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	Nutrition Template
Protein		
	Table 1	<u>Protein</u>
Carbs		
	Table 1	<u>Carbs</u>
Fats		
	Table 1	<u>Fats</u>
Veggies		
	Table 1	<u>Veggies</u>

utuiti o n							
utrition ate: 20/8/2024							
ient: Mark Ottobre pach: Tyrone Folino					ENT	RPRISE	
						FITNESS	
			EVERYDAY				
WAKE -							
SLEEP - 11pm	PROTEIN	FATS	VEGETABLES	STARCHY CARBS	FRUIT	SUPPLEMENTS	
MEAL 1							
TIME -	220g Lean Meat (165g cooked)	10g Olive Oil or Butter		2 Slices GF Precint Bread (120g)			
MEAL 2				3 GF Weet Bix			
TIME -	30g Whey Protein 1 Pouch YoPro			or 50g GF Oats (raw) with 10g Maple Syrup	150g Blueberries		
MEAL 3							
TIME -	220g Lean Meat (165g cooked)		250g Mixed Vegetables	Choose one of the following: 250g White Potato (cooked) 200g Sweet Potato (cooked) 200g White Rice (cooked)		[	
MEAL 4	220g Lean Meat (165g cooked)	20g Aldi Dark Chocolate	250g Mixed Vegetables	Choose one of the following: 250g White Potato (cooked) 200g Sweet Potato (cooked) 200g White Rice (cooked)			
TIME -							
MEAL 5	30g Whey Protein			3 GF Weet Bix or 50g GF Oats (raw)	150g Blueberries		
TIME -				50g GF Oats (raw) with 10g Maple Syrup			
	* All food weights are specified raw or * Add pink Himalayan or Celtic sea sa * Vary vegetables, 80% green, 20% c	cooked weight alt to all meals	Calories: 2850 Protein: 216g				Calories Protein
NOTES	rainbow * Stick to black coffee with no sugar	oloured or colours of the	Carbs: 303g Fat: 86g		WATER (PER DAY)	3L	Carbs Fat
	* Cook with olive oil or coconut oil spr	ray	Fibre: 40g				
			NON TRAINING DAY				
WAKE -	PROTEIN	FATS	VEGETABLES	STARCHY CARBS	FRUIT	SUPPLEMENTS	
SLEEP -	TROTEIN	TAIO	VEGETABLES	OTAKOTT CAKEO	TROTT	OOTT ELIMENTO	
MEAL 1							
TIME -							
MEAL 2							
TIME -							
MEAL 3							
TIME -							
MEAL 4							
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MEAL 5			l l		
TIME					
TIME -					
	* All food weights are measured	d raw			
	* Vary vegetables 80% green	d raw sea salt to all meals 20% coloured or colours of the			
NOTES	Irainbow			WATER (PER DAY)	
110120	* Stick to black coffee with no s * Cook with olive oil or coconut	sugar		WALLE (I ER SAL)	
	" Cook with olive oil or coconut	oli spray			
	PROTEIN TYPI	ES			
FATTY	LEAN	SEAFOOD			
eef Mince	Chicken Breast	Blue Grenadier			
ırkey Mince	Lean Beef Strips	Hoki			
mb (any)	Turkey (Roast & Fillet)	Barramundi			
nicken Thigh	White Fish	Prawns			
almon	Lean Pork	Oysters			
out	Game Meats eg Kangaroo	Muscles			
atty Pork	Beef Eye Fillet				
ggs					
FATS	STARCHY CARBS				
live Oil	White Potato				
vocado Oil	Sweet Potato				
vocado	Pumpkin				
rganic Butter	White/Black/Red Rice				
oconut Oil	Gluten Free or Regular Pasta				
hee	Gluten Free or Sourdough B	read			
	Quinoa				
	Honey				
	Maple Syrup				
	Kidney/Black/Cannelini Bean	าร			
	Lentils				

PROTEIN (100g uncooked)		
BEEF	CALORIES	PROTEIN
-	-	-
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
POULTRY	CALORIES	PROTEIN
-	-	-
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 (Steggle's)	132	19.5
Turkey Breast; skinless	147	30.13
OTHER MEAT	CALORIES	PROTEIN
•	-	-
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
	112	20
Veal		00
Veal Venison	157	22
	157 143	13
Venison		
Venison		
Venison		

