

Nutrition Tips For Meal Prep Success

Meal Prep Essentials

Plan Ahead: Prep your meals twice a week

- Sunday: Covers meals for Monday to Wednesday
- Wednesday: Covers meals for Thursday to Saturday

Make a shopping list: Write down foods and amounts to simplify grocery shoppingSave time: Use appliances like ovens, slow cookers, or air fryers to reduce cooking time.

Cooking and Portioning Tips

Use raw weights for food unless specified otherwiseAdjust raw weights for cooked food:

- Protein and roasted potato: Reduce by 25%
- Boiled or steamed potato: Increase by 30%

Flexible Macronutrient Choices

Mix and match your protein, fat, and carb options. Each portion is designed to provide balanced macronutrients (P/F/C) per meal.

General Nutrition Guidelines

Meal Timing: Eat every 3-4 hours to regulate blood sugar, maintain energy, and support digestionFrozen Foods: Use frozen mixed vegetables or fruits for convenience—they retain their nutrients.Flavor and Digestion:

- Add Pink Himalayan salt or Celtic sea salt.
- Use spices and herbs for flavor.
- Choose minced meat or slow-cooked food for easier digestion.

Cooking Oils: Use spray coconut oil or spray olive oil for cooking.

Hydration and Electrolytes

Electrolytes: Take 2 scoops per water bottle (6-8 scoops daily).Water Intake: Drink 30-45ml per kg body weight daily, with an extra 0.5-1L on training days.

For all supplement orders please email to purchase and pick-up next session

admin@enterprisefitness.com.au

Food Guide			
Below you'll find servings for:		100	calories
PROTEIN			
LEAN		FATTY	
40	40 Lean Beef Strips	1.4	70 Eggs
45	45 Beef Eye Fillet	30	30 Fatty Pork
45	45 Lean Pork	40	40 Trout
50	50 Chicken Breast	35	35 Salmon
50	50 Turkey (Roast & Fillet)	35	35 Lamb (any)
50	50 Kangaroo	45	45 Chicken Thigh
55	55 Barramundi	45	45 Turkey Mince
60	60 Blue Grenadier	50	50 Regular (20-30%) Beef Mince
60	60 Hoki	60	60 Lean (10-15%) Beef Mince
60	60 Prawns	75	75 Extra Lean (5%) Beef Mince
60	60 White Fish		
70	70 Mussels		
80	80 Oysters		
CARBS			
RICE / GRAINS		POTATO / SQUASH	
25	25 Brown Rice (Raw)	115	115 Sweet Potato (Raw)
30	28 White Rice (Raw)	130	130 White Potato (Raw)
30	30 Quinoa (Raw)	110	111 Sweet Potato (Cooked)
75	73 Brown Rice (Cooked)	115	116 White Potato (Cooked)
75	74 White Rice (Cooked)	220	222 Butternut Pumpkin (Raw)
85	88 Quinoa Cooked (Raw)	200	209 Spud Lite Potato (Raw)
FATS			
65	67 Avocado	1/3	avocado
10	11.7 Avocado Oil	0.83	tbsp
10	11.7 Olive Oil	0.83	tbsp
15	15.8 Coconut Oil	0.85	tbsp
15	14.2 Organic Butter	0.98	tbsp
15	13.8 Ghee	0.85	tbsp
FRUIT		Simplified:	
335	333 Watermelon	3	slices of watermelon
315	313 Strawberries	8	strawberries
225	223 Nectarine	2	nectarines
215	213 Orange	1	oranges
200	200 Pineapple	200	grams
190	189 Mandarin	2	mandarins
190	192 Apple	1	apples
175	175 Blueberries	175	grams
175	175 Pear	1	pears
165	164 Kiwi fruit	2	kiwis
140	138 Grapes	28	grapes
115	114 Banana	1	bananas
35	35 Dates	5	dates

Portion Size Method

A portion of protein = 1 palm

A portion of vegetables = 1 fist

A portion of carbs = 1 cupped hand

A portion of fats = 1 thumb

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Hands are consistent size, providing a consistent reference

Hands scale with your individual size; bigger people, bigger hands, bigger portions and vice versa

Hand size portions allow you to track food choices and manage energy consumption with ease

FOOD CATEGORY	MACRONUTRIENT	CONVENTIONAL MEASUREMENT
1 palm protein	20-30g protein	85-115g cooked meat
1 fist of vegetables		130g 1 cup non-starch vegetables
1 handful of carbohydrates	20-30g carbs	1/2 to 1/3 cup (100-130g) cooked grains / 1 medium fruit
1 thumb of fats	7-12g fats	1 tbsp (14g)

Consistency is key to this method.

