

1 medium apple



2 broccoli florets



2 halves of canned peaches



1 handful of grapes



1 medium banana



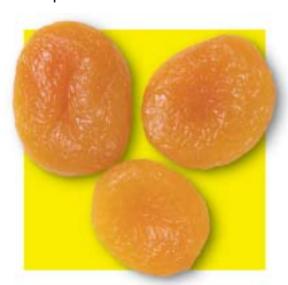
3 heaped tablespoons of peas



1 medium glass of orange juice



7 strawberries



3 whole dried apricots



Just Eat More (fruit & veg)



3 heaped tablespoons of cooked kidney beans



16 okra

