

Ultra Nutrition OS

Weekly shopping list

Protein

Chicken breast: 1060 g
Eggs: 6 item
Lean beef mince: 1000 g
Lean beef steak: 880 g

Carbohydrates

Oats: 640 g
Rice: 1370 g
Sourdough bread: 11 slice
Sweet potato: 1050 g

Fruit

Banana: 19 item
Berries: 1900 g

Vegetables

Green vegetables: 750 g
Mixed vegetables: 2750 g
Mushrooms: 200 g
Spinach: 160 g

Dairy

Greek yoghurt: 2950 g
Milk: 4900 ml

Fats / nuts / seeds

Avocado: 310 g
Chia seeds: 50 g
Flaxseed: 80 g

Supplements

Casein protein: 245 g
Creatine monohydrate: 35 g
Electrolyte tablet: 14 serving
Vitamin D3: 35000 IU
Vitamin K2: 1400 mcg
Whey protein: 395 g

Training fuel

Carb drink mix: 240 g
Dates: 120 g
Honey: 290 g

Miscellaneous

Cinnamon: 2 g
Olive-free dressing: 40 g