Homemade soups (in portions)
- Cooked legumes (frozen in batches)
- Wholegrain bread or rolls
- Frozen edamame
- Leftover meals in portions

> Convenience is not the enemy of health. A well-used freezer makes it easier to eat well every day — not just when you have time to shop and cook.

Reading Food Labels Without Obsession

Food labels contain useful information — but they are not the final word on whether a food is nourishing or appropriate for you. Learning to read labels practically, without becoming preoccupied with numbers, helps you make more informed choices without adding stress to your shopping experience.

No single number on a label makes a food "good" or "bad". Labels should be interpreted in the context of your complete diet, your health goals, and the role that food plays in your weekly eating pattern. A food with slightly more saturated fat than another is not automatically problematic if the rest of your meals are varied and balanced.

Ingredients List

Ingredients are listed in order of weight — the first ingredient is present in the largest quantity. Look for whole, recognisable ingredients near the top. A short ingredients list is generally a positive sign, though not the only measure of quality.

Protein Content

Look at the per-serving or per-100g protein figure. Foods providing 5g or more of protein per serving contribute meaningfully to daily protein intake.

Fibre Content

A food is considered a source of fibre if it contains 3g per 100g, and high in fibre at 6g per 100g. Prioritise fibre-containing choices regularly across the day.

Added Sugars

Check the ingredients list for added sugars (sucrose, glucose, fructose, corn syrup, honey, and similar). A small amount in context is not a problem — but regularly choosing products with large amounts of added sugar crowds out more nutritious options.

Salt / Sodium

High salt content (over 1.5g salt per 100g) is worth noting for those managing blood pressure or cardiovascular health. Lower sodium options are available for most packaged foods.

Portion Size

Always check what the label's numbers refer to. A portion size on a label may be smaller than what you actually eat, which affects the practical significance of all the other numbers.



PARTS 16 & 17 — FOOD LABELS

Marketing Words That Can Confuse You

Supermarket packaging uses language designed to attract, not always to inform. The following claims appear frequently — and regularly mislead even thoughtful shoppers.

Natural

Has no regulated nutritional meaning. A highly processed product can legally be labelled natural.

High Protein

Check the actual grams per serving. Some "high protein" products contain only marginally more than standard equivalents.

Low Fat

Fat is often replaced with sugar or starch to maintain palatability. A low-fat product is not automatically a better choice.

No Added Sugar

May still contain fruit juice concentrate or other sweeteners. Check the full ingredients list.

Gluten-Free

Not inherently healthier for people who do not require a gluten-free diet. Many gluten-free products are lower in fibre and higher in refined starch.

Plant-Based

Describes the source of ingredients, not nutritional quality. Plant-based products vary widely in their nutritional value.

> Look beyond the front of the package. The ingredients list and nutrition table on the back will tell you far more than any marketing claim on the front.



PARTS 18, 19, 20 & 21 — SHOPPING FOR YOUR HEALTH

Shopping for Your Health Goals

Different health goals share more in common than the wellness industry often suggests. Gut health, hormonal health, healthy weight, and sustained energy are all supported by the same core nutritional principles — varied, balanced eating that includes adequate protein, fibre, healthy fats, and a wide range of plant foods. You do not need a different shopping list for every health goal. You need a consistently nourishing one.



Gut Health Shopping

- High-fibre vegetables and fruit
- Legumes (lentils, chickpeas, beans)
- Whole grains (oats, brown rice, rye)
- Nuts and seeds
- Fermented foods if tolerated
- Wide variety of plant foods overall

Diversity of plant foods across the week supports a varied gut microbiome.



Hormonal Health Shopping

- Adequate protein at each meal
- Calcium-rich foods (dairy, leafy greens, fortified alternatives)
- Omega-3 rich oily fish
- Colourful vegetables and fruit
- Whole grains
- Healthy fats (olive oil, avocado, nuts)

Support your health — do not shop for a hormone miracle. No single food balances hormones.



Healthy Weight Shopping

- Protein at every meal (supports satiety)
- High-fibre foods (keeps you fuller longer)
- Plenty of vegetables
- Whole grains over refined grains
- Legumes (fibre plus plant protein)
- Fewer ultra-processed convenience foods

Healthy weight management reflects overall patterns — not the purchase of special "diet foods".



Energy Support Shopping

- Protein foods (eggs, yoghurt, fish, legumes)
- Whole grains (sustained fuel)
- Iron-containing foods (red meat, lentils, spinach)
- Fruit and vegetables (B vitamins, vitamin C)
- Nuts and seeds
- Adequate hydration (water, herbal teas)

Persistent fatigue cannot simply be treated with food and may require medical evaluation.

