

## cereals

-  36g Doves/Travis Whifflegraph Strawberry Wheats
-  36g Doves/Comet Simply Delicious Muesli
-  36g Doves/Comet Simply Nutty Muesli
-  36g Jordana Pastural No Added Sugar Muesli
-  40g Kellogg's All-Bran
-  36g Kellogg's All-Bran Bran Flakes
-  36g Kellogg's All-Bran Chocolate Cereal
-  36g Kellogg's All-Bran Garden Crunch
-  36g Kellogg's All-Bran Fast-Bran Cereal
-  36g Kellogg's All-Bran Sultana Bran
-  36g Kellogg's All-Bran Tropicana Flakes
-  36g Kellogg's Froot Loops
-  36g Kellogg's Fruit 'n' Fibre
-  36g Mueslihaus/Gesamtheit's

- 6. Film Crop/Original Thin Crop
- 7. Film Crop/Original Pipe Crop
- 8. Film Crop/Plus & Micrograms Thin Crop
- 9. DarkGreen Bean
- 10. Pyro DarkGreen Beans Peppery/Seaweed
- 11. Pyro Dark Pipe/Original
- 12. Pyro Dark Pipe/Original
- 13. Pyro Fruit Crunch
- 14. Pyro Fruit & Chalk/Multigrain Pumpkin Seeds & Cals
- 15. Big bag Pyro Mix, all varieties
- 16. Pyro Sunflower Seeds & DarkGreen Onion
- 17. Wheatable
- 18. Wheatable w/ DarkGreen Beans

2000

200g serving (Sautéed Chutney, Soup, Country Vegetable Smoked Bacon & Three Bean)

200g Sautéed Cowl Inspired Soup, Summer Squash & Mascarpone with Giant Butterbeans-Poached Red Pepper & Feta with Black Fiyed Beans

200g serving (Sautéed Favourite Soup, Feta & Fennel/Garlic Soup)

200g soup (Sautéed Favourite Soup, Chicken, Broth)

200g serving (Sautéed Healthy Soup, Autumn Vegetable Soup with Mild Spices/Bean - Bean & Potato/Pot Lentil & Tomato)

200g serving (Sautéed Day Pot Soup, Beefstock, Tomato & Butterbean/ Broccoli, Salmon & Whitebeans/Spiced Beans, Cucumber & Chickpea - Bean/ Tomato, Chopped & Softened)

- 30g Nestle's Biscuits (Shredded) Wheat
- 30g Nestle's Fruitful (Shredded) Wheat
- 30g Nestle's Honey Nut (Shredded) Wheat
- 15 Nestle's (Shredded) Wheat
- 30g Nestle's (Shredded), Cocoa/Original
- 30g porridge oats (unflavoured)
- 30g Four Grains Nuts
- 30g Quaker Oat Crisp (Cereal)
- 30g Wheatena
- Chocolate Spoonbowl
- 30g Wheatena Cereal (Wheat, Fruit & Nut) Strawberry
- Wheatena Cereal (Wheat, Fruit

100

 Whispered Bread is a healthy  
keto bread made with higher in  
fiber than other bread.

10g of any wholemeal bread  
10g wholemeal roll  
1 slice wholemeal bread  
1 small 400g loaf  
1 slice Hovis Wholemeal  
Bath- bread (800g sliced loaf)  
1 slice Hovis 400g  
Wholemeal bread  
1 slice 1-love 400g Wholemeal bread  
1 slice 1-love Wholemeal bread  
1 small 400g loaf  
1 slice 1-love Wholemeal bread  
800g thick sliced loaf  
1 slice Warburtons Wholemeal bread  
400g medium sliced loaf  
1 slice Warburtons Wholemeal Pige  
bread 800g thick sliced loaf












11/11/2011 11:11 AM

**Abstract**

- ☐ Veg serving Eastern Vegetarian Soup, smit & Butterbean/Grey Peas
- ☐ Veg can Eastern Vegetarian Soup, whitebean Tomato
- ☐ Veg serving Indian Farmers' Market from Bham & Red Pepper Soup
- ☐ Veg can Heine Classic from Vegetable Broth
- ☐ Veg serving New Concord Garden Soup, yellow Squash & Green Potato smit & Cucumber/Lentil & Potato
- ☐ veg/can/Can One Bean Vegetable from Tomatoes & Green Beans Greens

## meat &amp; poultry

raw weight	cooked weight	
		<b>beef</b>
40g	60g	beef or steak
40g	80g	extra lean minced beef
10g	60g	veal fillet
		<b>lamb</b>
40g	60g	lamb
		<b>poultry</b>
10g	70g	chicken
40g	60g	duck
10g	70g	turkey

- 2  21 Bonetti Light Caramel Bars, all varieties
- 1  1 Acids Caramel By You Wholly Caramel Bar, all varieties
- 2  2 Aspen Light PB-Caramel Caramel Bars, all varieties
- 2  2 Honey Monster Size Honeycomb & Milk Chocolate Bars
- 1  1 Kallag's Special K Chewy Delight Caramel Bar, all varieties
- 1  1 Montmora Nutsa Chewy Chocolate Nutsa Caramel Bar
- 2  2 Montmora Nutsa Chewy Candy Caramel Bars
- 2  2 Tasci Healthy Living Chocolate & Caramel Caramel Bars
- 2  2 Tasci Healthy Living Apple & Strawberry Caramel Bars
- 1  1 Tasci Healthy Living Seed, Fruit & Nut Caramel Bar
- 1  1 UrbanCandy Dark Bar, all varieties

If your driveway is mostly made of asphalt, you can seal it with asphalt sealant. Sealant is available in liquid form — not granular! — and you can brush the liquid on it. Sealant is not a permanent seal, but it can last for a year or more.

