



Quantity	Measurement	Weight (grams)	Food Description	Protein (grams)	Fats (grams)	Carbs (grams)	Calories (grams)
Protein Sources							
1	portion	100g	Beef	27.0	5.0	0.0	153.0
1	portion	100g	Chicken	28.0	1.5	0.0	125.5
1	each	57g	Egg	6.0	6.0	0.0	78.0
1	each	28g	Egg white	3.0	0.0	0.0	12.0
1	portion	100g	Fish - higher fat (salmon)	25.0	13.0	0.0	217.0
1	portion	100g	Fish - low fat (barramundi, cod, perch, whiting, seafood)	25.0	1.5	0.0	113.5
1	portion	100g	Lamb	32.0	5.5	0.0	177.5
1	small can	105g	Pink Salmon, canned, drained	22.0	6.0	0.0	142.0
1	5x5x1cm square	50g	Tofu, firm	6.0	2.5	2.0	54.5
1	5x5x1cm square	50g	Tofu, silken	2.5	1.0	1.0	23.0
1	small can	100g	Tuna, canned in springwater, drained	28.0	3.0	0.0	139.0
1	portion	100g	Turkey	52.0	2.0	0.0	226.0
1	scoop	30g	Whey Protein Shake	26.7	0.3	0.1	109.7
1/2	cup, dry	100g	Soya Beans, boiled	13.5	7.7	1.4	128.9

Vegetables

				P	F	CHO	Cal
1/2	cup	60g	Beans	1.0	0.0	4.5	22.0
2	slices	30g	Beetroot, cooked/tinned	1.0	0.0	1.5	10.0
2	florets	45g	Broccoli	2.0	0.0	5.0	28.0
1/2	cup	40g	Cabbage	0.5	0.0	2.0	10.0
1	cup	120g	Capsicum	1.5	0.0	8.5	40.0
1	small	100g	Carrots	1.0	0.0	11.0	48.0
1/2	cup	100g	Cauliflower	2.0	0.0	5.0	28.0
5	slices	30g	Cucumber	1.0	0.0	3.0	16.0
1	cup	75g	Asian greens, bok choy etc	1.0	0.0	3.0	16.0
1/2	cup		Mixed vegetables, frozen	1.0	0.0	3.5	18.0
1	cup	60g	Lettuce, shredded	1.5	0.0	1.0	10.0
1/2	cup	60g	Mushrooms, button	2.0	0.0	2.0	16.0
1/2	cup	100g	Peas, frozen	5.5	1.0	15.0	91.0
1	cup	60g	Rocket leaves	1.5	0.0	1.5	12.0
1	cup	60g	Spinach	3.0	0.5	3.5	30.5
1	medium cob	70g	Sweetcorn	6.0	0.5	38.0	180.5
2	tsp	10g	Vital Greens vegetable powder	3.6	0.0	4.0	30.4
1/2	cup	75g	Zucchini	1.0	0.0	2.5	14.1

Fruit				P	F	CHO	Cal
1	(5 per 1/2 kg)	100g	Apple	0.5	0.0	13.0	54.0
1	medium 16cm	170g	Banana	1.0	0.0	25.0	104.0
3/4	cup	100g	Berries, mixed frozen	1.1	0.5	10.4	50.5
10	large, small bunch	120g	Grapes	0.5	0.0	18.0	74.0
1	medium,	100g	Kiwi	1.5	0.0	10.0	46.0
1	small	50g	Mandarin	1.0	0.0	6.0	28.0
6	medium	50g	Olives, pitted, in brine	1.5	1.5	2.5	29.5
1	small	150g	Orange	1.5	0.0	12.0	54.0
1	medium	120g	Peach	1.0	0.0	7.5	34.0
1	medium	150g	Pear	1.0	0.0	19.0	80.0
1	slice, 2.5cm thick	85g	Pineapple	1.0	0.0	7.0	32.0
1	medium	100g	Plums	0.5	0.0	6.5	28.0
1	small	100g	Tomato	1.0	0.0	4.0	20.0
1	thin 1/4 slice	120g	Watermelon	0.5	0.0	4.0	18.0

Healthy Fat Sources				P	F	CHO	Cal
1	tbsp	20g	ABC Nut spread (Almond, Brazil & Cashew)	1.7	6.0	0.8	64.0
3	tablespoon	30g	Almond meal	6.0	16.0	6.0	192.0
1/2	1 small	55g	Avocado	1.0	9.0	2.0	93.0
1	heaped tsp	15g	Chia seed	3.1	4.7	0.7	57.5
1	teaspoon	5g	Coconut oil	0.0	5.0	0.0	45.0
1	each	28g	Egg yolk	3.0	6.0	0.0	66.0
1	capsule	1g	Fish oil capsules	0.0	1.0	0.0	9.0
1	tablespoon	20g	Flaxseed oil	0.0	20.0	0.0	180.0
1	teaspoon	12g	(LSA) Linseed, Sunflower & Almond meal	2.8	5.0	2.7	67.0
1/4	cup nuts (15)	25g	Nuts, mixed, unsalted: e.g. almonds, cashews, hazelnut, walnut, macadamia	3.7	15.0	4.1	166.2
1	tablespoon	20g	Olive oil	0.0	20.0	0.0	180.0
1	tablespoon	15g	Seeds, pumpkin (pepitas) and sunflower mixed	6.0	5.5	6.5	99.5

Non-Vegetable Carb Sources				P	F	CHO	Cal
1	slices	30g	Bread, light rye	3.0	1.0	14.0	77.0
1	slices	30g	Bread, spelt	4.0	2.0	20.0	114.0
1/4	cup, cooked	100g	Brown rice	3.5	1.0	31.0	147.0
1/2	cup, cooked	100g	Lentils	6.8	0.4	9.4	68.2
1/4	cup	50g	Muesli, natural	5.5	3.0	30.0	169.0
1	tbsp	12g	Oat bran	1.5	1.0	6.5	41.0
1/3	cup, raw	30g	Oats, raw, rolled,	4.3	2.8	16.8	109.6
1	cup	100g	Pumpkin, butternut, steamed or mashed	2.0	0.0	11.0	52.0
1/2	cup, cooked	80g	Quinoa	11.4	4.0	54.4	299.0
1	pieces	7g	Rice cakes, thin	0.5	0.2	4.7	22.6
1/4	1/4 small potato	100g	Sweet potato	2.0	0.0	14.0	64.0

1/2	cup, cooked	100g	Wholemeal pasta	6.0	2.0	24.0	138.0
1	small can	130g	Baked beans, Heinz, salt reduced	6.2	1.0	18.9	109.4
1	patty	125g	Vegie burger, Eat Well	6.1	0.9	31.4	158.1

Dairy/other

				P	F	CHO	Cal
2	tablespoons	40g	Cottage cheese	4.0	2.0	1.0	50.0
1/2	cup	125ml	Milk, reduced fat	4.1	1.8	5.5	54.3
1/2	cup	125ml	Soy milk So Good, regular	4.3	4.3	6.0	79.3
1	tub	175g	Soy yoghurt, SoyLife	5.8	1.1	24.2	129.9
1	small tub	200g	Yoghurt, Nestle No Fat mixed berry	9.0	0.0	10.0	76.0