

# SLIMMING WORLD SPEED FOOD



## 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  
MARRON  
MUSHROOMS  
MUSTARD & CRESS  
OKRA  
ONIONS  
PAK CHOI  
PEPPERS  
PUMPKIN  
RADICCHIO  
RADHISHES  
ROCKET  
RUNNER BEANS  
SHALLOTS  
SPAGHETTI SQUASH  
SPINACH  
SPRING GREENS  
SPRING ONIONS  
SUGAR SNAP PEAS  
SWEDE  
TOMATOES  
TURNIP  
VINE LEAVES  
WATERCRESS