

Shopping Checklist

Plan your sugar-free journey with our **comprehensive shopping checklist**, designed to make healthier choices easier. This printable guide includes fresh produce, pantry staples, protein options, and flavour enhancers, all carefully selected to help you stock a kitchen free of hidden sugars. Perfect for creating delicious, low-sugar meals and snacks.

Use this guide to help stock your kitchen with low-sugar essentials:

Category	Items
Fresh Produce	
Vegetables	Broccoli, spinach, peppers, courgettes, carrots
Fruits (low-sugar)	Berries, green apples, citrus fruits
Pantry Staples	
Whole grains	Brown rice, quinoa, oats
Legumes	Chickpeas, lentils, black beans
Nuts and seeds	Almonds, walnuts, chia seeds, flaxseeds
Cooking oils	Olive oil, avocado oil, coconut oil
Proteins	
Eggs	Eggs
Meats	Lean meats and poultry
Fish	Salmon, mackerel, cod
Plant-based proteins	Tofu, tempeh
Dairy Alternatives	Unsweetened almond or oat milk, plain unsweetened yoghurt
Flavour Enhancers	
Herbs and spices	Cinnamon, turmeric, paprika
Vinegars	Apple cider vinegar, balsamic vinegar (check labels)


Contact Information If you have any questions or need further support on your journey to better health, we're here to help!

Contact us at:

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We look forward to helping you achieve your health and wellness goals!