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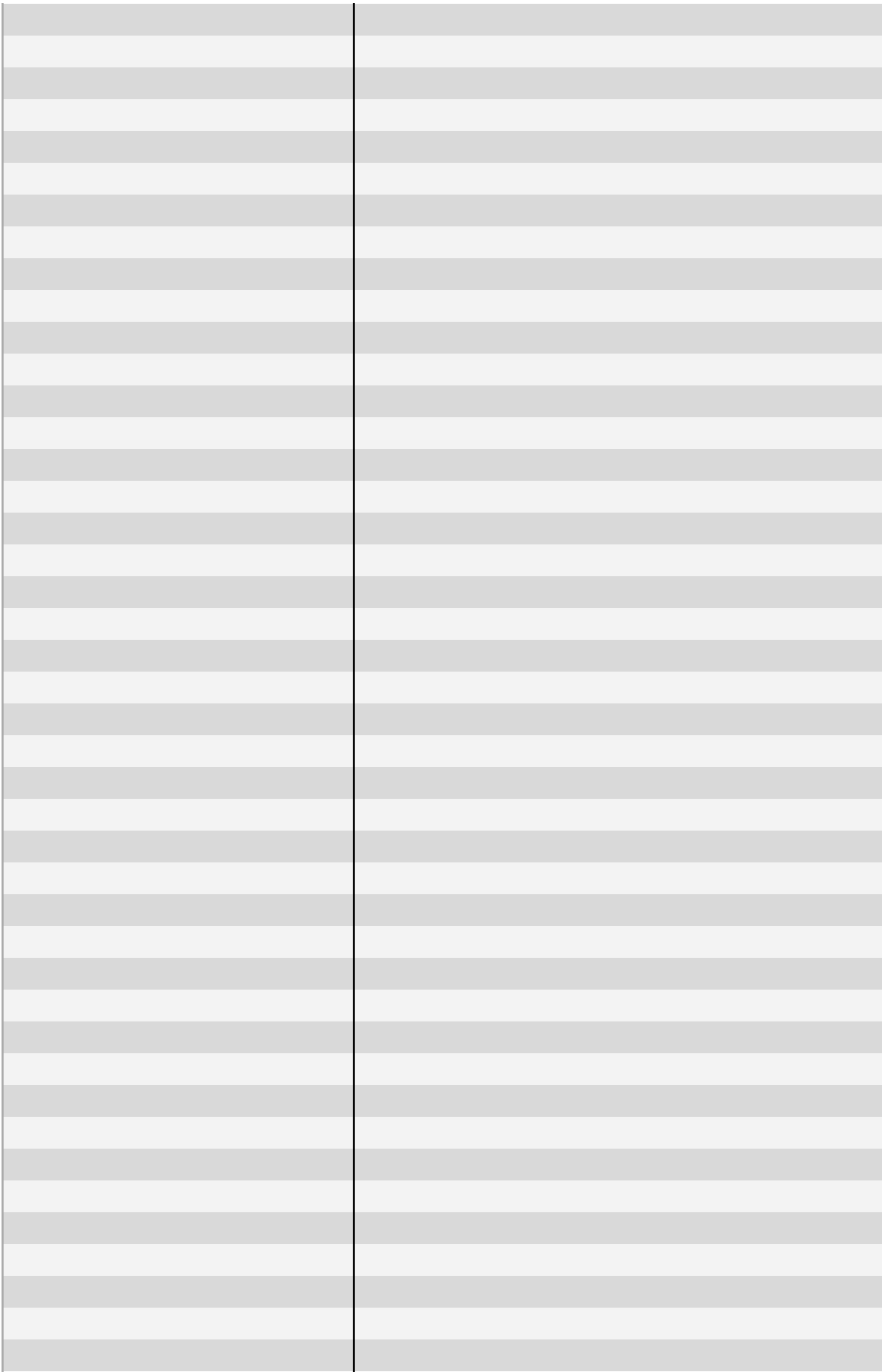
DON'T TOUCH COLUMNS BELOW		GRAMS OF MACRO PRO	
100G SERVING	MACRO PROTEIN	40	
		FOOD WEIGHT (g)	
100	40	317	315
100	40	129	130
100	40	144	145
100	40	146	145
100	40	142	140
100	40	188	190
100	40	130	130
100	40	192	190
100	40	178	180
100	40	139	140
100	40	148	150
100	40	133	135
100	40	196	195
100	40	208	210
100	40	216	215
100	40	100	100
100	40	52	50
100	40		
100	40	FOOD WEIGHT (g)	
100	40	-	
100	40	201	200
100	40	187	185
100	40	188	190
100	40	150	150
100	40	130	130
100	40	130	130
100	40	134	135
100	40	150	150
100	40	130	130
100	40	154	155
100	40	130	130
100	40	173	175
100	40	130	130
100	40		
100	40	FOOD WEIGHT (g)	
100	40	-	
100	40	317	315
100	40	129	130
100	40	146	145
100	40	144	145
100	40	142	140

