

# SLIMMING WORLD SPEED FOODS LIST

## FRUIT

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

## VEGETABLES

acorn squash  
alfalfa sprouts  
amaranth leaf  
artichokes  
asparagus  
aubergine  
baby sweetcorn  
bamboo shoot s  
bean sprouts  
beetroot  
broccoli  
brussel sprouts  
butternut squash  
cabbage  
capers  
cauliflower  
celeniac  
celery  
chard  
chicory  
chillies  
chinese leaf  
courgette  
cucumber  
endive  
fennel  
green beans  
garlic  
gherkins  
kale  
leek  
lettuce  
mongetout  
marrow  
mushrooms  
mustard & cress  
okra  
onion  
pak choi  
pepper  
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

# T Guide Slimming World

**Zhe Xu**



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