

**Fresh fruit, vegetables and herbs**

3 large bananas  
2 medium very ripe bananas  
1 large cooking apple  
4 apples  
2 oranges  
100g blueberries  
80g pomegranate  
160g grapes  
2 large mangos  
200g melon  
300g chopped fresh or canned fruit in juice such as mandarin oranges, apples, pears and grapes  
300g fresh or canned fruit in juice such as oranges, apples, pears or berries  
260g fresh or frozen mixed berries  
1 medium plantain or very firm banana  
2 medium sweet potatoes  
250g waxy potatoes such as Charlotte or new potatoes  
12 cloves garlic  
2 inch piece of ginger  
3 red peppers  
1 head iceberg lettuce  
4 large carrots  
2 avocados  
1 very ripe avocado  
2 large aubergines  
1 large courgette  
6 large spring onions  
5 small onions  
1 small red onion  
4 sticks celery  
1 cucumber  
250g rocket  
100g salad leaves  
50g spinach  
100g watercress  
120g store-bought rocket and watercress salad  
250g mushrooms  
300g portobello mushrooms  
200g cherry tomatoes  
4 medium tomatoes  
¼ small red cabbage  
5 beetroots  
4 red chillis  
20g fresh chives

30g fresh coriander  
23g fresh mint  
65g fresh parsley  
10g fresh flat leaf parsley

**Pasta, rice, pulses and noodles**

120g couscous  
2 x 70g store-bought grain-based meal such as a packet of flavoured couscous  
200g brown rice  
200g wholemeal pasta  
100g porridge oats  
50g oats

**Eggs, dairy and alternatives**

10 medium free-range eggs  
960ml semi-skimmed milk  
20g low fat spread  
1,500g low fat Greek yoghurt  
100g low fat plain yoghurt  
2 tbsp sour cream  
300g feta cheese  
60g halloumi  
30g butter

**Bread and cereal**

4 medium slices rye bread  
4 wholemeal pitta bread  
2 large wholemeal wraps  
200g wholemeal or granary baguette  
2 thick slices sourdough bread  
2 store-bought fruit scones  
100g bran flakes  
100g store-bought granola

**Frozen**

290g frozen soya beans  
280g frozen raspberries  
100g frozen broad beans  
50g frozen peas

**Store cupboard**

Reduced sodium vegetable stock cubes or powder to make 405ml stock  
95ml reduced salt soy sauce  
155ml lemon juice  
50ml lime juice  
30g tahini  
30ml mirin  
1 tbsp molasses  
3 tbsp honey  
50g almond butter  
55g cashew butter  
50g wholemeal flour  
1 tbsp cornflour  
25g light muscovado sugar  
1 tsp soft brown sugar  
250ml olive oil  
3 tsp sesame oil  
2 tbsp extra virgin coconut oil  
1 tbsp groundnut oil  
1 tbsp red wine vinegar  
1 tbsp pumpkin or sunflower seeds  
75g sunflower seeds  
75g pumpkin seeds  
180g lentil sprout mix  
40g any variety of nuts  
50g Brazil nuts  
1 tbsp unsalted pistachio nuts  
1 tbsp pine nuts  
30g blanched hazelnuts  
75g plain cashew nuts  
80g pomegranate seeds  
126g medium dried apricots  
12 medjool dates  
50g golden sultanas  
1 x 227g pineapple chunks in natural juice  
2 x 70g store-bought cereal bars  
2 sticks lemongrass  
1 sheet nori (seaweed)  
3 tbsp white miso paste  
30g black olives  
½ x 400g black eyed peas drained  
3 x 210g can chickpeas  
1 x 400g can black beans  
1 x 220g can red kidney beans  
1 x 400g chopped tomatoes  
200ml passata  
90g tomato puree  
90g raw cacao powder or cocoa

powder  
½ vanilla pod  
150ml reduced fat coconut milk  
2 tsp black sesame seeds  
½ tsp mustard powder  
2 ½ tsp ground cumin  
½ tsp turmeric  
1 tsp ground cinnamon  
Pinch of nutmeg  
Pinch of allspice  
Pinch of sea salt  
Salt  
Ground black pepper

**Other**

2 slices store-bought Madeira cake  
4 slices malt loaf  
200g falafel  
2 tbsp hummus  
1 tbsp store-bought salad dressing  
360g firm tofu  
½ x 400g pack marinated tofu