Healthy on a Budget

Healthy eating does not require expensive superfoods, specialist health shops, or a premium grocery budget. Some of the most nutritious foods available are also among the most affordable. Eggs, oats, lentils, frozen vegetables, canned fish, seasonal produce, and plain yoghurt consistently offer exceptional nutritional value per pound spent. Building your weekly shop around these foundation foods is both practical and effective.

Budget-Friendly Nutritious Staples

- Oats and porridge oats
- Eggs
- Red lentils and green lentils
- Canned chickpeas and beans
- Frozen vegetables (peas, spinach, mixed)
- Frozen fish fillets
- Canned tuna or sardines
- Potatoes and sweet potatoes
- Carrots, cabbage, onions
- Bananas
- Seasonal fruit
- Plain natural yoghurt
- Wholegrain bread
- Brown rice and wholegrain pasta

Smart Budget Shopping Tips

1 Compare price per kilogram

Larger packs are usually cheaper per gram — but only buy larger quantities of foods you will realistically use.

2 Buy seasonal produce

Seasonal fruit and vegetables cost less, taste better, and are often more locally sourced.

3 Use frozen foods generously

Frozen vegetables, fish, and fruit are nutritionally comparable to fresh and significantly cheaper when bought in bulk.

4 Plan meals around what you already have

Before shopping, check your fridge, freezer, and pantry. Build meals around existing ingredients before buying more.

5 Use legumes regularly

Replacing meat with lentils, chickpeas, or beans even once or twice a week significantly reduces cost without reducing nutritional quality.

Reducing Food Waste

Check the fridge before shopping

Identify what needs using before you add to the pile. Build at least one meal around existing items.

Create a visible 'use first' section

Designate the top shelf of your fridge for foods approaching their use-by date so they are seen first.

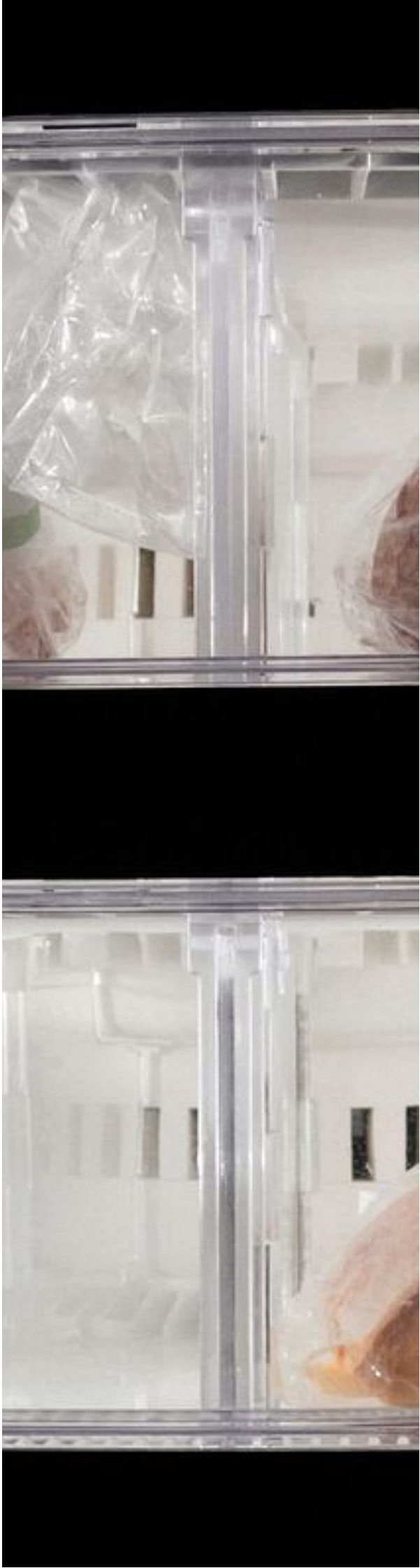
Freeze leftovers promptly

A portion of leftover soup, cooked grains, or a protein dish can become tomorrow's fastest meal rather than tomorrow's bin content.

Use older vegetables in soups

Slightly past-their-best vegetables are ideal for blended soups, stews, or frittatas — where texture matters less than flavour.

> Eat it before you replace it. The most sustainable kitchen is one where very little goes to waste.



The 10-Minute Shopping Plan

Taking ten minutes to plan before you shop consistently leads to better choices, less food waste, and a more useful, balanced basket. This simple pre-shopping checklist takes you through everything you need to consider before writing your final list — and it works whether you shop weekly, twice a week, or less frequently.

You do not need to follow every step every time. Even completing steps one through four will transform the usefulness of your shop. The goal is to arrive at the supermarket with intention rather than habit.



Check the fridge

What is already there? What needs using this week? What is nearly finished?



Check the freezer

Are there vegetables, proteins, or meals already available that you can build around?

Check the pantry

What staples do you already have? What needs restocking — oils, grains, canned goods?



Decide on main meals

Choose three to five main meals for the week. This prevents impulse buying and reduces waste.



