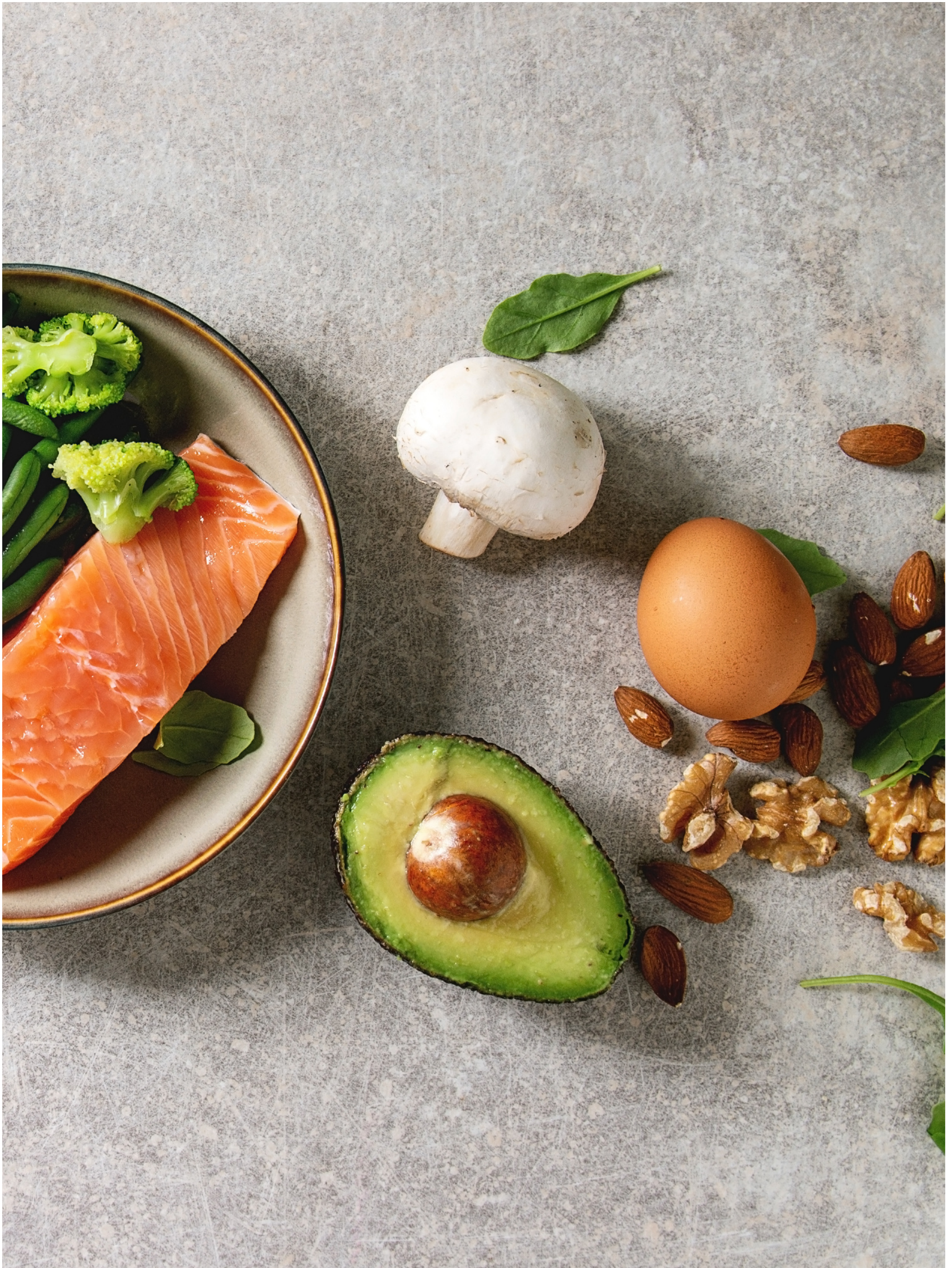


FOOD LIST



FOOD LIST





PROTEIN

MEAT, POULTRY & OTHER

Chicken Breast

Beef Steak

Veal Leg

Lamb Steak

Turkey Breast

Pork Loin

Minced Pork

Whey Protein

Quorn

Chicken Leg

Minced Beef

Veal Loin

Lamb Leg

Turkey Leg

Duck Breast

Eggs

Tofu

Tempeh

FISH & SEAFOOD

Tuna

Snapper

Pollock

Cod

Prawns

Trout

Crab Meat

Salmon

Mackerel

Sardines

Bass

Monkfish

Haddock

Mussels



F A T

D A I R Y

Goats Cheese

Heavy Cream

Cheddar

Buffalo Mozzarella

Feta

Brie

Parmesan

Camembert

Greek Yoghurt

Cream Cheese

Creme Fraiche

Cottage Cheese

Ricotta

Edam

D E L I M E A T S

Pepperoni

Chorizo

Pork Sausage

Bacon

Pancetta

Prosciutto

Pork Rinds

Salami



FAT

OILS

Olive Oil	Butter
Coconut Oil	Olives
Avocado	Ghee
Sesame Oil	Avocado Oil

NUTS & SEEDS

Macadamia Nuts	Pumpkin Seeds
Hazelnuts	Sesame Seeds
Pecans	Flax Seeds
Almonds	Chia Seeds
Brazil Nuts	Sunflower Seeds
Walnuts	Peanut Butter
Pine Nuts	Almond Butter



