

Meat & Fish

- Chicken
- Turkey
- Salmon fillets
- Tuna steaks
- Cod fillets
- Extra lean beef mince
- Low fat chicken sausages

Dairy & Alternatives

- Semi-skimmed milk
- Soya yoghurt
- Fat free natural yoghurt
- Benecol yoghurt drinks
- Cottage cheese
- 'Eatlean' protein cheese

Breakfast Cereals

- Alpen No Added Sugar
- Good Grain Puffed Wheat
- Nestle Shredded Wheat
- Post Grape Nuts
- Weetabix Original

Bread

- Wholemeal/wholegrain bread
- Multi-seed bread
- Oatmeal bread
- Seeded sourdough bread
- Seeded rye bread
- Wholemeal pitta bread

Spreads

- Almond butter (100% nuts)
- Peanut butter (100% nuts)
- Honey
- Marmite
- Olive based spreads (see [this](#) post)

Rice & Pasta

- Brown uncooked rice
- Microwave brown rice
- Wholewheat spaghetti
- Wholewheat pasta
- Chickpea pasta
- Lentil pasta

Tinned Goods

- Tuna (in water)
- Baked beans
- Black beans
- Chickpeas
- Kidney beans
- Cannellini beans
- Chopped tomatoes
- Sweetcorn
- Low fat soup

Oils & Sauces

- Olive oil
- Basil-infused olive oil
- Chilli olive oil
- Garlic-infused olive oil
- Olive oil spray
- Rapeseed oil
- Dijon mustard
- English mustard
- Horseradish
- Soy sauce
- Worcestershire sauce

Nuts & Seeds

- Almonds (whole/flaked)
- Walnuts
- Ground flaxseeds
- Sunflower seeds
- Pumpkin seeds
- Chia seeds
- Sesame seeds

Fruit & Vegetables

- Apples
- Pears
- Bananas
- Berries
- Melon
- Grapes
- Lemons
- Limes
- Raisins
- Dates
- Dried Apricots
- Avocados
- Spinach
- Rocket
- Sweet potatoes
- Baked potatoes
- New potatoes
- Sweet peppers
- Tomatoes
- Carrots
- Courgettes
- Peas/beans
- Aubergines
- Mushrooms
- Garlic
- Onions
- Ginger
- Olives
- Sun-dried tomatoes

Other

- Rolled oats/oatmeal
- Eggs (in moderation)
- Herbs & spices
- Stock cubes
- Guacamole *
- Houmous
- Taco shells *
- Tomato salsa
- Soya (Edamame) beans
- Bisto gravy granules
- Poppadoms *
- Naan bread *
- Oatcakes
- Seeded Ryvita
- Breadsticks
- 70% dark chocolate

*Make sure they contain less than 1.5g saturated fat per 100g