

My Protein Shopping List

You don't need to be a gym junkie to embrace supplements



Diet Protein Blend

Tailored specifically for women & only 96 calories a serve, packed with vitamins & minerals like B12 (important post WLS) & iron, it's the perfect addition to your regular meal plan.

Add to your regular smoothies or have on it's own & you have a quick & easy protein hit.

Clear Whey Isolate

This product is the by far my absolute favourite product ever! (I buy 2-3 tubs at a time). Add to your water (I mix 1 scoop in around 2.4l of water) & you'll be smashing your water goals in no time. *Tip: sip on it during your workouts to maintain energy throughout.

Vitafiber

We all know to lose weight and avoid the dreaded constipation we need an adequate amount of fibre in our diet. Post WLS it can be hard to get the fibre we need through food, especially when you're trying to pack the protein in.

Say hello to this baby, 1 serve gives you a massive 14g of fibre. Add it to your smoothies, home-made protein bars or overnight oats.

*Tip: add to tomato based sauces to up the fibre & cut the acidity of the tomatoes.

Protein Chips

A delicious crunchy chip delivering 11g of protein per pack & only 100 calories. Enjoy on it's own or enjoy with dip, its the perfect addition to any cheese board or picky plate.

Collagen Powder

An amazing addition to your daily meal plan, made from Hydrolysed Collagen Peptide, this zero fat, zero sugar protein powder is my daily addition to my morning coffee.

Sugar-Free Sauce

Stop avoiding sauces because they're full of sugar, these sauces are amazing & sugar-free. Mix a little siracha into the BBQ sauce and use as a baste for ribs or as a spicy-sweet dipping sauce for a cheeky serve of hot chips.