

Fresh fruit, vegetables and herbs

1 medium ripe mango
170g cooking apple
5 medium apples
2 large grapefruit
2 medium orange
1 large orange
4 large bananas
200g canned or fresh mixed fruit
200g fresh or canned in juice rhubarb
100g fresh or frozen blackberries
1200g fresh or canned fruit such as mandarin oranges, apples, pears and grapes
140g fresh or frozen blueberries
150g Savoy cabbage
80g kale
350g butternut squash
250g broccoli
1 large courgette
250g mushrooms
1 small yellow pepper
3 large red peppers
2 small onions
7 red onions
3 large spring onions
10 cloves garlic
160g Tenderstem™ broccoli
2 medium carrots
9 sticks celery
2 large aubergines
50g lentil sprouts
1 small cauliflower
1 large potato
360g spinach
2 small red chillies
12 medium cherry tomatoes
4 medium plum tomatoes
5 medium avocados
180g salad leaves
1 lemon
10g fresh parsley
10g fresh chives
70g fresh coriander
1 large bunch of fresh mint

Pasta, rice, pulses and noodles

120g wholemeal penne pasta
120g quinoa
180g brown rice

Eggs, dairy and alternatives

17 medium free-range eggs
1,400g low fat Greek yoghurt
2 heaped tbsp low fat plain natural yoghurt
50g low fat crème fraiche
50g low fat spread
50g unsalted butter
40g butter
815ml semi-skimmed milk
50g blue cheese
20g Parmesan-style vegetarian hard cheese
50g goats cheese
60g Cheddar cheese
100g low fat soft cheese
100g halloumi sliced

Bread and cereal

14 medium slices wholemeal or granary sliced bread
2 slices wholemeal baguette
25g breadcrumbs
2 large wholemeal tortilla wraps
2 large wholemeal chapatti
4 large wholemeal pitta bread
100g bran flakes
2 cereal bars (70g)
50g oats

Frozen

50g frozen soya beans
100g frozen peas
320g frozen mixed berries

Store cupboard

1 tbsp honey
2 tsp maple syrup
3 drops vanilla extract
2 tsp reduced sodium light soy sauce
2 tbsp tahini
1 tbsp Dijon mustard
4 heaped tbsp crunchy peanut butter
50g plain white flour
75g plain wholemeal flour
1 tsp baking powder
150ml lemon juice
3 tbsp lime juice
240ml olive oil
1 tbsp extra virgin coconut oil
1 tbsp raw cacao or cocoa powder
1 inch piece preserved stem ginger in syrup
4 large rice cakes
4 small oatcakes
8 medium medjool dates or other soft semi-dried dates, pitted and halved
120g dried fruit such as figs, prunes, apricots and sultanas
5 tbsp pumpkin seeds
2 tbsp pumpkin seeds or sunflower seeds
60g cashew nuts
30g mixed unsalted nuts
50g crushed nuts such as hazelnuts, Brazil nuts or almonds
90g blanched hazelnuts
50g red lentils
160g dried Puy lentils
1 x 400g can black beans
1/2 400g can chickpeas
1 small can sweetcorn
1,027g canned chopped tomatoes
250ml passata
1 tbsp tomato puree
800ml store-bought vegetarian soup
25g light muscovado sugar
1 tbsp brown sugar
3 tbsp orange juice
30g desiccated coconut
Reduced sodium vegetable stock cubes or powder to make 1.3 litres stock

1 tbsp white wine vinegar
30g wholegrain mustard
30g sultanas
1 ½ tsp turmeric
6 tsp smoked paprika
½ tsp fennel seeds
4 ½ tsp ground cumin
2 tsp ground cinnamon
1 ½ tsp ground ginger
½ tsp ground coriander
1 tbsp medium curry powder
1 tsp crushed dried chilli
1/2 tsp chilli powder
Pinch of allspice
Pinch of saffron or turmeric
1 tsp harissa paste
Black pepper
Salt

Other

120g store-bought hummus
120g store-bought guacamole
350g Quorn chicken style pieces
400g firm tofu
160g marinated tofu pieces

