

This document was exported from Numbers. Each table was converted to an Excel worksheet. All other objects on each Numbers sheet were placed on separate worksheets. Please be aware that formula calculations may differ in Excel.

Numbers Sheet Name	Numbers Table Name	Excel Worksheet Name
Nutrition Template		
	Table 1	<a href="#">Nutrition Template</a>
Protein		
	Table 1	<a href="#">Protein</a>
Carbs		
	Table 1	<a href="#">Carbs</a>
Fats		
	Table 1	<a href="#">Fats</a>
Veggies		
	Table 1	<a href="#">Veggies</a>





<b>PROTEIN (100g uncooked)</b>		
<b>BEEF</b>	<b>CALORIES</b>	<b>PROTEIN</b>
-	-	-
Beef Mince (10% Fat)	164	21.4
Beef Rib Eye (Visible Fat)	250	26.7
Beef Rib Eye (No Visible Fat)	204	30.7
Beef Eye Fillet (No Visible Fat)	204	30.7
Beef Eye Fillet (Visible Fat)	250	26.7
Beef Porterhouse (Visible Fat)	291	25.9
Beef Porterhouse (No Visible Fat)	160	29.9
Beef Brisket (Visible Fat)	330	23.1
Beef Brisket (No Visible Fat)	204	30.7
<b>POULTRY</b>	<b>CALORIES</b>	<b>PROTEIN</b>
-	-	-
Chicken Breast; skinless	120	22.5
Chicken Thigh; skinless	173	27.7
Chicken Mince (Coles)	106.4	22.48
Chicken Tenders (Lilydale)	98	23.1
Duck Breast; with skin	201	26.1
Turkey Mince (Steggles)	132	19.5
Turkey Breast; skinless	147	30.13
<b>OTHER MEAT</b>	<b>CALORIES</b>	<b>PROTEIN</b>
-	-	-
Kangaroo; loin	135	30.7
Kangaroo mince	104	20.8
Kangaroo Burgers	94	18
Lamb Mince (Woolworths)	210	17.8
Lamb; chop; visible fat	276	22.5
Lamb (Leg)	232	26.2
Pork Mince; regular (Coles)	211	17.8
Bacon Rashers; middle	238	15.2
Bacon Rashers; streaky	272	15.8
Ham (Roasted)	145	21
Pork (Chop)	123	21
Pork (Ribs)	152	22
Rabbit	114	22
Veal	112	20
Venison	157	22
Eggs (raw)	143	13
















































CARBS	FATS
-	-
0.5	10
0	15.1
0	9
0	9
0	15.1
0	20
0	4.5
0	25.63
0	9
CARBS	FATS
-	-
0	2.6
0	6
0.4	1.6
0.8	0.1
0	10
0.2	6.08
0	2.08
CARBS	FATS
-	-
0	1.2
0.2	2
2.1	1.8
0.5	15
0	20
0	13.3
0.5	15
0	20
0	23.6
1.5	6
0	4
0	6
0	2
0	3
0	7
0.7	10














