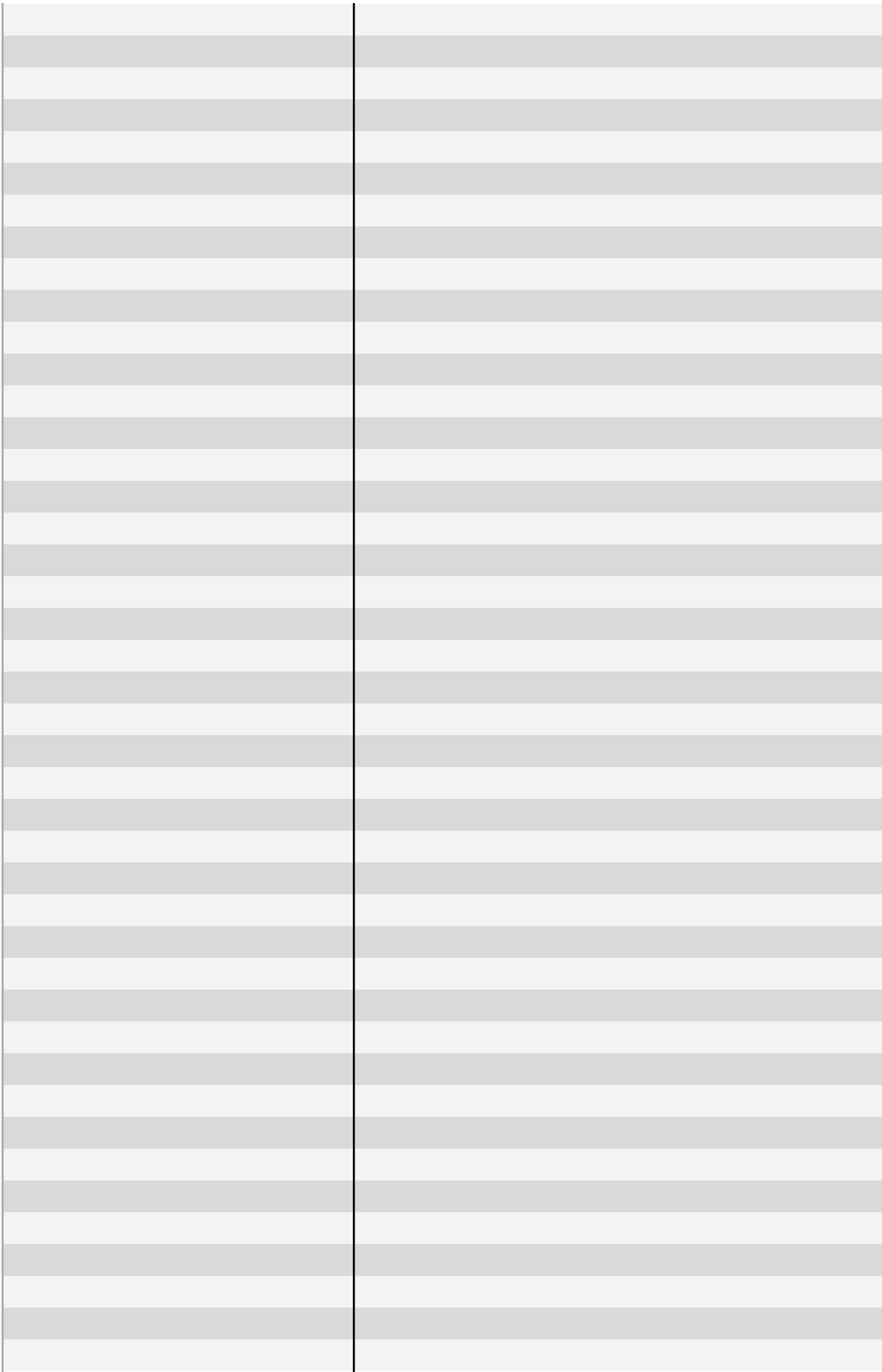
100	40	178	180
100	40	173	175
100	40	133	135
100	40	153	155
100	40	165	165
100	40	209	210
100	40	205	205
100	40	227	225
100	40	169	170
100	40	133	135
100	40	146	145
100	40		
100	40	FOOD WEIGHT (g)	
100	40	-	
100	40	225	225
100	40	141	140
100	40	141	140
100	40	141	140
100	40	141	140
100	40	141	140
100	40	153	155
100	40	153	155
100	40	178	180
100	40	178	180
100	40	178	180
100	40	178	180
100	40	178	180
100	40	153	155
100	40	190	190
100	40	225	225
100	40	233	235
100	40	263	265
100	40	177	175
100	40	139	140
100	40	139	140
100	40	142	140
100	40	139	140
100	40	139	140
100	40	142	140
100	40	148	150
100	40	148	150
100	40	139	140
100	40	148	150
100	40	148	150
100	40	139	140