CARBOHYDRATE

VEGETABLES

Pak Choi

Celery

Asparagus

Turnips

Spring Onion

Mushroom

Spinach

Cauliflower

Broccoli

Lettuce

Swiss Chard

Courgette

Cabbage

Carrot

Beansprouts

Cucumber

Radish

Bell Peppers

Onions

Kale

Garlic

Tomatoes

Artichokes

Pumpkin

Mangetout

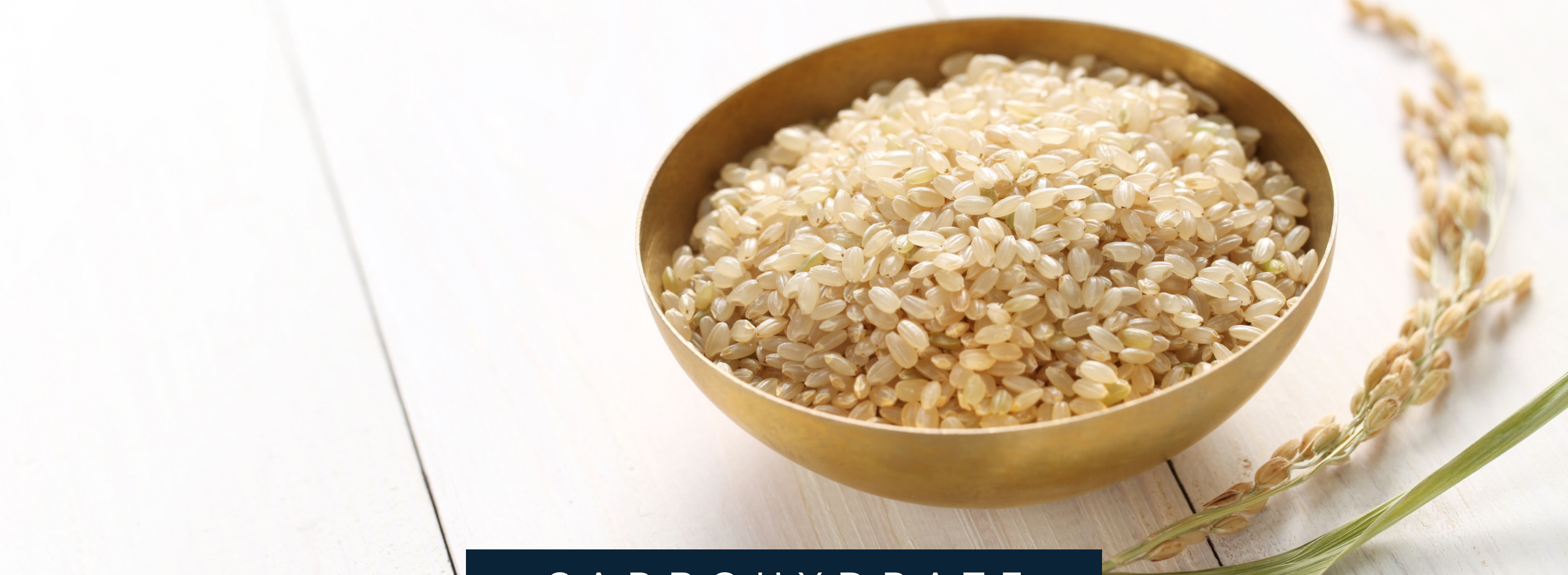
Green Beans

Aubergines

Brussels Sprouts

Chilli

Snap Peas



CARBOHYDRATE

GRAINS & PULSES

Wholegrain Rice	Wholemeal Wrap
Whole Wheat Pasta	Porridge Oats
Wholemeal Bread	Potato
Quinoa	Bulgar Wheat
Red Lentils	Chickpeas
Sweet Potato	Whole Wheat Noodles
Pearl Barley	Kidney Beans

FRUIT

Cranberries	Apricots
Peaches	Clementine
Pineapple	Strawberries
Raspberries	Cherries
Watermelon	Apple
Plums	Nectarines
Blueberries	Orange
Banana	Blackberries



YOUR CUPBOARD



HERBS

- Basil
- Oregano
- Thyme
- Sage
- Bouquet Garni
- Bay Leaves
- Rosemary



SPICES

- Paprika
- Cayenne Pepper
- Ground Cumin
- Ground Coriander
- Onion Granules
- Garlic Granules
- Turmeric



HERBS

- Parsley
- Chives
- Tarragon
- Coriander Leaves
- Mint
- Marjoram
- Dill



SPICES

- Chilli Powder
- Cajun Seasoning
- Ras El Hanout
- Garam Masala
- Chinese 5 Spice
- Salt
- Black Pepper



SAUCES & CONDIMENTS

- | | | |
|-------------------|----------------|--------------|
| Nando's Piri Piri | Worcestershire | Mayonnaise |
| Tabasco | Soy Sauce | Encona Sauce |
| Vinegar | Franks Red Hot | Stock Cubes |
| Mustard | Horseradish | Pesto |