

**Fresh fruit, vegetables and herbs**

7 large bananas  
4 small tangerines  
60g clementines  
1 large orange  
1 medium mango  
3 medium apples  
2 medium conference pears  
80g pomegranate seeds  
180g fresh or frozen blueberries  
60g seedless red grapes  
160g grapes  
300g fresh or canned fruit in juice such as mandarin oranges, apples, pears and grapes  
200g fresh or canned mixed fruit such as apples, peaches, pears or berries  
6 avocados  
10 cloves garlic  
5 inch piece ginger  
50g iceberg lettuce  
1 cucumber  
200g kale  
400g spinach  
100g rocket  
100g okra  
100g green beans  
250g pak choi  
8 carrots  
1 medium parsnip  
4 small onions  
6 small red onions  
3 large spring onion  
2 sticks celery  
1 small yellow pepper  
5 medium beetroot  
13 medium tomatoes  
2 potatoes  
2 large sweet potatoes  
1 butternut squash  
1 medium cauliflower  
3 small red chillis  
60g fresh coriander  
80g fresh flat leaf parsley  
3g fresh mint  
7g fresh chives  
5g fresh basil leaves  
1 lemon

**Pasta, rice, pulses and noodles**

50g brown rice  
100g brown basmati rice  
100g jasmine rice  
100g couscous  
400g gnocchi  
100g quinoa  
1 x 250g sachet cooked bulgur, green lentils and barley

**Eggs, dairy and alternatives**

11 medium free range eggs  
525g low fat plain natural yoghurt  
1,170g low fat Greek yoghurt  
1,015ml semi-skimmed milk  
30g vegetarian cheddar cheese  
40g Wensleydale cheese  
50g vegetarian blue cheese  
100g low fat soft cheese  
30g vegetarian Parmesan alternative  
120g feta cheese  
20g low fat spread

**Bread and cereal**

3 wholemeal pitta bread  
2 large wholemeal wraps  
2 large wholemeal flatbread  
4 medium slices ciabatta  
2 wholemeal bagels  
6 medium slices wholemeal or granary bread  
50g stale bread  
4 slices malt loaf  
140g rolled oats  
100g porridge oats  
100g Shredded Wheat  
2 cereal bars (70g)  
48g pumpkin and oat crispbreads

**Frozen**

80g frozen raspberries  
40g frozen berries  
300g frozen soya beans

**Store cupboard**

Reduced sodium vegetable stock cubes or powder to make 250ml stock  
30ml reduced salt light soy sauce  
81g honey  
100g almond butter  
50g peanut butter  
1 tsp harissa  
50g tahini  
1 ½ tbsp balsamic vinegar  
85ml lemon juice  
75ml lime juice  
1 tbsp red wine vinegar  
1 tbsp rice vinegar  
50g Brazil nuts  
25g hazelnuts  
50g blanched hazelnuts  
30g almonds  
25g flaked almonds  
50g cooked chestnuts  
55g pine nuts  
55g walnuts  
40g pumpkin seeds  
15g mixed seeds  
75g sultanas  
120g dried apricots  
40g dried cherries  
2 tbsp raw cacao or cocoa powder  
1 level tsp Dijon mustard  
1 medium roasted red pepper from a jar  
6 small seeded crackers  
12 medium medjool or equivalent semi-dried dates  
195ml olive oil  
1 tbsp groundnut oil  
2 tsp extra virgin coconut oil  
20g vegetarian pesto  
1 heaped tbsp curry paste  
4 small oatcakes  
½ 400g can cannellini beans  
½ x 400g can tomatoes  
80g canned artichoke hearts in water  
1 x 400g can black beans  
½ x 390g can green lentils in water  
1 x 220g can pineapple chunks  
1 x 360g can peaches in juice  
1 x 200g can chickpeas in water  
1 x 210g can butterbeans

1 x 215g can refried beans  
½ small can sweetcorn  
1 bay leaf  
1 ½ tsp ground cumin  
2 tsp ground cinnamon  
¼ tsp ground allspice  
½ tsp paprika  
1 tsp smoked paprika  
½ tsp cumin seeds  
½ tsp fennel seeds  
½ tsp dried chilli flakes  
35g wholemeal plain flour  
½ tsp baking powder  
1 tbsp soft brown sugar  
25g dessicated coconut  
Salt  
Ground black pepper

**Other**

125ml coconut water  
120ml cloudy apple juice  
1 tbsp apple juice  
100g marinated tofu pieces  
250g fresh firm tofu  
100g hummus