

# THE SLIMMING WORLD SP FOOD LIST

## SPEED FOODS

### FRUIT

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

### VEGETABLES

acorn squash  
alfalfa sprouts  
amaranth leaf  
artichokes  
asparagus  
aubergine  
baby sweetcorn  
bamboo shoots  
bean sprouts  
beetroot  
broccoli  
brussel sprouts  
butternut squash  
cabbage  
capers  
cauliflower  
celeniac  
celery  
chard  
chicory  
chillies  
chinese leaf  
courgette  
cucumber  
endive  
fennel  
green beans  
gork  
gherkins

kale  
leek  
lettuce  
mangetout  
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

## PROTEIN FOODS

### FISH

abalone  
bream  
carp  
clams  
cod  
coley  
crab  
crayfish  
cuttlefish  
dab  
dover sole  
flounder  
haddock  
hake  
halibut  
herring  
hoki  
john dory  
lemon sole  
lobster  
mackerel (not smoked)  
monkfish

mullet  
musselle  
octopus  
pilchard  
plaice  
pollack  
prawns  
red snapper  
river eel  
salmon  
sardines  
scallops  
sea bass  
sprats  
squid  
tillapia  
trout  
tuna  
turbot  
whiting  
whelks  
winkles

### MEAT

bacon  
beef  
chicken  
duck  
gammon  
goat  
grouse  
guinea fowl  
ham  
kidney  
lamb  
liver  
mince  
partridge  
pheasant  
pigeon  
pork  
quail  
rabbit  
turkey  
veal  
venison

### VEGAN

quorn  
soya protein  
tofu

### DAIRY

eggs  
fat free cheese

### PULSES

aduki beans  
baked beans  
black beans  
borlotti beans  
broad beans  
butter beans  
cannellini beans  
chickpeas  
flageolet beans  
haricot beans  
lentils  
mung beans  
peas  
pinto beans  
red kidney beans  
soya beans

**PIN IT & SAVE IT  
FOR WHEN YOU  
NEED A BOOST!**

these are all speed and protein  
foods that are recommended during  
slimming world sp days.

Pin it

# Slimming World Foods List

**M Woodhall**



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