1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26

For the overall population, there is a trend with more cases of hepatitis virus infections, which is a good sign.

- 20 almonds, shelled and whole, or 2-level-dip flaked almonds
- 6 large nuts, shelled and whole
- 12 cashew nuts, shelled and whole
- 7 chestnuts, shelled and whole
- 2kg cornmeal, fresh, fresh
- 20 hazelnuts
- 2 level dip-branded
- 1 level dip-mixed nuts, chopped
- 15 pecans, shelled and whole

100

- 175g cookies
- 205g cookies
- 180g crab, canned in brine
- 100g crab, fresh
- 450g lobster (swapped with shell)
- 110g mushrooms
- 180g octopus
- 125g prawns, cooked & peeled
- 180g prawns, raw & shell on
- 150g scallops, without shells
- 125g scallops (put in bread crumbs)
- 125g shrimp
- 180g squid

## dried fruit

- 🌱 10kg apple
- 🌱 10kg apricots, semi-sweet
- 🌱 10kg figs
- 🌱 10kg gold berries
- 🌱 10kg passionfruit
- 🌱 10kg pears
- 🌱 10kg pears, ready to eat/soft

with the same

- 1000g wood
- 1000g mushrooms
- 1000g berries
- 1000g medicinal
- 1000g roots
- 1000g seaweed, algae
- 1000g vine, twigs
- 1000g pines
- 1000g water, forest
- 1000g herb
- 1000g vegetables

canoeed frate

Supplement to *Journal of Public Health Management and Practice*, 2006, 10(2), 1-2  
DOI: 10.1097/01968580-200602000-00001

- 300g apple slices
- 300g apricots
- 150g branched apricots
- 275g pears
- 150g grapes
- 275g raspberries

cooked fruit

**Abstract**

🍏	225g baked apple and 1 level tsp macerated
🍏	375g apple
🍏	450g fresh apricots
🍏	400g blackberries & apple
🍏	300g blackberries
🍏	250g blackcurrants
🍏	300g damsons
🍏	275g fresh figs
🍏	350g gooseberries
🍏	150g green gages
🍏	300g green gages
🍏	400g loganberries
🍏	300g nectarines
🍏	350g pears
🍏	400g plums, all varieties
🍏	150g pumkin
🍏	250g raspberries
🍏	350g redcurrants
🍏	450g rhubarb
🍏	275g whitecurrants

chaves

- 30g Arls Landkäse, Semi Hard Cheese
- 40g Brie, white
- 30g Casu Marzu
- 40g Camembert
- 30g Cheddar
- 30g Cheese spread
- 30g Cheshire
- 30g Danish Blue
- 30g Derby
- 30g Double Gloucester
- 30g Eaten
- 30g Emmentaler
- 40g Feta
- 40g Full fat soft cheese
- 30g Gouda milk hard cheese
- 40g Gouda milk soft cheese
- 30g Gorgonzola
- 30g Gruyère
- 30g Grosse Paderborn
- 30g Gynese
- 30g Halloumi
- 30g Jarlsberg
- 30g Lancashire
- 100g Low fat cheese, light soft cheese
- 40g Mozzarella
- 30g Parmesan/Parmigiano Reggiano
- 40g Processed cheese
- 30g Red Leicester
- 40g Reduced fat Cheddar
- 70g Reduced fat cheese spread
- 40g Reduced fat Emmentaler
- 70g Reduced fat Feta
- 40g Reduced fat Halloumi
- 40g Reduced fat Mozzarella
- 40g Reduced fat Red Leicester

1000

- 1 kgp carp
- 80g herring
- 80g hoppers
- 80g mackerel, canned in tomato sauce
- 80g mackerel, canned in tomato sauce
- 100g pilchard, canned in tomato sauce
- 80g salmon, canned in tomato sauce
- 80g salmon, fresh
- 80g salmon, smoked
- 70g sardines, canned in tomato sauce
- 70g sardines, fresh
- 100g trout
- 1 kgp tuna in tomato/spring water
- 80g tuna, fresh

cheese.

- Flag Reduced height soft stream
- Flag Puddle
- Flag Pungent
- Flag Surprisingly free stream
- Flag Sudden, blue
- Flag Sudden, white
- Flag Unconcerned

**Green Day  
Healthy Extra  
3 Choices  
(2014)**

100

200g	500g	500g
200g	500g	500g
200g	500g	500g
200g	500g	500g

120g	80g	Autopsy, only type
120g	70g	Bone (soft, chicken, egg)
80g	80g	Bone (hard)

# Green Day Healthy Extras List

**Slimming World**



## **Green Day Healthy Extras List:**

## Unveiling the Power of Verbal Art: An Emotional Sojourn through **Green Day Healthy Extras List**

In a world inundated with monitors and the cacophony of instantaneous connection, the profound energy and mental resonance of verbal beauty frequently disappear into obscurity, eclipsed by the regular onslaught of sound and distractions. However, set within the lyrical pages of **Green Day Healthy Extras List**, a fascinating perform of literary splendor that pulses with natural thoughts, lies an remarkable trip waiting to be embarked upon. Written with a virtuoso wordsmith, this exciting opus guides visitors on an emotional odyssey, lightly exposing the latent potential and profound influence embedded within the intricate internet of language. Within the heart-wrenching expanse of this evocative evaluation, we will embark upon an introspective exploration of the book is central styles, dissect its charming writing type, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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