All ingredient information is per 100 grams

Nutritional requirements for men: <https://www.nutrition.org.uk/life-stages/men/nutrition-recommendations-for-men/>

Chicken breast: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/171536/nutrients>

Vegetable oil: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/171033/nutrients>

Yellow onion: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/790646/nutrients>

Granny smith apple: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/1750342/nutrients>

Garlic: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/1104647/nutrients>

Korma paste: <https://www.tesco.com/groceries/en-GB/products/280364342?preservedReferrer=https://www.tesco.com/>

Chicken stock: <https://www.tesco.com/groceries/en-GB/products/264545711>

Raisins: <https://www.tesco.com/groceries/en-GB/products/254915364>

Sultanas: <https://www.tesco.com/groceries/en-GB/products/259169069>

Soft Apricots: <https://www.tesco.com/groceries/en-GB/products/258057537>

Brown Rice: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/169704/nutrients>

Tesco corn flour: <https://www.tesco.com/groceries/en-GB/products/301392869>

Over ripe banana: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/1105073/nutrients>

Ripe banana: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/1105314/nutrients>

Plane Greek yogurt: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/2259794/nutrients>

Natural yogurt: <https://www.tesco.com/groceries/en-GB/products/299770281>

Coriander: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/169997/nutrients>

Black pepper: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/170931/nutrients>

Rapeseed oil: <https://www.tesco.com/groceries/en-GB/products/258732769>

Red pepper: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/170108/nutrients>

Yellow pepper: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/169383/nutrients>

Green pepper: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/170427/nutrients>

Chilli green: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/170497/nutrients>

Ginger: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/169231/nutrients>

Tinned tomatoes: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/333281/nutrients>

Salt: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/173468/nutrients>

Turmeric powder: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/172231/nutrients>

Cumin seeds: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/170923/nutrients>

Chili powder: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/171319/nutrients>

Garam Masala: <https://www.tesco.com/groceries/en-GB/products/251990617>

Ground coriander: <https://www.tesco.com/groceries/en-GB/products/256150527>

Water: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/174158/nutrients>

Flank steak: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/169434/nutrients>

Cooked carrot: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/170394/nutrients>

Curry powder: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/170924/nutrients>

Tesco mango chutney: <https://www.tesco.com/groceries/en-GB/products/263625653>

Tomato puree: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/167780/nutrients>

Cinnamon powder: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/171320/nutrients>

Cooked tomatoes: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/170050/nutrients>

Chicken thighs: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/173625/nutrients>

Tesco cumin powder: <https://www.tesco.com/groceries/en-GB/products/256150470>

Tinned pineapple: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/169127/nutrients>

Soy sauce low sodium: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/172473/nutrients>

Cooked celery: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/169989/nutrients>

Spring onions: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/170005/nutrients>

Courgette: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/169292/nutrients>

Chinese 5 spice: <https://www.tesco.com/groceries/en-GB/products/251620642>

Parsley: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/170416/nutrients>

Celery: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/169988/nutrients>

Thume fresh: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/173470/nutrients>

Red chillies medium heat: <https://www.tesco.com/groceries/en-GB/products/256339363>

Lime juice: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/168157/nutrients>

Coley fish: <https://thecornishfishmonger.co.uk/coley.html>

Cod fish cooked: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/1098815/nutrients>

Pollock fish cooked: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/173681/nutrients>

Cornmeal white: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/168038/nutrients>

Okra: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/169260/nutrients>

Vegetable oil: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/172370/nutrients>

Scotch bonnet chilli: <https://www.sainsburys.co.uk/gol-ui/product/sainsburys-scotch-bonnet-hot-chilli-30?productId=130822&utm_campaign=15424330555&utm_medium=cpc&storeId=10151&gclid=EAIaIQobChMIjK-Z9o-a-gIVR57tCh0RmwW8EAQYBSABEgK2wvD_BwE&catalogId=10123&langId=44&utm_source=Google&krypto=afnzjEPu3jrbN0TSRNbzsTUxqFgJHSJbBs1O6j0Ia%2BEpMr4mlQSIAIufqsqPBTZIPlVVY%2FVXjqcXCaU%2FT5UQl%2Fxs2Wldrml2JGPgw3zEVZWM8lTLF1WY0O60cQ0v%2F8Uzum9bmtsqhpA9bIwufOEbN00Il6v4WLcWu2ksm7MyMr2DCre8DHNSAcsFGuv0UHWhbiPL1u%2BrgsedFf0WxBhVNMjqiBJqzlcYVrWbAJIqhl5cGQdD6fiQZABixQbVWOJxoMYsATJgust7C7VULQinsHCexa%2BvQ7dHMAnhzMd71I%2Btx%2BCgIrj%2BEQb2DLRII0maLg7lrmAZp0TLEvVU9hBxs%2BVV4k4qtrKjES58DzvqhCp93b7Rqw4XnN68n62bjbm06hWb%2FDs9GOh68N9IgE13ygr%2BPWGgMJ103DVXoSqPhy4hsHnYP7gFuQ%2F4Zui2RjEZGvV9T4onDg67eTI9Qep715%2BJLTPfWnrkEzn%2Fv1mnUBo%3D&ddkey=https%3Agb%2Fgroceries%2Fsainsburys-scotch-bonnet-hot-chilli-30>

