



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 28g/1oz	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 Pois (boiled)	14
Boiled egg	80	Potato Salad	101
Celery, Nut & Sultana	62	Potatoes (raw & boiled)	21
Creamy Italian Dressing	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	Vinaigrette dressing	22
Parsnip (boiled/roasted)	19/30	Water chestnuts (canned)	9
Peas canned garden	23	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 - 3 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 – Fennel – Garlic – Leeks – Lettuce – Mangetout – Mushrooms – Marrow – Onions – Peppers – Pumpkin – Radish – Spring Greens – Spring Onions – Swede – Tomatoes – Turnip – Water Cress.