

Speed Free Food and Protein-rich Free Food *at a glance!*

To make your Extra Easy SP week even easier, we've brought together all the **Speed Free Food** and **Protein-rich Free Food** lists across the next few pages. Remember, the more Speed Free Food you choose, the more weight you'll lose – so have at least half a plate, or more if you want! And make it your first choice between meals. (Beans and lentils are Protein-rich foods, so don't count towards your half a plate of Speed food.)

speed free food

fruit

Nearly all fresh whole fruits are Slimming World Free Foods – and fruit with the lowest energy density is **Speed Free Food**. Check carefully to find out whether your favourites feature in the list below.

- Ⓢ Apples
- Ⓢ Apricots
- Ⓢ Ⓡ Blackberries
- Ⓢ Ⓡ Blackcurrants
- Ⓢ Blueberries
- Ⓢ Carambola (star fruit)
- Ⓢ Clementines
- Ⓢ Ⓡ Cranberries
- Ⓢ Damsons
- Ⓢ Gooseberries
- Ⓢ Grapefruit
- Ⓢ Ⓡ Guava
- Ⓢ Lemons, juice and zest
- Ⓢ Limes, juice and zest
- Ⓢ Loganberries
- Ⓢ Mandarins
- Ⓢ Melon, all varieties
- Ⓢ Nectarines
- Ⓢ Oranges
- Ⓢ Papaya
- Ⓢ Ⓡ Passion fruit
- Ⓢ Peaches
- Ⓢ Pears
- Ⓢ Plums, all varieties
- Ⓢ Pomelo
- Ⓢ Raspberries
- Ⓢ Ⓡ Redcurrants
- Ⓢ Rhubarb
- Ⓢ Satsumas
- Ⓢ Strawberries
- Ⓢ Tangerines
- Ⓢ Ugli fruit

vegetables

When cooked without oil or fat, many vegetables are **Speed Free Foods** – perfect for filling at least half your plate on an Extra Easy SP day and enjoying between meals too!

- Ⓢ Alfalfa sprouts
- Ⓢ Ⓡ Amaranth leaf
- Ⓢ Ⓡ Artichokes (globe / Jerusalem)
- Ⓢ Asparagus
- Ⓢ Aubergine
- Ⓢ Baby sweetcorn
- Ⓢ Bamboo shoots
- Ⓢ Bean sprouts
- Ⓢ Beetroot
- Ⓢ Broccoli
- Ⓢ Ⓡ Brussels sprouts
- Ⓢ Cabbage, all varieties
- Ⓢ Capers
- Ⓢ Carrots
- Ⓢ Cauliflower
- Ⓢ Ⓡ Celeriac
- Ⓢ Celery
- Ⓢ Chard
- Ⓢ Chicory
- Ⓢ Chillies
- Ⓢ Chinese leaf
- Ⓢ Courgettes
- Ⓢ Cucumber
- Ⓢ Endive
- Ⓢ Fennel
- Ⓢ French / green beans
- Ⓢ Garlic
- Ⓢ Gherkins
- Ⓢ Ⓡ Ⓡ Kale, all varieties
- Ⓢ Leeks
- Ⓢ Lettuce
- Ⓢ Mangetout
- Ⓢ Marrow
- Ⓢ Mushrooms
- Ⓢ Mustard & cress
- Ⓢ Ⓡ Ⓡ Okra
- Ⓢ Onions
- Ⓢ Pak choi
- Ⓢ Peppers / pimentos

- Ⓢ Pumpkin
- Ⓢ Ⓡ Purple sprouting broccoli
- Ⓢ Radicchio
- Ⓢ Radishes
- Ⓢ Ⓡ Rocket
- Ⓢ Runner beans
- Ⓢ Ⓡ Samphire
- Ⓢ Shallots
- Ⓢ Spinach
- Ⓢ Ⓡ Ⓡ Spring greens
- Ⓢ Spring onions
- Ⓢ Squash, all varieties
- Ⓢ Sugar snap peas
- Ⓢ Swede
- Ⓢ Tomatillos
- Ⓢ Tomatoes, fresh
- Ⓢ Tomatoes, canned / passata (no added oil)
- Ⓢ Turnip
- Ⓢ Ⓡ Ⓡ Vine leaves
- Ⓢ Ⓡ Water chestnuts
- Ⓢ Ⓡ Watercress

protein-rich free food

fish

Most fish is **Free Food** and packed with filling protein. It can be cooked in any way you like as long as it's without fat. If you add oil or fat, count it as Syns.