FISH	CALORIES	PROTEIN
-	-	-
Cod	82	18
Haddock	87	19
Halibut	110	21
Blue Grenadier	84	17
Rainbow Trout	150	23
Salmon	205	20.5
Sardines	160	17
Sole Fillet	80	17
Tuna (Steak )	144	23.3
Barramundi	86	20.1
Flat Head		
PROTEIN POWDER & Other (100g)	CALORIES	PROTEIN
-	-	-
True Protein, WPI (30g serve)	370	84.3
Mirrabooka Protein and Oats (25g serves)	374	45.6
Noway (ATP) (18g serves)	358	94
Prana Power Plant Protein Chocolate (40g serves)	387	66.8
Vegie Delight Savoury Mince	98	14.8
Beyond Meat Burger	239	17.7
Cottage Cheese	98	11
Ricotta	106	8.8
Lupin Flakes	360	40
YoPro, Vanilla	62	10
SKYR Yoghurt	61	9.6

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CARBS	FATS
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0	15.1
0	9
0	9
0	15.1
0	20
0	4.5
0	25.63
0	9
CARBS	FATS
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0	2.6
0	6
0.4	1.6 0.1
0.8	10
0.2	6.08
0.2	2.08
0	2.00
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CARBS	FATS
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0	0.7
0	1
0	2
0	1.3
0	6
0	13.4
0	9
0	1.5
0	4.9
0.6	0.4
CARBS	FATS
-	-
4.4	1.7
31.6	7.4
3.9	0.6
16.3	3.1
10.2	0.5
4.4	17.7
3.4	4.3
6.4	5.2
4	6.4
4.6	0.3
4.9	0.5

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CARBOHYDRATES (100g)			
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STARCHY	CALORIES	PROTEIN	CARBS
-	-	-	-
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
CEREAL	CALORIES	PROTEIN	CARBS
-	-	-	-
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 (Lowan 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
INTRA WORKOUT (100g)	CALORIES	PROTEIN	CARBS
INTRA WORROUT (100g)	CALURIES	FRUIEIN	CARDS
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Dextrose (Bulk Nutrients) 50g per serve	368	0	90
Maltodextrin (Bulk Nutrients) 30g per serve	382	0	95
Maple Syrup	366	0	90
Maple Syrup Rice Cakes, thin (4 cakes, 25g)	390	8.1	78.5
Strawberry Jam (Bonne Maman)	265	0.4	64
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FATS (100g)	CALORIES	PROTEIN
-	-	-
Coconut Oil	892	0
Butter (Mainland Organic)	731	0
Organic Ghee	740	1
Hass Avocado	167	2
Olive Oil (Unrefined, Cold-Pressed)	884	0
Flaxseed Oil	884	0
Macadmia Oil (100ml)	807	0
Almond Butter	642	17.8
Peanut Butter (Pic's)	595	26.7
Pumpkin Seeds	535	25
Aldi Organic Dark Chocolate	570.8	8.2
Lindt 85% Dark Chocolate	576	12.5
Cacao Nibs (Organic, Raw)	596	14.3
NUTS	CALORIES	PROTEIN
•	-	-
Almonds	576	21
Cashews	553	18
Walnut	654	15
Brazil	656	14
Macadamia	718	8
Peanuts	567	26

CARBS	FATS
-	-
0.6	100 82
1	83
8.6	15
0	100
0	100
0	92
21.4	60.7
14.3	47.8
17.85	13
30.6	43.4
19	46
43	39
CARBS	FATS
-	-
22	49
30	44
14	65
12	66
14	76
16	49

VEGETABLES & BEANS (100g uncooked)	CALORIES	PROTEIN
-	<del>-</del>	-
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/Zuchinni	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
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FRUIT (100g uncooked)	CALORIES	PROTEIN
-	-	-
Apple	48	0
Apricots	29	0.8
Banana	89	1
Blackberries	43	1
Blueberries	57	1
Cherries	63	1
Cranberries	46	0
Dates	277	2
Figs	74	1
Grapes	67	1
Kiwi	61	1
Lemon	29	1
Lime	30	1
Mango	65	1
Melon (Honeydew)	36	1
Melon (Watermelon)	30	1
Orange	46	1
Peaches	39	1
Pears	36	0.3
Pineapple	50	1
Rasins	299	3
Raspberries	53	1.2
Strawberries	32	0.7
Sultanas	337	2.4
NON-FRUIT/VEGETABLE (100g/100ml uncooked)	CALORIES	PROTEIN
-	-	-
Activated Almond Milk (Nutty Bruce)	48	1
Almond and Coconut Milk (Nutty Bruce)	68	5
Raw Honey	304	0.3
Maple Syrup	366	0

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4	0
2	15
33	0
7	0.2
9	0.9
16	1
3.3	0
3.3	0.1
4.7	0
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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

CARBS	FATS
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13	0
6.6	0.1
23	0
10	0
14	0
16	0
12	0
75	5
19	0
17	0
15	1
9	0
11	0
17	0
9	0
8	0
12	0
10	0
9.1	0.1
13	0.1
79	0.1
12	0.6
7.7	0.3
77.4	0.6
11.4	0.0
CARBS	FATS
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82	0
90	0

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