

THE SLIMMING WORLD SP FOOD LIST

SPEED FOODS

FRUIT

apples
apricots
blackberries
blackcurrant
clementine
cranberries
damsons
gooseberries
grapefruit
guava
lemons
limes
loganberries
mandarin
melon
nectarine
oranges
papayas
passion fruit
peaches
pears
plums
pomeo
raspberries
redcurrants
rhubarb
satsumas
star fruit
strawberries
tangerines
ugli fruit
whitecurrants

VEGETABLES

acorn squash
alfalfa sprouts
amaranth leaf
artichokes
asparagus
aubergine
baby sweetcorn
bamboo shoots
bean sprouts
beetroot
broccoli
brussel sprouts
butternut squash
cabbage
capers
courgette
celeriac
celery
chard
chicory
chillies
chinese leaf
courgette
cucumber
endive
fennel
green beans
gork
gherkins

kale
leek
lettuce
mangetout
marrow
mushrooms
mustard cress
onion
pak choy
peas
pumpkin
radicchio
radishes
rocket
runner beans
samphire
shallots
spaghetti squash
spinach
spring greens
spring onions
sugar snap peas
swede
fresh tomatoes
canned tomatoes
turnip
vine leaves
watercress

PROTEIN FOODS

FISH

abalone
bream
carp
clams
cod
coley
crab
crayfish
cuttlefish
dab
dover sole
flounder
haddock
hake
halibut
herring
hoki
john dory
lemon sole
lobster
mackerel (not smoked)
monkfish

mullet
musselle
octopus
pilchard
plaice
pollack
prawns
red snapper
river eel
salmon
sardines
scallops
sea bass
sprats
squid
tillapia
trout
tuna
turbot
whiting
whelks
winkles

MEAT

bacon
beef
chicken
duck
gammon
goat
grouse
guinea fowl
ham
kidney
lamb
liver
mince
partridge
pheasant
pigeon
pork
quail
rabbit
turkey
veal
venison

VEGAN

quorn
soya protein
tofu

DAIRY

eggs
fat free cheese

PULSES

aduki beans
baked beans
black beans
borlotti beans
broad beans
butter beans
cannellini beans
chickpeas
flageolet beans
haricot beans
lentils
mung beans
peas
pinto beans
red kidney beans
soya beans

**PIN IT & SAVE IT
FOR WHEN YOU
NEED A BOOST!**

these are all speed and protein
foods that are recommended during
slimming world 5p days.

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Tyya Turner

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