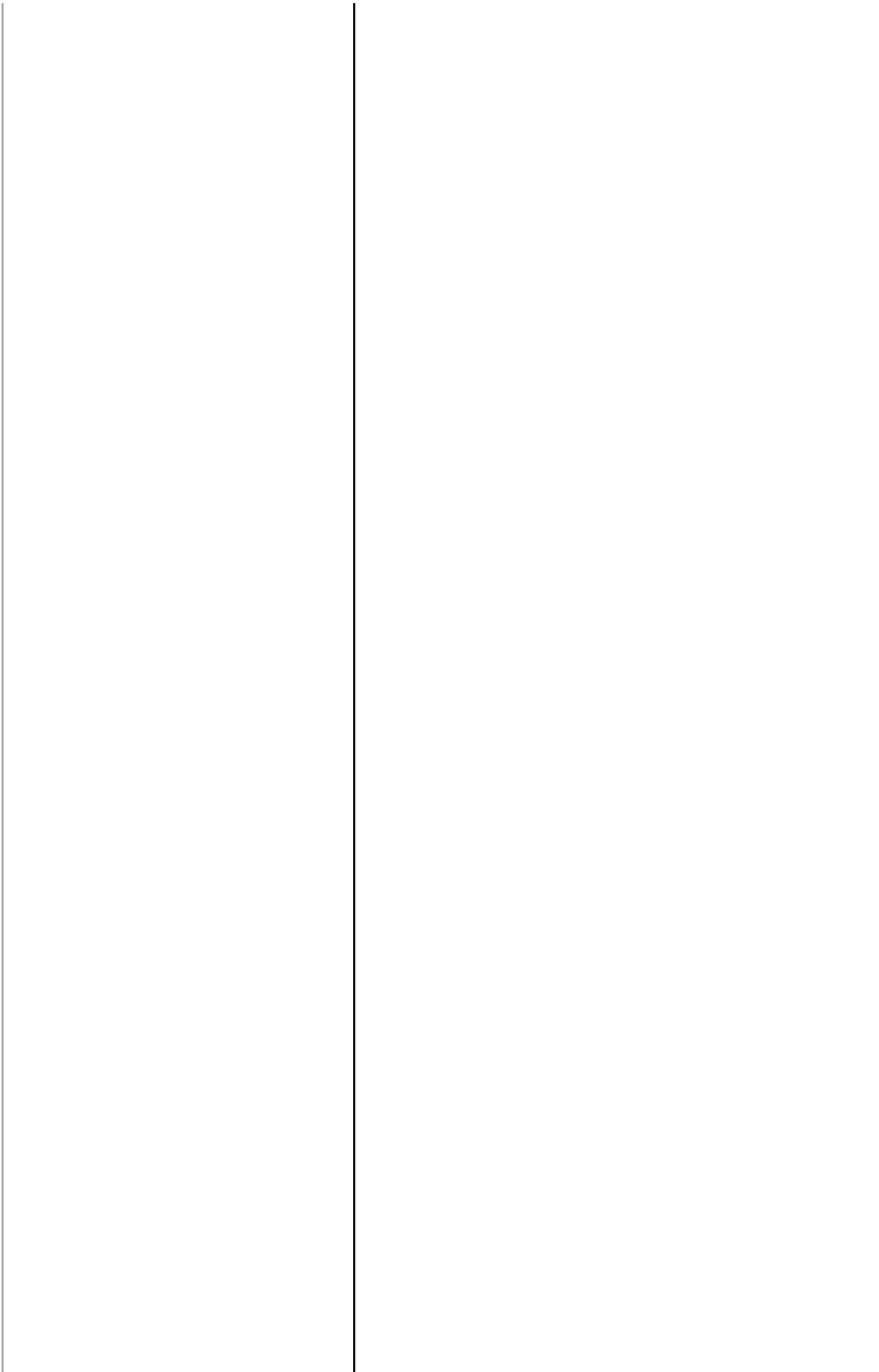
100	40	137	135
100	40	173	175
100	40	118	120
100	40	186	185
100	40	192	190
100	40	222	220
100	40	137	135
100	40	121	120
100	40	159	160
100	40	132	130
100	40	151	150
100	40	132	130
100	40	157	155
100	40	198	200
100	40	132	130
100	40	148	150
100	40		
100	40	FOOD WEIGHT (g)	
100	40	-	
100	40	229	230
100	40	301	300
100	40	245	245
100	40	195	195
100	40	215	215
100	40	235	235
100	40	201	200
100	40	195	195
100	40	196	195
100	40	202	200
100	40	163	165
100	40	187	185
100	40	185	185
100	40	158	160
100	40	272	270
100	40	172	170
100	40	137	135
100	40	206	205
100	40	208	210
100	40	216	215
100	40	206	205
100	40		
100	40	FOOD WEIGHT (g)	
100	40	111	110
100	40	146	145
100	40	127	125

