

BASEMENT BAKEHOUSE

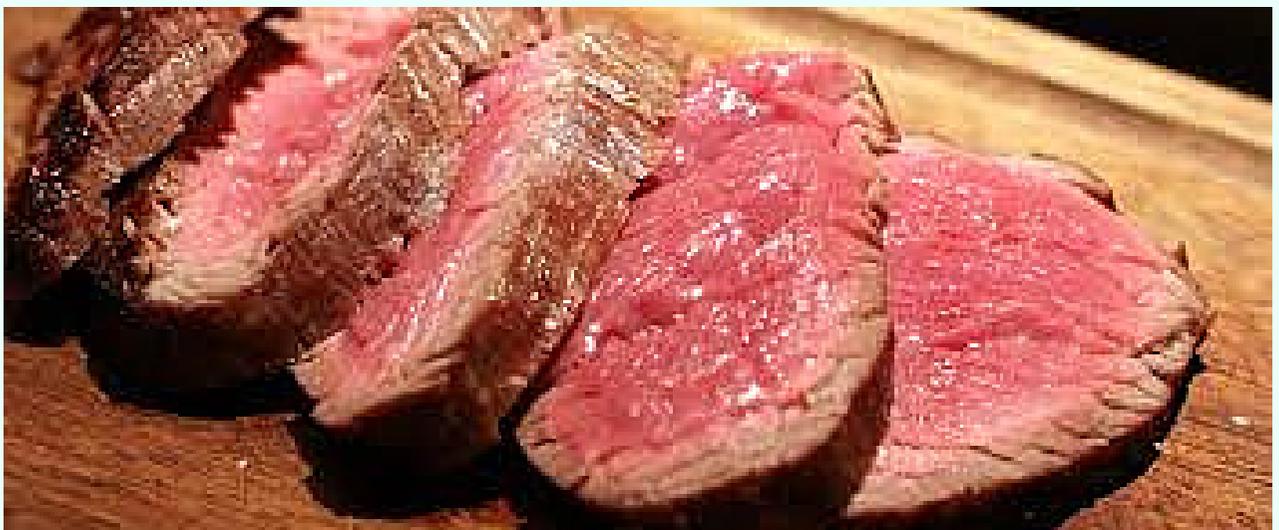
THE MUMBLES AND MUSINGS OF A SLIMMING FOODIE

Slimming World

'P' Foods

Shopping

List



Fish

Bream

Cod

Coley

Dab

Dover Sole

Flounder

Haddock

Hake

Halibut

Hoki

John Dory

Lemon Sole

Monkfish

Mullet

Plaice

Pollock

Red Snapper

River Cobbler

Sea Bass

Tilapia

Turbot

Whiting

Clams

Crab

Crayfish

Cuttlefish

Lobster

Mussels

Octopus

Prawns

Scallops

Shrimps



Whelks
Winkles
Carp
Herring
Kippers
Mackerel
Pilchards
Rollmop Herring
Salmon
Sardines
Sprats
Trout
Tuna
Cod Roe
Herring Roe

Meat (fat cut off)

Bacon
Beef
Gammon
Goat
Ham
Lamb
Mince 5%
Pork
Veal
Chicken
Duck
Turkey
Grouse
Guinea Fowl
Kidney



Liver
Oxtail
Partridge
Pheasant
Pigeon
Quail
Rabbit
Quail
Venison
Quorn Mince
Textured Vegetable Protein
Tofu

Dairy

Fat Free Cottage Cheese
Quark
Eggs

Beans, Peas & Pulses

Aduki Beans
Baked Beans
Black Eye Beans
Boriotti Beans
Broad Beans
Cannellini Beans
Chick Peas
Rageolet Beans
Haricot Beans
Lentils
Mung Beans
Peas
Pinto Beans
Red Kidney Beans
Soya Beans
Split Peas