Choose protein sources

Select four to six protein options that will cover breakfasts, lunches, and dinners.



Choose vegetables

Plan for variety — include at least three to four different vegetables. Mix fresh and frozen.



Choose fruit

Select a mix of immediate-use and longer-lasting fruit, plus frozen as backup.



Check breakfast items

Ensure you have oats, yoghurt, eggs, or other breakfast foundations for the week.



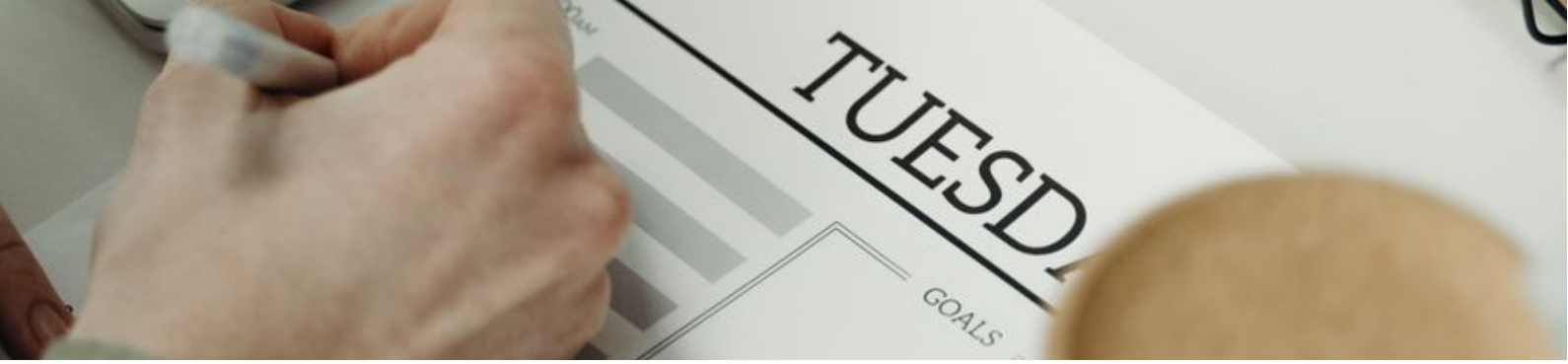
Check snack options

If useful for you, ensure you have practical snacks — nuts, yoghurt, fruit, hummus, crackers.



Write the final list

Organise by category — vegetables, protein, fruit, grains, pantry, freezer. Shop from this list.



PART 25 — PRINTABLE TEMPLATE

Shop by Category — Weekly Template

Use this template as your reusable weekly shopping framework. Fill in the specific items you need each week, organised by category. This format is designed to be easy to scan in the supermarket, quick to complete during your planning session, and flexible enough to work with any dietary preference or household size.

Vegetables

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Fruit

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Protein

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Legumes

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Whole Grains & Carbohydrates

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Healthy Fats

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PART 25 — PRINTABLE TEMPLATE

Shop by Category — Weekly Template (continued)

Dairy / Alternatives

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Pantry Essentials

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Freezer

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Flavour & Herbs

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Healthy Convenience

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Other

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PART 26 — MEAL BUILDING

Build 5 Meals from One Shopping Basket

One of the most practical skills in healthy eating is learning to use the same core ingredients in multiple ways across the week. This reduces food waste, saves money, simplifies shopping, and removes the daily question of "what should I make?". Below is an example of how one balanced shopping basket can become five distinct, satisfying meals.

The Example Basket

Protein

Eggs, Greek yoghurt, canned chickpeas, salmon fillets

Vegetables

Spinach, cherry tomatoes, courgette, frozen peas, peppers

Fruit

Berries (fresh + frozen), apples, lemon

Grains

Rolled oats, brown rice, wholegrain wraps

Fats & Flavour

Olive oil, avocado, garlic, cumin, paprika





PART 26 — MEAL BUILDING

Five Meals from the Same Basket

1

Meal 1 — Breakfast

Porridge oats with Greek yoghurt, mixed berries, and a teaspoon of chia seeds.

2

Meal 2 — Quick Lunch

Wholegrain wrap with canned chickpeas, sliced peppers, spinach, avocado, and a squeeze of lemon.

3

Meal 3 — Warm Dinner

Baked salmon with roasted courgette and tomatoes, served over brown rice with olive oil and paprika.

4

Meal 4 — Salad Bowl

Spinach and grain bowl with remaining chickpeas, cherry tomatoes, cucumber, olive oil, lemon, and cumin dressing.

5

Meal 5 — Leftover Meal

Scrambled eggs with frozen peas, leftover rice, cherry tomatoes, and a drizzle of olive oil. Ready in under 10 minutes.

> Shop once — use ingredients in multiple ways. The best kitchen is one where nothing goes to waste and everything has a second purpose.