Lemon juice: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/167802/nutrients>

Chicken drumsticks roasted: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/173612/nutrients>

Chicken drumsticks skinless roasted: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/172376/nutrients>

Potatoes boiled without skin: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/170520/nutrients>

Peas frozen cooked: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/170017/nutrients>

Semi Skimmed milk not fortified: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/172205/nutrients>

Cooked aubergine: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/169229/nutrients>

Potatoes boiled with skin: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/170439/nutrients>

Shallots: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/170499/nutrients>

Peanuts: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/172430/nutrients>

Chickpea flour: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/174288/nutrients>

Garlic paste: <https://www.tesco.com/groceries/en-GB/products/267144432>

Ginger paste: <https://www.tesco.com/groceries/en-GB/products/267144455>

Red kidney beans: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/175194/nutrients>

All purpose seasoning: <https://www.tesco.com/groceries/en-GB/products/263565815>

Coconut milk light: <https://www.tesco.com/groceries/en-GB/products/289660616>

Tofu extra firm: <https://www.tesco.com/groceries/en-GB/products/266727466>

Paprika: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/171329/nutrients>

Jamaican curry powder: <https://tropicalsunfoods.com/products/jamaican-curry-powder?_pos=1&_sid=361a2a426&_ss=r>

Thyme dried: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/170938/nutrients>

Vegetable stock: <https://www.tesco.com/groceries/en-GB/products/264545918>

Bay leaf: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/170917/nutrients>

Sweet potato boiled no skin: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/168484/nutrients>

Tortilla wholemeal wrap: <https://www.tesco.com/groceries/en-GB/products/303350398>

Cheddar cheese extra mature low fat: <https://www.tesco.com/groceries/en-GB/products/305960554>

White mushrooms cooked: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/169253/nutrients>

Mixed salad: <https://www.tesco.com/groceries/en-GB/products/293172353>

Carrot: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/170393/nutrients>

Italian seasoning: <https://www.buywholefoodsonline.co.uk/italian-seasoning.html?sku=SKU61385&gclid=EAIaIQobChMIjIvX1sik-gIVAIxoCR1VtgjNEAQYBCABEgLNxfD_BwE>

Basil fresh: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/172232/nutrients>

Haddock cooked: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/174198/nutrients>

Leek cooked: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/168426/nutrients>

Ham wafer thin: <https://www.tesco.com/groceries/en-GB/products/303880473>

Plain flour: <https://www.tesco.com/groceries/en-GB/products/299623681>

Buttery spread low fat: <https://www.tesco.com/groceries/en-GB/products/260977655>

Mustard wholegrain: <https://www.tesco.com/groceries/en-GB/products/260691779>

Mince beef 5%: <https://www.tesco.com/groceries/en-GB/products/279704092>

Bread wholemeal: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/335240/nutrients>

Egg cooked: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/173424/nutrients>

Onion red: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/790577/nutrients>

Lettuce iceberg: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/169248/nutrients>

Bread roll wholemeal: <https://www.tesco.com/groceries/en-GB/products/254944968>

Tomatoes: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/170457/nutrients>

Green beans cooked: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/169141/nutrients>

Mixed herbs: <https://www.buywholefoodsonline.co.uk/mixed-herbs.html?sku=SKU944588&gclid=EAIaIQobChMIpoLi4qqo-gIV2trVCh2BSw22EAQYASABEgKQs_D_BwE>

Gravy granules: <https://www.tesco.com/groceries/en-GB/products/309181679>

Sweetcorn cooked: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/168401/nutrients>

Flour wholemeal: <https://www.tesco.com/groceries/en-GB/products/260713778>

Baking powder: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/172803/nutrients>

Bicarbonate of soda: <https://www.pinksun.co.uk/bicarbonate-of-soda/bicarbonate-of-soda>

Greek style yogurt low fat: <https://www.tesco.com/groceries/en-GB/products/255752888>

Mint fresh: <https://www.tesco.com/groceries/en-GB/products/261718731>

Sweet potato cooked with skin: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/168483/nutrients>

Mustard seeds brown: <https://www.buywholefoodsonline.co.uk/mustard-seed-brown.html?sku=SKU63252&gclid=EAIaIQobChMI3s3N08Wo-gIV1u5RCh0VtQJPEAQYASABEgLSbvD_BwE>

Fennel seeds: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/171323/nutrients>

Nigella seeds: <https://www.tesco.com/groceries/en-GB/products/289080899>

Fenugreek seeds: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/171324/nutrients>

