

Fresh fruit, vegetables and herbs

200g grapes
3 medium apples
4 large bananas
2 medium mandarin oranges
4 small clementines
1 large navel orange
1 large grapefruit
4 medium kiwi fruit
2 medium pears
100g fresh or frozen blackberries or fresh blueberries if blackberries are not available
3 limes
2 lemons
5 sticks celery
5 onions
3 large spring onions
2 small red onion
1 large potato
2 large baking potatoes
7 large carrots
250g parsnips
1 medium leek
1 medium pointed (sweetheart) cabbage
160g spring greens
100g Brussels sprouts
3 red peppers
2 large portobello mushrooms
100g chestnut mushrooms
1 medium tomato
250g cherry tomatoes
1 small cucumber
1 large aubergine
150g cooked beetroot (not in vinegar)
12 cloves garlic
2 inch piece of ginger
100g mixed salad leaves
50g watercress
300g spinach
300g beetroot
1 small red chilli
15g fresh coriander
15g fresh flat leaf parsley
5g fresh mint
1 sprig fresh thyme

Pasta, rice, pulses and noodles

400g gnocchi
100g brown basmati rice
175g long grain brown rice
200g couscous
150g wholewheat spaghetti
120g quick-cook egg noodles
100g pearl barley
100g red lentils
100g puy lentils

Eggs, dairy and alternatives

6 medium free range eggs
160g low fat plain natural yoghurt
590g low fat Greek yoghurt
90g half fat crème fraiche
40g low fat spread
615ml semi-skimmed milk
20g butter
100g Wensleydale and cranberry cheese
40g mature cheddar cheese
75g paneer cheese
100g ricotta cheese
100g feta cheese
60g Brie
80g cream cheese with garlic and herbs

Bread and cereal

2 medium slices fruit loaf
1 medium wholemeal french stick
2 large wholemeal pitta bread
120g ciabatta bread
2 medium store-bought croissants
6 slices rye bread
8 medium slices wholemeal or granary bread
25g fresh or store-bought breadcrumbs
1 wholemeal roti
2 store-bought cheese scones
40g oatcakes
100g porridge oats
100g rolled oats

Frozen

140g frozen mixed berries
100g Quorn™ chicken-style pieces

Store cupboard

Reduced sodium vegetable stock cubes or powder to make 950ml stock
550g passata
1 tbsp reduced salt light soy sauce
610g chickpeas in water
1 x 400g can red kidney beans
854g canned chopped tomatoes
200ml coconut milk
50g cashew nut butter
1 tbsp honey
1 tsp harissa paste
2 tsp Marmite
2 heaped tbsp tahini
2 tsp ground cinnamon
2 tsp ground cumin
½ tsp yellow mustard seeds
1 tsp black mustard seeds
1 tsp cumin seeds
1 tsp dried dill
1 tsp dried thyme
1 tsp dried oregano
1 bay leaf
1 tsp ground coriander
2 tsp smoked paprika
1 tbsp caraway seeds
1 star anise
80g raisins
80g dates
110g walnuts
80g blanched hazelnuts
50g unsalted mixed nuts
40g hazelnuts, Brazil nuts or almonds
15g unsalted pistachio nuts
25g pine nuts
50g flaked almonds
50g ground almonds
2 whole almonds
45g mixed seeds, such as pumpkin, sunflower or hemp
30g pumpkin seeds
2 tbsp store-bought tomato chutney
50g crunchy peanut butter
300g fresh chopped fruit or canned in juice, such as oranges, apples, pear, grapes or berries
2 tsp desiccated coconut
90ml lemon juice
1/2 tsp horseradish sauce

15g wholegrain mustard
½ tsp Dijon mustard
50g unsalted tortilla chips
1 x 425g lychees in light syrup
1 x 300g can pineapple chunks in juice
175g store-bought cherry and pear compote, or any compote that does not have high levels of sugar
55g store-bought onion marmalade
3 medium dried apricots
1 ½ tsp raw cacao or cocoa powder
4 large rice cakes
6 small seeded crackers
4 medium ready to eat dried figs
100g prunes
165ml olive oil
60ml extra virgin coconut oil
15ml walnut oil
Ground black pepper
Salt

Other

120ml cloudy apple juice
182g tub store-bought bean and chilli dip
4 vegetarian sausages
120g store-bought hummus