Apple	454g	
Bananas	454g	
Oranges		
Strawberries (NP)		
Mango		
Satsuma/similar		
Pears		
Tinned tomatoes	400g	
Onions	454g	
Fresh tomatoes	454g	
Carrots		
Cabbage		
Potatoes(old)		
Potatoes (new)	454g	
Lettuce		1
Cucumber		1
Peppers (NP)		
Brocolli (NP)		
Spinach		
Frozen mixed vegetable (NP)		
Mushrooms (NP)	454g	
Cauliflower (NP)		1
Olive oil (NP)		
Vegetable oil	Litre	
Eggs	6 medium	
Wholemeal bread (NP)	800g	
White bread	800g	
Plain flour (NP)		
White pasta (NP)		
Cornflakes	500g	
Weetabix		24
Rice(longrain)	500g	
Frozen Chip(<5%fat)	1.5Kg	
Oats (NP)		
Semi Skimmed milk	4 pints	
Cheddar cheese	250g	
LF fruit yoghurt	200g	
Pure fruit juice	1 litre	
Unsaturated spread	500g	
Baked beans	400g	
Frozen peas	500g	
Kidney beans (tinned)	400g	
Lean beef mince (NP)		
Lean pork chop/fillet (NP)		
Chicken (fresh/frozen)		1
Cod		
Lamb (NP)		
Fish fingers		10
Lean carcase meat (NP)		
Tinned salmon		