



### MARIE'S PICK OF THE CROP

Make the most of your vegetables on the Slimtone plan. Aim to have a rainbow of colours every day to get your essential vitamins and minerals. The following have to be included in your calories allowance, if not included in the recipe or menu.

| Per oz/28g  | CALS  |                                  | CALS |
|---|-------|----------------------------------|------|
| Baked beans, canned in tomato sauce               | 23    | Peas fresh/frozen                | 19   |
| Beetroot Salad                                    | 12    | Pasta Salad 25g                  | 177  |
| Broad beans (raw)                                 | 17    | Peas processed (canned)          | 28   |
| Broad beans (boiled)                              | 14    | Petit Poi's (boiled)             | 14   |
| Boiled egg  | 80    | Potato Salad                     | 101  |
| Celery;Nut & Sultana                              | 62    | Potatoes (raw & boiled)          | 21   |
| Creamy Italian Dession                            | 110   | Potato instant mash (dry weight) | 90   |
| Coleslaw  | 41    | Pickles                          | Neg  |
| Corn on the Cob (8ozs)                            | 150   | Peppers                          | neg  |
| Cottage Cheese                                    | 80    | Rice, peas & sweetcorn           | 50   |
| Garlic Croutons                                   | 130   | Red Kidney beans (boiled/canned) | 28   |
| Grated Cheese                                     | 120   | Sour Cream & Chive               | 60   |
| Grated Carrot                                     | neg   | Sweetcorn (canned)               | 35   |
| Green salad                                       | neg   | Sweetcorn (baby, each)           | 7    |
| Herbs & Spices                                    | Neg   | Sweet potato                     | 24   |
| Low Cal Coleslaw                                  | 26    | Tomatoes (sundried)              | 42   |
| Onion rings in breadcrumbs or batter (fried) each | 30    | Tuna (100g)                      | 70   |
| Parsnip (boiled/roasted)                          | 19/30 | Vinaigrette dressing             | 22   |
| Peas canned garden                                | 23    | Water chestnuts (canned)         | 9    |
| Peas dried (boiled)                               | 31    |                                  |      |

It's easy to have your intake of five a day of fruit and vegetables simply take your pick from the following - Three heaped tablespoons = 1 portion

Artichoke – Asparagus – Aubergine – Beetroot – Broccoli – Brussel Sprouts -Bamboo shoots – Beansprouts – Butternut Squash – Cabbage – Carrots – Cauliflower – Celery – Courgettes – Cucumber - Chili peppers – Chinese leaves – Fennal – Garlic – Leeks – Lettuce – Mangetout – Mushrooms – Marrow – Onions – Peppers – Pumpkin – Radish – Spring Greens – Spring Onions – Swede – Tomatoes – Turnip – Water Cress.