white fish

- Ⓟ Bream
- Ⓟ Cod, plain or smoked
- Ⓟ Coley
- Ⓟ Dab
- Ⓟ Dover sole
- Ⓟ Flounder
- Ⓟ Haddock, plain or smoked
- Ⓟ Hake

- P Halibut
- P Hoki
- P John Dory
- P Lemon sole
- P Monkfish
- P Mullet
- P Plaice
- P Pollack
- P Red snapper
- P River cobbler
- P Sea bass
- P Tilapia
- P Turbot
- P Whiting

fish products

- P Cod roe
- P Herring roe

oily fish

- P Carp
- P Herring
- P Kippers
- P Mackerel (not smoked), fresh, canned in brine or tomato sauce
- P Pilchards, canned in brine or tomato sauce
- P Rollmop herring
- P Salmon, fresh, canned or smoked
- P Sardines, fresh, canned in brine or tomato sauce
- P Sprats
- P Trout, plain or smoked
- P Tuna, fresh, canned in brine or spring water

shellfish

- P Abalone
- P Clams
- P Crab, fresh or canned in brine
- P Crayfish
- P Cuttlefish
- P Lobster
- P Mussels
- P Octopus
- P Prawns
- P Scallops
- P Shrimps
- P Squid
- P Whelks
- P Winkles

meat & poultry

Very lean (or trimmed) cuts of meat and poultry (with all skin and fat removed) when **cooked without oil or fat, are Free!** No weighing, no counting... no kidding!

meat

- P Bacon (back / very lean)
- P Beef
- P Gammon
- P Goat
- P Ham
- P Lamb
- P Mince, lean beef or pork (labelled '5% fat or less')*
- P Pork
- P Veal

poultry

- P Chicken
- P Duck
- P Turkey, including mince (labelled '5% fat or less')*

game & offal

- P Grouse
- P Guinea fowl
- P Kidney, all types
- P Liver, all types
- P Partridge
- P Pheasant
- P Pigeon
- P Quail
- P Rabbit / hare
- P Venison

beans, peas & lentils

Beans, peas and lentils with the P symbol are packed with protein, which gives them super filling power. Choose fresh, frozen or varieties canned in water. **Cooked without oil, they're super-healthy, protein-rich Free Food.**

- F P Aduki beans
- F P Black eye beans
- F P Black / turtle beans
- F P Borlotti beans
- F P Butter beans
- F P Cannellini beans
- F P Chickpeas
- F P Flageolet beans

- F P Haricot beans
- F P Lentils, green / brown
- P Lentils, red
- F P Pinto beans
- F P Red kidney beans
- F P Soya beans (edamame beans)
- F P Split peas, green / yellow

vegetable proteins/ meat replacements

Use these Protein-rich Free Foods to replace meat in stir-fries, pasta dishes, chilli and curries.

- F P Quorn fillets, mince and pieces, plain (not flavoured)
- P Seitan fillets, steaks and pieces, plain and unsmoked
- F P Textured soya / vegetable protein, pieces and mince, plain (not flavoured)
- P Tofu, naturally smoked and plain

dairy products

Providing extra calcium, these Protein-rich Free Foods are fab in meals, as desserts, to create dips or simply as they come!

- C P Fat-free natural Greek yogurt
- C P Fat-free natural Skyr
- C P Fat-free natural cottage cheese
- C P Quark, unflavoured

eggs

Enjoy eggs boiled, coddled, pickled, poached, scrambled without cream or milk or fried without oil. If you add fat, count the fat as Sns.

- P Eggs

symbol sense

- S Speed Free Food
- P Protein-rich Free Food
- F Provides fibre
- C A source of calcium

*Drain your lean mince after browning to ensure it's Free. Any minced meat or poultry with more than 5% fat has a Syn value. Meat products such as burgers and sausages generally have a Syn value too. See pages 77-78 in your Food Optimising book.