

SLIMMING WORLD SPEED FOODS LIST

FRUIT

apples
apricots
blackberries
blackcurrant
clementine
cranberries
damsons
gooseberries
grapefruit
guava
lemons
limes
loganberries
mandarin
melon
nectarine
oranges
papayas
passion fruit
peaches
pears
plums
pomelo
raspberries
redcurrants
rhubarb
satsumas
star fruit
strawberries
tangerines
ugli fruit
whitecurrants

VEGETABLES

acorn squash
alfalfa sprouts
amaranth leaf
artichokes
asparagus
aubergine
baby sweetcorn
bamboo shoots
bean sprouts
beetroot
broccoli
brussel sprouts
butternut squash
cabbage
capers
cauliflower
celeriac
celery
chard
chicory
chillies
chinese leaf
courgette
cucumber
endive
fennel
green beans
garlic
gherkins
kale
leek
lettuce
mongetout
marrow
mushrooms
mustard & cress
okra
onion
pak choi
pepper
pumpkin
radicchio
radishes
rocket
runner beans
samphire
shallots
spaghetti squash
spinach
spring greens
spring onions
sugar snap peas
swede
fresh tomatoes
canned tomatoes
turnip
vine leaves
watercress

Slimming World Syn Guide

Padhraic Smyth

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