* Proteins – eggs, Greek yoghurt- lidl, keks- edeka, chicken-lidl, mince-lidl, whey, beans, mackeral
* Carbs- dense bread, cereal, muesli- dried fruits, oats- aldi, rice, pasta, potatoes, honey
* Fats- olive oil, coconut oil, avocado, soya milk, bacon bits,
* Micros- mushrooms, peppers, salad, tomatoes, blueberries, bananas, onions, kale