**Meat/Fish/Poultry**

Meat is free when you remove all visible fat! I would always go for:

Extra lean mince (less than 5%)

Baked ham

Beef Steaks

Lambs Liver (not everyones fave but high in iron and delicious with garlic 'n onion)

Turkey Mince / Fillets

Whole Chicken or chicken pieces (syn the skin if you're having it)

All fish is free, I think I read before that its ideal to have one white fish per week (such as cod/hake) and one oily fish such as mackerel or salmon.

**Meat alternatives**

Quorn products such as mince, sausages, etc

Linda McCartney sausages - low syn or no syns for the rosemary ones!

Tofu

**Cupboard items**

I like to refer to these as the apocalyptic necessities.  Great to have at hand and have a long shelf life, so you can buy them in bulk without worrying about them going off!

Tinned / Chopped or Plum Tomatoes

Tinned Chickpeas

Tinned Ravioli

Baked Beans

Butter beans

Kidney Beans

Tinned Tuna/Salmon in brine

Frylight - all sortsa flavours

**Dairy**

Eggs, and lots of em

Milk (skimmed or semi skimmed is best)

Cheese (rule of thumb - the stronger the better as you will use less! Reduced fat cheese goes further too)

Philadelphia light

Fat free cottage cheese or Quark

Fat free natural yoghurt

Fat free flavoured yoghurts (Most Muller lights are free, activia is 0%)

**Herbs and spices**

These are super important for adding flavour and variety to your meals, also helpful for staving off cravings. I recommend these as staples:

Chilli flakes

Chilli Powder

Curry Powder

Sea Salt

Garlic Salt

Black Pepper

Hoisin Sauce

Stock Cubes and Stock Pots

Cumin, Turmeric, Gara Masala

Ginger

Thyme

Rosemary

Coriander

Soy Sauce

**Potatoes/Pasta/Rice**

All types of potatoes can be enjoyed, I tend to get rooster potatoes for chipping and baby potatoes for more dainty dishes!

All types of plain rice are a good choice, just try to avoid the frozen rice or those which require microwaving since these may have oil added, or even sugar.

As regards pasta / noodles most dried varieties are free, but fresh pasta must be synned.

Cous Cous and Quinoa are also free and delicious!

**Cereals**

Thinking of Healthy B - friendly foods here you will want to look out for high fibre breads, cereals and cereal bars. There are many more cereals which you can use, however I find the below more dynamic in terms of the ways they can be enjoyed:

**Bread:**

B Free Gluten Free Wraps (excellent for a pizza base)

Wholemeal bread (rule of thumb - 2 slices from a 400g loaf and 6% fibre)

**Cereal:**

Shreddies

Weetabix (Try Weetabix muffins!)

All Bran

Bran Flakes

Porridge Oats (Overnight oats are a must-try)

Ryvita Crackerbreads