PARTS 27, 28 & 29 — MEAL FORMULAS

The Balanced Meal Formulas

Balanced eating does not require complicated recipes. It requires understanding a simple principle: combining a protein source, a fibre-rich carbohydrate, vegetables, and a small amount of healthy fat creates a meal that is satisfying, nutritionally varied, and sustaining. These formulas are flexible starting points — adapt them to your preferences, your schedule, and whatever is in your kitchen.

Balanced Breakfast

Protein + Fibre + Fruit + Optional Healthy Fat

- Oats + yoghurt + berries + flaxseed
- Scrambled eggs + wholegrain toast + sliced tomato
- Greek yoghurt + banana + mixed nuts + granola
- Cottage cheese + apple slices + rye crispbread

No obligation to eat breakfast if you are not hungry. These are options, not prescriptions.

Balanced Lunch

Vegetables + Protein + Fibre-Rich Carb + Healthy Fat

- Salad leaves + tuna + quinoa + olive oil + lemon
- Wholegrain wrap + hummus + chicken + peppers + spinach
- Lentil soup + rye bread + side salad
- Brown rice bowl + chickpeas + roasted vegetables + tahini

Balanced Dinner

Protein + Vegetables + Carbohydrate + Flavour

- Salmon + steamed broccoli + sweet potato + olive oil
- Chicken + roasted peppers and courgette + brown rice
- Lentil curry + spinach + wholegrain naan or rice
- Prawn stir-fry + mixed vegetables + noodles + soy and ginger

Smart Snack Shopping & Emergency Meals

Smart Snack Shopping

Snacks are entirely optional. Many people eat well without structured snacking between meals. If, however, snacks help you manage energy, appetite, or long gaps between meals, the most satisfying choices combine at least two of the following: protein, fibre, fruit, or a small amount of healthy fat.

Plain yoghurt + fresh berries

Protein, fibre, and natural sweetness. One of the most practical snacks available.

Apple + small handful of almonds

Fibre, protein, and healthy fat — satisfying and portable.

Hummus + carrot and cucumber sticks

Plant protein, fibre, and volume — keeps hunger at bay without heaviness.

Cottage cheese + pear or pineapple

High protein, light, and refreshing. Works well mid-afternoon.

Rye crispbread + nut butter

Fibre, healthy fat, and sustained energy. Quick to prepare.

The Emergency Meal List

"I Have No Time to Cook"

These meals take five to ten minutes. They exist to prevent the moment where tiredness or time pressure leads to choices that leave you unsatisfied. When your kitchen is stocked with the right staples, a decent meal is almost always possible.

Eggs + frozen vegetables + toast

Scramble eggs while microwaving frozen peas or spinach. Serve on wholegrain toast with a drizzle of olive oil.

Canned beans + salad + wrap

Rinse chickpeas or kidney beans, toss with bagged salad, a drizzle of olive oil, and lemon. Wrap and eat.

Canned fish + potatoes + vegetables

Microwave a potato, open a can of tuna or sardines, and serve with frozen vegetables. Done.

Yoghurt + oats + berries + seeds

Combine in a bowl. No cooking required. Nutritious, satisfying, and takes two minutes.



PART 32 — 7-DAY FOUNDATION

Your 7-Day Shopping Foundation

The following is an example of a flexible weekly shopping foundation for one adult. It is not a meal plan, a calorie prescription, or a rigid template — it is a starting point. Adjust quantities based on your household size, appetite, cooking style, and what you already have at home. Use it as a reference, not a rule.

Adjust quantities to your household size, appetite, and individual needs. This list is a guide, not a universal prescription.

Category	Examples to Include	Practical Notes
Protein	Eggs (6–12), Greek yoghurt, 2 fish portions, 1–2 other proteins	Cover breakfast, lunch, and dinner. Mix animal and plant sources.
Vegetables	Spinach, broccoli, peppers, tomatoes, frozen peas or mixed veg	Aim for 3–5 different vegetables. Include at least one frozen option.
Fruit	Berries, apples or pears, citrus or kiwi, frozen fruit as backup	Mix immediate-use and longer-lasting options. Keep frozen berries always.
Legumes	1–2 cans chickpeas or beans, 1 portion dried lentils	Can replace canned with dried — soak and cook in batches.
Whole Grains	Rolled oats, brown rice or quinoa, wholegrain bread	Batch-cook grains at the start of the week to save time.
Healthy Fats	Extra virgin olive oil, mixed nuts, avocado, nut butter	Small quantities go a long way. Replenish oils every 2–3 weeks.
Dairy / Alternatives	Milk or plant alternative, cottage cheese, plain yoghurt	Choose unsweetened plant alternatives where possible.
Flavour Essentials	Garlic, lemon, herbs, spices, tomato purée, vinegar	Stock these pantry items monthly rather than weekly.

