



LETTUCE

broccoli

Cauliflower

Green peas

Aubergine

Garlic

Artichokes

Courgette

Eggs

Beef

Ham

Nuts

Hake

Salmon

Beans

Pears

Peaches

Berries

Watermelon

Cherry

Grapes

Coconut

Rice

Bread

Oatmeal

Pasta

Cereal

Milk

Cheese

Yogurt

Ice cream

Oil



