



10 FOOD YOU NEED IN YOUR FRIDGE WHEN YOU WANT TO LOSE WEIGHT



**HEALTHY, HIGH IN PROTEIN,
FIBRE, OR VOLUME, SO THEY
HELP YOU STAY FULL ON FEWER
CALORIES.**

1. EGGS

High protein, very filling, and versatile for any meal.

2. 0% GREEK YOGURT

High protein, low calorie – great for snacks, breakfasts, or sauces.

3. COOKED CHICKEN BREAST

Lean protein that's easy to add to salads, wraps, or rice bowls.

4. Leafy Greens (spinach, rocket, lettuce)

Very low calorie, high volume – perfect for bulking meals.

5. Broccoli

High fibre, low calorie, and very filling when cooked.

6. BELL PEPPERS

Low calorie, crunchy, and great for stir-fries or snacking.

7. COTTAGE CHEESE

High protein and surprisingly filling for its calories.

8. TINNED TUNA (in water)

Very high protein, cheap, and easy to store.

9. CARROTS

Low calorie, high fibre, and good for snacking.

5. BERRIES

Low sugar compared to other fruits and high in fibre.