

# BASEMENT BAKEHOUSE

THE MUMBLES AND MUSINGS OF A SLIMMING FOODIE

## **Slimming World Speed Food Shopping List**



# Fruit

Apples

Apricots

Blackberries

Blackcurrants

Clementines

Cranberries

Damsons

Gooseberries

Grapefruit

Guava

Lemons

Lime

Loganberries

Mandarins

Melon

Nectarines

Oranges

Papaya

Passion fruit

Peaches

Pears

Plums

Pomelo

Raspberries

Redcurrants

Rhubarb

Satsumas

Star fruit

Strawberries

Tangerines

Ugli fruit

Whitecurrants

# Vegetables

Acorn squash

Alfalfa sprouts

Amaranth

Artichokes

Asparagus

Aubergine

Baby sweetcorn

Bamboo shoots

Bean sprouts

Beetroot

Broccoli

Brussels sprouts

Butternut squash

Cabbage

Capers

Carrots

Cauliflower

Celeriac

Celery

Chard

Chicory

Chillies

Chinese leaf

Courgettes

Cucumber

Endive


Fennel

Green beans

Garlic

Gherkins

Kale



Leeks  
Lettuce  
Mangetout  
Marrow  
Mushrooms  
Onion  
Pak choi  
Peppers  
Pumpkin  
Radicchio  
Radishes  
Rocket  
Runner beans  
Shallots  
Spinach  
Spring greens  
Spring onions  
Sugar snap peas  
Swede  
Tomatoes  
Turnip  
Vine leaves  
Watercress

Good Luck!