

Vegetables

50g cucumber
Small tin sweetcorn
50g Peas
½ Small onion
6 cherry tomatoes
half courgette
1/2 carrot
half pepper
100g spinach



Fruit

40g grapes
2 slices of pineapple
25g dried fruit eg sultanas or apricots

Sauce

1 tblsp Sweet chilli
3 tblsp Herby tomato
2 tblsp mayonnaise
2 tblsp salad cream
2 tblsp sour cream

Meat /alternatives

1/2 chicken breast
2 rashers bacon
1 tin tuna
1 salmon fillet
100g prawns
100g Quorn
2 sausages
2 pepperami sticks
2 slices (75g) ham
1 small tin kidney beans
50g nuts



Dairy

80g cheese
80g cottage cheese

100g Pasta