Black eyed beans: <https://www.tesco.com/groceries/en-GB/products/262489469>

Plantain cooked: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/169131/nutrients>

Salt table: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/173468/nutrients>

Pizza base: <https://www.tesco.com/groceries/en-GB/products/265869171>

Mozzarella: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/329370/nutrients>

Bread crumbs plain: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/174928/nutrients>

Mushy peas: <https://www.tesco.com/groceries/en-GB/products/263903641>

Butter unsalted: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/173430/nutrients>

Butter salted: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/173410/nutrients>

Ghee: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/171314/nutrients>

Baked beans: <https://www.tesco.com/groceries/en-GB/products/275205504>

Oregano: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/171328/nutrients>

Mixed spice: <https://www.tesco.com/groceries/en-GB/products/256150061>

All spice ground: <https://www.tesco.com/groceries/en-GB/products/268531341>

Onion granules: <https://www.tesco.com/groceries/en-GB/products/268449767>

Cayenne pepper: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/170932/nutrients>

Sumac: <https://www.tesco.com/groceries/en-GB/products/300456226>

Sesame seeds: <https://www.tesco.com/groceries/en-GB/products/251622260>

Gala apple: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/168204/nutrients>

Olive oil: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/171413/nutrients>

Jerk seasoning: <https://www.tesco.com/groceries/en-GB/products/257518328>

Sweetcorn on cob: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/169366/nutrients>

Haddock smoked: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/174199/nutrients>

Salmon farmed Atlantic cooked: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/175168/nutrients>

Macaroni pasta: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/168904/nutrients>

Mustard English: <https://www.tesco.com/groceries/en-GB/products/255664065>

Chillies rocket: <https://www.tesco.com/groceries/en-GB/products/264013984>

Mustard seeds: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/170929/nutrients>

Oil mustard: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/172337/nutrients>

Broccoli cooked : <https://fdc.nal.usda.gov/fdc-app.html#/food-details/169967/nutrients>

Spinach: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/169287/nutrients>

Butternut squash: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/168474/nutrients>

Mince quorn: <https://www.tesco.com/groceries/en-GB/products/251352757>

Pasta unenriched: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/168928/nutrients>

Swede cooked: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/168455/nutrients>

Reduced fat sausages: <https://www.tesco.com/groceries/en-GB/products/274827674>

Spinach baby: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/1999632/nutrients>

Lentis red split: <https://www.tesco.com/groceries/en-GB/products/256534728>

Moong beans split: <https://bazaar-foods.co.uk/products/east-end-split-moong-beans-2kg?variant=41903278194837&currency=GBP&utm_medium=product_sync&utm_source=google&utm_content=sag_organic&utm_campaign=sag_organic>

Spaghetti cooked: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/168912/nutrients>

Bacon back unsmoked: <https://www.tesco.com/groceries/en-GB/products/268287042>

Cheese soft reduced fat garlic and herb: <https://www.tesco.com/groceries/en-GB/products/303618060>

Basil dried: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/171317/nutrients>

Cheese cream low fat: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/169079/nutrients>

Turkey breast meat only cooked: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/171496/nutrients>

Potato baked with skin: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/170034/nutrients>

Chicken whole roasted with skin: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/171521/nutrients>

Cabbage savoy: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/170389/nutrients>

Parmesan cheese: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/170848/nutrients>

Soft cheese reduced fat: <https://www.tesco.com/groceries/en-GB/products/303618048>

Lemon zest: <https://www.carbmanager.com/food-detail/md:8620304b93ac8ff133cabd07cf85eafb/lemon-peel-or-zest-raw>

Chives: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/169994/nutrients>

Beans cannellini tinned: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/174254/nutrients>

Sage ground: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/170935/nutrients>

Chickpeas tinned: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/173800/nutrients>

Sweetcorn baby: <https://www.tesco.com/groceries/en-GB/products/293953719>

Beef diced: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/171203/nutrients>

Flour self raising: <https://www.tesco.com/groceries/en-GB/products/299623646>

Tuna tinned in water: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/171988/nutrients>

Bap large white: <https://www.tesco.com/groceries/en-GB/products/308463055>

Egg yolk: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/172184/nutrients>

Noodles egg cooked: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/169734/nutrients>

Orange fruit: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/169918/nutrients>

Orange juice: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/169098/nutrients>

Parsnips cooked: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/170508/nutrients>

Cauliflower cooked: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/170397/nutrients>

Lentils red: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/174284/nutrients>

Jalfrezi curry paste: <https://www.tesco.com/groceries/en-GB/products/257302946>

Rice brown long grain: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/169704/nutrients>

Beetroot cooked: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/169146/nutrients>

Worcestershire sauce: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/171610/nutrients>

Tomatoes cherry: <https://www.tesco.com/groceries/en-GB/products/285212132>

Vinegar distilled: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/172237/nutrients>

Mayonnaise light: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/173594/nutrients>

Beef roast deli style: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/174570/nutrients>