My Personal Balance Shopping List

This section is your workbook. Use it to map your own preferences, habits, and kitchen realities. Personalising your approach is not optional — it is what makes any nutritional framework actually work in real life. The best shopping list is the one that reflects how *you* actually cook, eat, and live.

Foods I Already Enjoy

List the nourishing foods you genuinely look forward to eating. These are your anchors.

_____
_____
_____
_____
_____
_____

My Favourite Protein Sources

Which proteins do you find most practical, enjoyable, and sustainable?

_____
_____
_____
_____
_____
_____

My Favourite Vegetables

Which vegetables do you regularly enjoy? Which would you like to eat more often?

_____
_____
_____
_____
_____
_____

Fibre-Rich Foods I Tolerate Well

Note any grains, legumes, or high-fibre foods that suit your digestion and lifestyle.

_____
_____
_____
_____
_____
_____

Convenient Foods That Help Me

Which practical, convenient options genuinely support you on busy days?

_____
_____
_____
_____
_____
_____

Foods I Need to Use First This Week

Before shopping, list what is already in the fridge or pantry and needs using.

_____
_____
_____
_____
_____
_____



PART 34 — NON-NEGOTIABLES

My 5 Weekly Essentials

Out of everything in this guide, what are the five foods or food categories you want to ensure are available in your kitchen most weeks? These are your non-negotiables — the foundation of your personal version of a balanced kitchen. When everything else is uncertain, unpredictable, or busy, these five things will always give you something to work with.

The examples below are simply prompts. Your five essentials will be entirely your own, based on what you enjoy, what supports your health, and what you will realistically buy and use week after week.

Essential 1

A protein option that works for me most weeks

Mine:

_____

Essential 2

A vegetable I genuinely enjoy and will actually eat

Mine:

_____

Essential 3

A fruit or fruits I look forward to

Mine:

_____

Essential 4

A fibre-rich carbohydrate that fits my life

Mine: _____

Essential 5

A healthy convenience food for difficult days

Mine: _____

> When your five essentials are in the kitchen, you have everything you need to eat well — even on the most ordinary, unpredictable week.

The Complete Balance Master Shopping List

Use this as your comprehensive reference — a printable, scannable master list organised by category. Tick the items you need each week, leave blank those you already have, and add your personal choices in the blank spaces at the bottom of each section. This list is not prescriptive — it is a tool.

Protein

- ☐ Eggs
- ☐ Greek-style yoghurt (plain)
- ☐ Cottage cheese
- ☐ Chicken breast or thigh
- ☐ Turkey mince or breast
- ☐ Lean beef or mince
- ☐ Salmon (fresh or frozen)
- ☐ White fish fillets
- ☐ Canned tuna
- ☐ Canned sardines or mackerel
- ☐ Prawns (fresh or frozen)
- ☐ Tofu (firm)
- ☐ Tempeh
- ☐ _____
- ☐ _____

Vegetables

- ☐ Spinach
- ☐ Kale or chard
- ☐ Rocket / arugula
- ☐ Broccoli
- ☐ Cauliflower
- ☐ Cabbage
- ☐ Brussels sprouts
- ☐ Bell peppers
- ☐ Cherry tomatoes
- ☐ Carrots
- ☐ Courgette / zucchini
- ☐ Aubergine / eggplant
- ☐ Cucumber
- ☐ Beetroot
- ☐ Bagged salad leaves
- ☐ Frozen mixed vegetables
- ☐ Frozen peas
- ☐ Frozen spinach
- ☐ Canned chopped tomatoes
- ☐ _____
- ☐ _____



PART 35 — MASTER SHOPPING LIST

The Complete Balance Master Shopping List (continued)

Fruit

- [ ] Blueberries / raspberries / strawberries
- [ ] Apples
- [ ] Pears
- [ ] Oranges or clementines
- [ ] Kiwi
- [ ] Bananas
- [ ] Grapes
- [ ] Melon
- [ ] Frozen berries
- [ ] Frozen mango or tropical fruit
- [ ] _____
- [ ] _____

Legumes

- [ ] Canned chickpeas
- [ ] Canned kidney beans
- [ ] Canned black beans
- [ ] Canned white or butter beans
- [ ] Canned lentils
- [ ] Dried red lentils
- [ ] Dried green lentils
- [ ] Frozen edamame
- [ ] _____

Whole Grains

- [ ] Rolled oats / porridge oats
- [ ] Brown rice
- [ ] Quinoa
- [ ] Wholegrain pasta
- [ ] Wholegrain or sourdough bread
- [ ] Rye bread or rye crispbreads
- [ ] Barley or spelt
- [ ] Pre-cooked grain pouches
- [ ] _____

Potatoes & Other Carbohydrates

- [ ] Potatoes (white or red)
- [ ] Sweet potatoes
- [ ] Wholegrain wraps
- [ ] Wholegrain crackers
- [ ] _____



