

FRUITS

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

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Source: <http://fatgirlskinny.net/slimming-world/speed-foods/>