100	40	77	75
100	40	226	225
100	40	100	100
100	40	270	270
100	40	580	580
100	40	435	435
100	40	333	335
100	40	301	300
100	40	197	195
100	40	189	190
100	40		0
100	40	FOOD WEIGHT (g)	
100	40	220	220
100	40	563	565
100	40	488	490
100	40	500	500
100	40	488	490
100	40	556	555
100	40	571	570
100	40	615	615
100	40	870	870
100	40	333	335
100	40	301	300
100	40		
100	40	FOOD WEIGHT (g)	
100	40	163	165
100	40	179	180
100	40	157	155
100	40	154	155
100	40	167	165
100	40	183	185
100	40	165	165
100	40	167	165
100	40	184	185
100	40	187	185
100	40	167	165
100	40	160	160
100	40	201	200
100	40	200	200
100	40		0
100	40	FOOD WEIGHT (g)	
100	40	-	
100	40	58	60
100	40	52	50

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PROTEIN SOURCES

100g of RAW, UNCOOKED weight of protein

ENTERPRISE SHOPPING LIST	CALORIES	PROTEIN
Eggs, Raw (S - 38g, Med - 44g, L - 50g, XL - 56g, Jumbo - 63g)	155	12.6
Chicken Breast - Skinless	173	30.9
Chicken Thigh - Skinless	173	27.7
Chicken Breast - Skin Eaten	184	27.4
Chicken Thigh - Skin Eaten	239	28.2
Beef Mince - Extra Lean (5% Fat)	129	21.3
Beef Steak Rump - Visible Fat Eaten	204	30.7
Kangaroo Mince, K-Roo (Coles)	104	20.8
Lamb Chop, Shoulder - Visible Fat Eaten	276	22.5
Pork Chop, Loin - No Visible Fat Eaten	214	28.8
Pork Chop, Loin - Visible Fat Eaten	252	27
Turkey Breast - Skinless	147	30.1
Salmon, From Atlantic, Farmed	208	20.4
Barramundi, Skinless	101	19.2
Barramundi, Skin-on	102	18.5
Lupin Flakes	360	40
Whey Protein Powder, 24g Protein Per Scoop (avg.)	373	77.1
BEEF	CALORIES	PROTEIN
-	-	-
Beef Mince - Regular (15-20% Fat)	217	19.9
Beef Mince - Lean (10% Fat)	164	21.4
Beef Mince - Extra Lean (5% Fat)	129	21.3
Beef Steak Top Loin - Visible Fat Eaten	250	26.7
Beef Steak Top Loin - No Visible Fat Eaten	204	30.7
Beef Steak Rump - Visible Fat Eaten	204	30.7
Beef Steak Rump - No Visible Fat Eaten	160	29.9
Beef Steak Rib Eye - Visible Fat Eaten	250	26.7
Beef Steak Rib Eye - No Visible Fat Eaten	204	30.7
Beef Steak Porterhouse - Visible Fat Eaten	291	25.9
Beef Steak Porterhouse - No Visible Fat Eaten	204	30.7
Beef Brisket - Visible Fat Eaten	330	23.1
Beef Brisket - No Visible Fat Eaten	204	30.7
POULTRY	CALORIES	PROTEIN
-	-	-
Eggs, Raw (S - 38g, Med - 44g, L - 50g, XL - 56g, Jumbo - 63g)	155	12.6
Chicken Breast - Skinless	173	30.9
Chicken Breast - Skin Eaten	184	27.4
Chicken Thigh - Skinless	173	27.7
Chicken Thigh - Skin Eaten	239	28.2