PART 35 — MASTER SHOPPING LIST

The Complete Balance Master Shopping List (continued)

Healthy Fats

- [ ] Extra virgin olive oil
- [ ] Avocado
- [ ] Nut butter (almond or peanut)
- [ ] Tahini
- [ ] Olives
- [ ] _____

Nuts & Seeds

- [ ] Walnuts
- [ ] Almonds
- [ ] Pistachios
- [ ] Mixed unsalted nuts
- [ ] Pumpkin seeds
- [ ] Sunflower seeds
- [ ] Chia seeds
- [ ] Ground flaxseed / linseeds
- [ ] Sesame seeds
- [ ] _____



PART 35 — MASTER SHOPPING LIST

The Complete Balance Master Shopping List (continued)

Dairy / Alternatives

- [ ] Milk or unsweetened plant alternative
- [ ] Plain natural or Greek yoghurt
- [ ] Cottage cheese
- [ ] Cheese (small amount)
- [ ] Kefir
- [ ] _____

Fermented Foods

- [ ] Live culture yoghurt
- [ ] Kefir
- [ ] Sauerkraut (refrigerated)
- [ ] Kimchi
- [ ] Miso paste
- [ ] _____



PART 35 — MASTER SHOPPING LIST

The Complete Balance Master Shopping List (continued)

Herbs, Spices & Flavour

- [ ] Garlic
- [ ] Fresh or dried herbs
- [ ] Paprika, cumin, turmeric
- [ ] Cinnamon, ginger, pepper
- [ ] Lemon / lime
- [ ] Vinegar (apple cider / balsamic)
- [ ] Mustard (Dijon or wholegrain)
- [ ] Soy sauce or tamari
- [ ] Tomato purée
- [ ] Low-salt vegetable stock
- [ ] _____

Pantry Essentials

- [ ] Canned tuna or sardines
- [ ] Canned tomatoes
- [ ] Olive oil
- [ ] Nuts and seeds
- [ ] Oats and rice
- [ ] Wholegrain crackers or crispbreads
- [ ] _____

Freezer Essentials

- [ ] Frozen mixed vegetables
- [ ] Frozen berries or mango
- [ ] Frozen fish fillets
- [ ] Frozen edamame
- [ ] Frozen spinach or peas
- [ ] Wholegrain bread (for freezing)
- [ ] _____

Healthy Convenience

- [ ] Pre-cooked grain pouches
- [ ] Pre-cooked lentils (vacuum pack)
- [ ] Bagged salad
- [ ] Pre-cut vegetable packs
- [ ] Frozen fish or vegetable soup
- [ ] Hummus
- [ ] _____



FINAL CHAPTER — CLOSING MESSAGE

Your Shopping Cart Shapes Your Week

Everything you have read in this guide returns to a single, simple truth: healthy choices become easier when the environment around you supports them. You do not need perfect discipline, exceptional motivation, or unlimited time. You need a kitchen stocked with foods that make nourishing meals possible — and a shopping habit that makes that kitchen reliable.

You do not need to buy every food on every list in this guide. You do not need to shop at specialist health stores, spend more than your budget allows, or prepare elaborate meals from scratch every evening. What you need is your version of a balanced kitchen — one that reflects your preferences, your household, your budget, and your real daily life.

Do not shop for perfection.

Shop for the life you actually want to live.

Buy the Basics

Protein, vegetables, fruit, whole grains, healthy fats. These five categories will always serve you well.

Build Simple Meals

You do not need recipes. You need the formula: protein + vegetables + fibre + flavour. Repeat it in different combinations.

Repeat What Works

Find the meals, the shopping habits, and the kitchen rhythms that genuinely fit your life — and return to them without apology.

FINAL CHAPTER — CLOSING MESSAGE

Connection to The Complete Balance Method™

Nutrition is one part of a larger picture. The Complete Balance Method™ recognises that how you eat works together with how you sleep, how you move, how you manage stress, and how you support your hormonal and digestive health across the stages of life. A nourishing kitchen supports all of these areas — not because food is a cure, but because it is a foundation.

If this guide has been useful, the wider resources of The Complete Balance Method™ explore gut health, stress and cortisol, sleep and recovery, hormonal balance, healthy weight, energy, and practical movement — all as connected, mutually supporting elements of long-term wellbeing.

> This guide is part of The Complete Balance Method™ — a practical, evidence-aware approach to health for women who want clarity, not complexity.

