

SLIMMING WORLD

SPEED FOODS LIST



FRUIT

Apples	<input type="checkbox"/>	Papaya	<input type="checkbox"/>
Apricots	<input type="checkbox"/>	Passion Fruit	<input type="checkbox"/>
Blackberries	<input type="checkbox"/>	Peaches	<input type="checkbox"/>
Clementines	<input type="checkbox"/>	Pears	<input type="checkbox"/>
Cranberries	<input type="checkbox"/>	Plums	<input type="checkbox"/>
Goose Berries	<input type="checkbox"/>	Pomelo	<input type="checkbox"/>
Grapefruit	<input type="checkbox"/>	Raspberries	<input type="checkbox"/>
Guava	<input type="checkbox"/>	Redcurrants	<input type="checkbox"/>
Lemon	<input type="checkbox"/>	Rhubarb	<input type="checkbox"/>
Limes	<input type="checkbox"/>	Satsumas	<input type="checkbox"/>
Loganberries	<input type="checkbox"/>	Star fruit	<input type="checkbox"/>
Mandarins	<input type="checkbox"/>	Strawberries	<input type="checkbox"/>
Melon (all types)	<input type="checkbox"/>	Tangerines	<input type="checkbox"/>
Nectarines	<input type="checkbox"/>	Ugli fruit	<input type="checkbox"/>
Oranges	<input type="checkbox"/>	Whitecurrants	<input type="checkbox"/>

VEGETABLES

Alfafa Sprouts	<input type="checkbox"/>	Jicama	<input type="checkbox"/>
Amaranth Leaves	<input type="checkbox"/>	Kale	<input type="checkbox"/>
Artichokes	<input type="checkbox"/>	Kohlrabi	<input type="checkbox"/>
Arugula	<input type="checkbox"/>	Leeks	<input type="checkbox"/>
Asparagus	<input type="checkbox"/>	Lettuce (all types)	<input type="checkbox"/>
Baby Corn	<input type="checkbox"/>	Mushrooms	<input type="checkbox"/>
Bamboo Shoots	<input type="checkbox"/>	Okra	<input type="checkbox"/>
Bean Sprouts	<input type="checkbox"/>	Onions	<input type="checkbox"/>
Beetroot	<input type="checkbox"/>	Pak Choi	<input type="checkbox"/>
Broccoli	<input type="checkbox"/>	Peppers	<input type="checkbox"/>
Brussel Sprouts	<input type="checkbox"/>	Pickles (no sugar)	<input type="checkbox"/>
Cabbage/Greens	<input type="checkbox"/>	Pumpkin	<input type="checkbox"/>
Capers	<input type="checkbox"/>	Radicchio	<input type="checkbox"/>
Carrots	<input type="checkbox"/>	Radishes	<input type="checkbox"/>
Cauliflower	<input type="checkbox"/>	Rutabaga (swede)	<input type="checkbox"/>
Celery	<input type="checkbox"/>	Scallions (spring onions)	<input type="checkbox"/>
Celeriac	<input type="checkbox"/>	Shallots	<input type="checkbox"/>
Chard	<input type="checkbox"/>	Snow Peas	<input type="checkbox"/>
Chicory	<input type="checkbox"/>	Spinach	<input type="checkbox"/>
Chillies	<input type="checkbox"/>	Squash (all types)	<input type="checkbox"/>
Collard Greens	<input type="checkbox"/>	Sugar Snap Peas	<input type="checkbox"/>
Cucumber	<input type="checkbox"/>	Tomatillo	<input type="checkbox"/>
Eggplant (Aubergine)	<input type="checkbox"/>	Tomatoes	<input type="checkbox"/>
Endive	<input type="checkbox"/>	(fresh/canned/puree/sauce	<input type="checkbox"/>
Fennel	<input type="checkbox"/>	with no oil or sugar)	<input type="checkbox"/>
French Beans	<input type="checkbox"/>	Turnips	<input type="checkbox"/>
Garlic	<input type="checkbox"/>	Watercress	<input type="checkbox"/>
Grape/Vine Leaves	<input type="checkbox"/>	Zucchini (Courgette)	<input type="checkbox"/>

Add a 1/3 speed foods from above to your plate at each meal time to boost weight loss