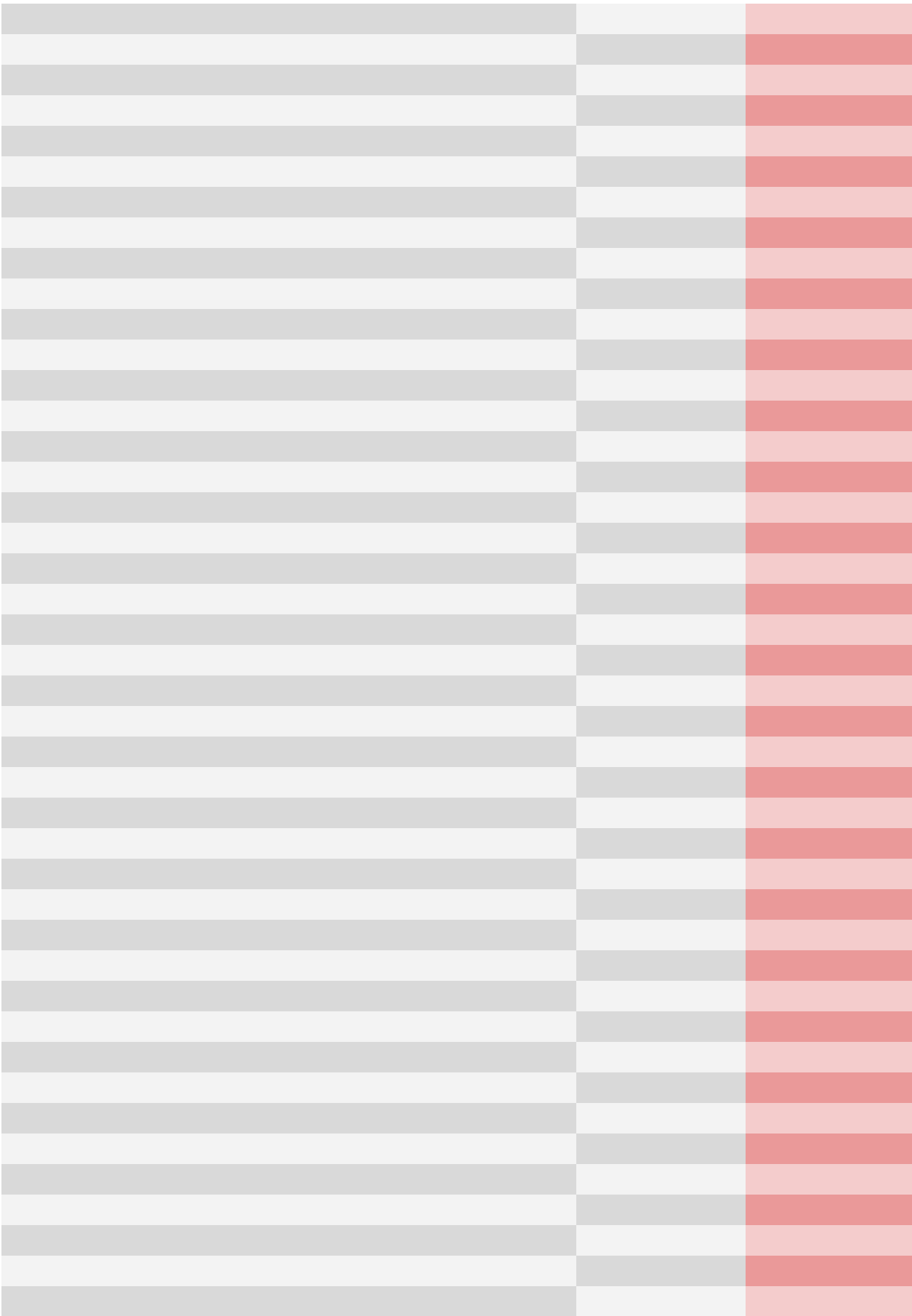
Chicken Mince (Coles)	106	22.5
Chicken Tenders (Lilydale)	98	23.1
Duck Breast - Skinless	147	30.1
Duck Breast - Skin Eaten	201	26.1
Goose Breast - Skinless	133	24.3
Goose Breast - Skin Eaten	270	19.1
Turkey Mince, Steggles (Coles)	133	19.5
Turkey Mince. Ingham (Coles)	181	17.6
Turkey Breast Mince, Ingham, 98% Fat Free (Coles)	114	23.7
Turkey Breast - Skinless	147	30.1
Turkey Breast - Skin Eaten	184	27.4
OTHER MEAT	CALORIES	PROTEIN
-	-	-
Lamb Mince (Woolworths)	210	17.8
Lamb Chop, Arm - No Visible Fat Eaten	204	28.4
Lamb Chop, Leg, Center Slice - No Visible Fat Eaten	204	28.4
Lamb Chop, Loin - No Visible Fat Eaten	204	28.4
Lamb Chop, Sirloin - No Visible Fat Eaten	204	28.4
Lamb Chop, Shoulder - No Visible Fat Eaten	204	28.4
Lamb Chop, Blade - No Visible Fat Eaten	232	26.2
Lamb Chop, Rib - No Visible Fat Eaten	232	26.2
Lamb Chop, Arm - Visible Fat Eaten	276	22.5
Lamb Chop, Blade - Visible Fat Eaten	276	22.5