<b>CARBOHYDRATES (100g)</b>			
-	-	-	-
<b>STARCHY</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>
-	-	-	-
Sweet Potato (Golden/White)	90	2	21
Sweet Potato (Purple)	140	2	32
Butternut Pumpkin	45	1	11.7
Pumpkin	26	1	6.5
Brown Rice	111	2.6	23
Red Rice (uncooked)	345	9.4	68.3
Black Rice (uncooked)	339	8.9	70.8
White Long Grain (cooked)	130	2.7	28.2
Basmati Rice (raw)	238	5.8	50.8
Basmati Rice (cooked)	108	2.6	23.1
Brown Basmati (cooked)	145	3.9	27.4
White Potato	66	1.4	15.4
Pasta; la molisana; regular	365	14.1	72.9
Pasta; Barilla; gluten free	368	6.9	81.3
Quinoa	368	14	64
Buckwheat	335	13	71
4 Bean Mix; canned; drained	131	6.9	22.3
Chickpeas; canned; drained	124	5.8	15.7
Kidney Beans; canned; drained	124	8	21.5
Brekky Rice (Forbidden)	139	2.3	34.4
Swede	37	1.1	8.6
Turnip	28	0.9	6.4
Carisma Potato (Spudlite)	47	2	10
<b>CEREAL</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>
-	-	-	-
Almond Milk; Pure Harvest Unsweetened	29	0.6	2.9
Peter's Light & Creamy Ice Cream	156	3.7	28.9
Sorbet; Weis Summer Berries	116	0.3	27.5
Carmen's Fruit Free Muesli	473	13.3	50.6
XO Crunch (Freedom Foods)	381	7	72
Maple Crunch (Freedom Foods)	389	5.9	74.6
Cocoa Bombs (Lowman Whole Food)	420	6.3	90.6
Koala Crisp	367	6.7	83.3
GF Weet Bix (2 biscuits 30g)	370.2	10.7	77.7
GF Oats	375	12.5	67.5
Sourdough; (86g per slice)	272	10.8	51.9
GF Bread (2 slices, 83g)	231	3.6	40.9
Sprouted Loaf (1 slice, 66g)	174	4.6	25.4
<b>INTRA WORKOUT (100g)</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>
-	-	-	-






-
<b>FATS</b>
-
0
0.4
0.1
0.1
0.9
2.5
2
0.3
0
0.5
1.4
0.3
1.2
1.2
6
3
1.5
2.7
1.1
1.6
0.2
0.1
0
<b>FATS</b>
-
1.7
2.8
0
13.3
2.5
3.2
1.8
3.3
3
7.5
2.4
5
5.3
<b>FATS</b>
-




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VEGETABLES & BEANS (100g uncooked)	CALORIES	PROTEIN
-	-	-
Alfalfa Seeds	23	4
Arugula	25	3
Asparagus	26	3.4
Beets	43	2
Bok Choy	16.5	1.2
Broccoli	34	2.8
Broccolini	43	3.7
Brussels Sprouts	43	3
Cabbage	26	4
Red Cabbage	31	1.4
Carrots	24	0.6
Cauliflower	25	1.9
Celery	7	0.5
Chickpeas	164	9
Corn (Yellow)	86	3
Courgette/Zucchini	19	2
Cucumber	15	1
Egg Plant/Aubergine	15	0
Garlic	149	6
Green Beans	31	1.8
Kale	49	4.3
Kidney Beans	84	5
Lettuce (Baby Cos)	17	1.7
Mange Tout	26	3.2
Mixed Baby Greens	17.6	2.4
Mushroom (Portabello)	35	4
Mushroom (Sliced White)	22	3.1
Okra	31	2
Onion	40	1
Peas (Frozen, Boiled)	69	6
Potato (Red)	70	2
Potato (White)	77	2
Pumkin (Butternut Baked)	40	0.9
Radish	16	1
Red Bell Pepper	31	1
Spaghetti Squash	31	0.6
Spinach	23	2.9
Spring Onion	32	1.8
Squash	16	1
Tomato (Red)	19	1
White Kidney Beans	84	5











































CARBS	FATS			
-	-			
2	1			
4	1			
1.4	0.8			
10	0			
3.2	0.2			
7	0.4			
7.3	0			
9	0			
1	0			
7	0.2			
4.9	0.4			
5	0.3			
0.9	0.2			
27	3			
19	1			
2	0.4			
4	0			
2	15			
33	0			
7	0.2			
9	0.9			
16	1			
3.3	0			
3.3	0.1			
4.7	0			
5	1			
0.3	0.3			
7	0			
9	0			
9.7	0.9			
16	0			
18	0			
10.5	0.1			
3	0			
6	0.2			
7	0.6			
3.6	0.4			
7.3	0.2			
3	0			
4	0			
15	0.5			













































































































































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