HIGH FIBRE													
Flax													
Chia													
Avo's													
Almonds													
Coconut													
Blackberries													
Raspberries													
pistachios													
Wheat bran													
Cauliflower													
Broccoli													
Asparagus													
Aubergine													
Purple cabb													
LOW CARB													
Lemons													
Kiwis													
Raspberries													
Oranges													
Dairy fullfat													
Coleslaw													
Peppers													
Broccoli													
Asparagus													
Mushrooms													
Courgette													
Spinach													
Avo's													
Cauliflower													
String beans													
Lettuce													
Garlic													
Kale													
Cucumber													
Sprouts													
Celery													
Tomatoes													
Radishes													
Artichokes													
Aubergine													
Onions													
cabbage													