Lamb Chop, Loin - Visible Fat Eaten	276	22.5
Lamb Chop, Sirloin - Visible Fat Eaten	276	22.5
Lamb Chop, Shoulder - Visible Fat Eaten	276	22.5
Lamb Chop, Leg, Center Slice - Visible Fat Eaten	232	26.2
Lamb Chop, Rib - Visible Fat Eaten	359	21.1
Pork Mince (Coles)	211	17.8
Short Cut Bacon, Rindless, Primo (Coles)	157	17.2
Middle Bacon, Rindless, Primo (Coles)	248	15.2
Ham, Boneless, Cured	178	22.6
Pork Chop, Loin - No Visible Fat Eaten	214	28.8
Pork Chop, Blade - No Visible Fat Eaten	214	28.8
Pork Chop, Sirloin - No Visible Fat Eaten	170	28.2
Pork Chop, Butterfly - No Visible Fat Eaten	214	28.8
Pork Chop, Rib Eye - No Visible Fat Eaten	214	28.8
Pork Chop, New York Top Loin - No Visible Fat Eaten	170	28.2
Pork Chop, Loin - Visible Fat Eaten	252	27
Pork Chop, Blade - Visible Fat Eaten	252	27
Pork Chop, Sirloin - Visible Fat Eaten	214	28.8
Pork Chop, Butterfly - Visible Fat Eaten	252	27
Pork Chop, Rib Eye - Visible Fat Eaten	252	27
Pork Chop, new York Top Loin - Visible Fat Eaten	214	28.8