The Complete Balance Method™

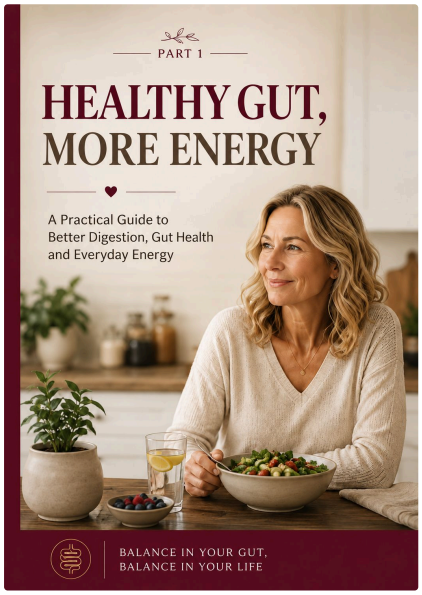
Practical. Personalised. Sustainable.

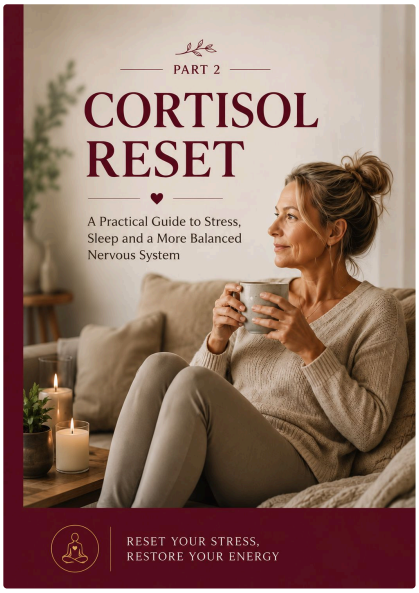


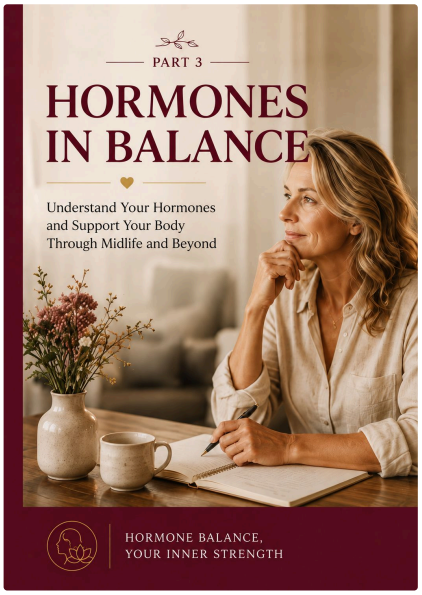
The Complete Balance Method™

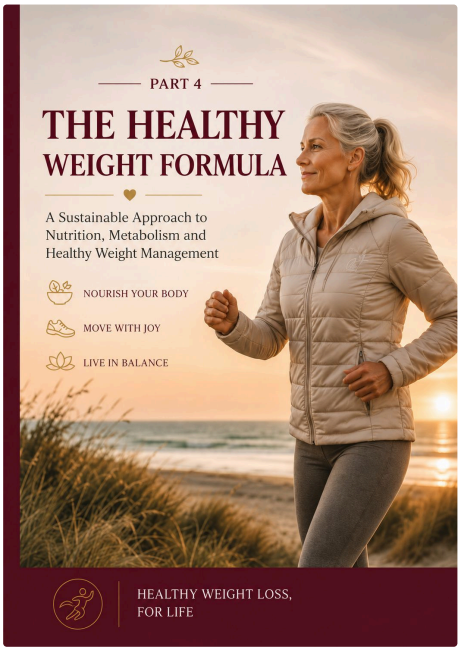
This guide is just one part of a complete approach to better health and lasting balance. **The Complete Balance Method™** brings together gut health, stress and cortisol, sleep and recovery, hormonal health, nutrition, healthy weight, energy, movement and practical daily routines — because your body does not work in separate parts. Each e-book and bonus guide has been created to help you understand your body more clearly and, above all, turn that knowledge into realistic actions you can actually maintain.

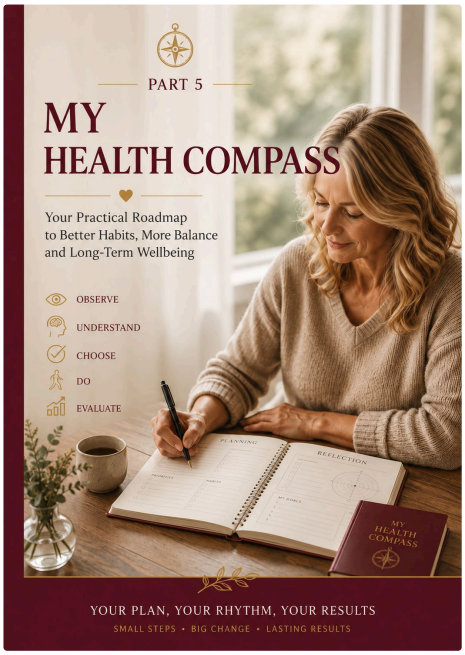
E-Books





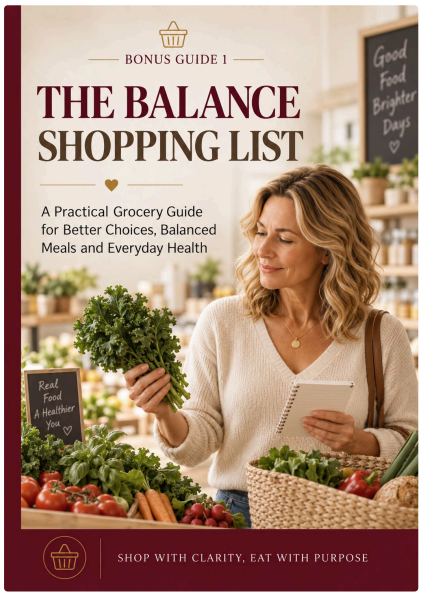


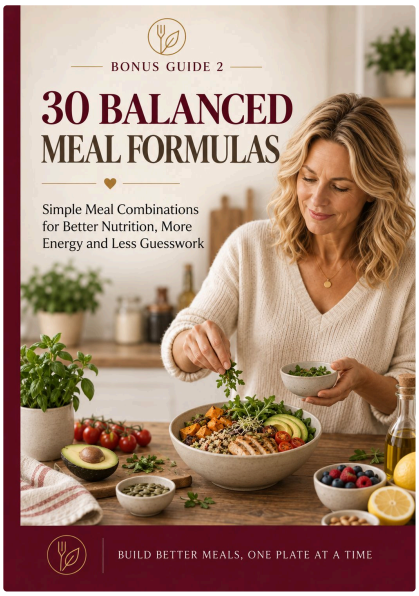




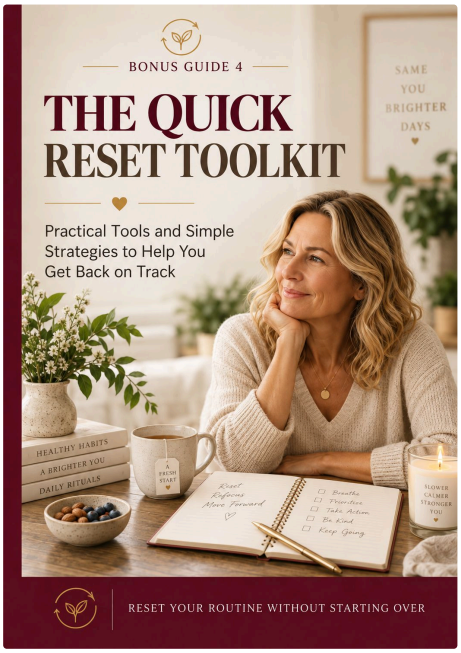
5 Bonus Guides

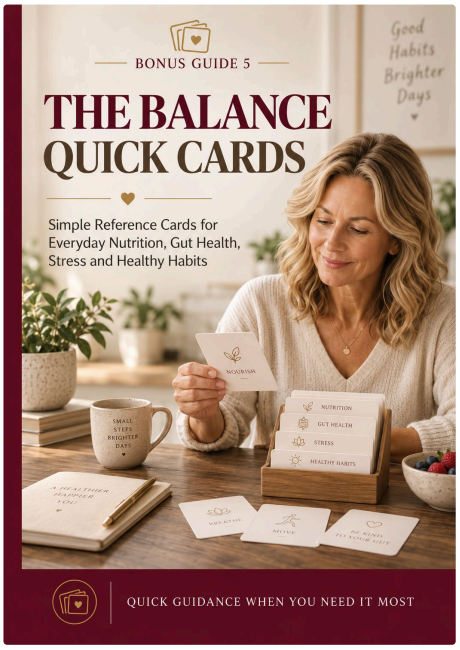
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The Smart Supplement Guide

The Smart Supplement Guide helps you navigate supplementation with greater clarity and confidence. It provides a practical overview of carefully selected supplements, their key ingredients and their role within a broader healthy lifestyle — helping you make more informed choices based on your personal goals and needs. Supplements are not a replacement for healthy habits, but when chosen thoughtfully, they can be a valuable addition to **The Complete Balance Method™**.



ONE COMPLETE METHOD.
ONE PRACTICAL SYSTEM.
BUILT AROUND YOUR REAL LIFE.

You do not need another quick fix, another extreme diet or another list of health rules you cannot maintain. You need a clear framework that helps you understand how the different parts of your health work together — and shows you what to focus on next.

With the complete bundle, you receive the full **The Complete Balance Method™** collection: all five in-depth e-books plus all five practical bonus guides, designed to take you from understanding your body to creating healthier routines that fit into everyday life.

Your next step does not have to be bigger. It simply has to move you in the right direction.