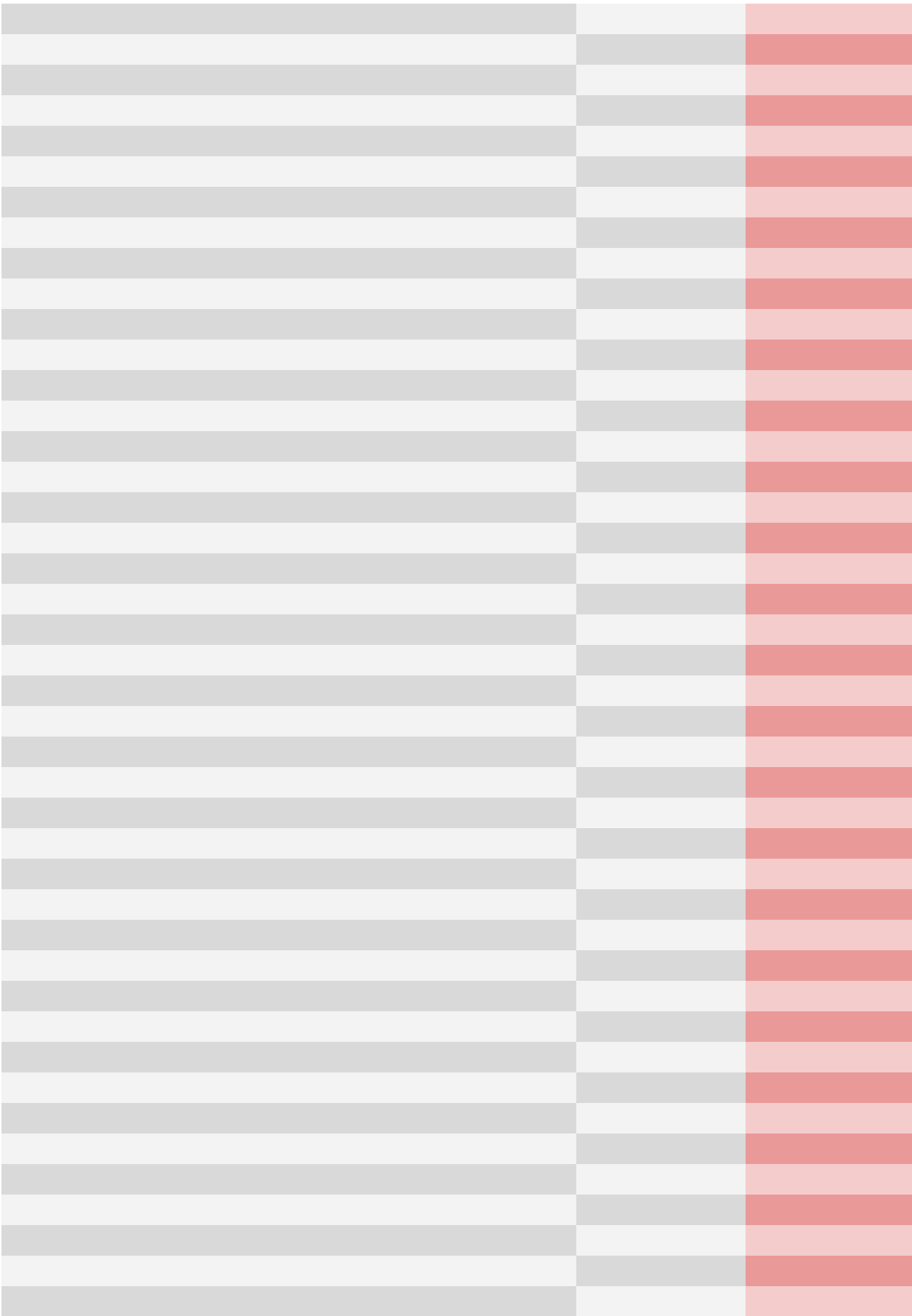
Pork Spare Ribs	397	29.1
Pork Baby Back Ribs	269	23.1
Kangaroo Rump	160	33.9
Kangaroo Steak, K-Roo (Coles)	100	21.5
Kangaroo Mince, K-Roo (Coles)	104	20.8
Kangaroo Burger, K-Roo (Burger)	95	18
Rabbit or Hare, Domestic	197	29.1
Rabbit or Hare, Wild	173	33
Veal Steak	202	25.1
Venison or Deer Steak	158	30.2
Venison or Deer, Ground/Mince	187	26.5
Venison or Deer, Ribs	158	30.2
Bison or Buffalo, Ground/Mince	179	25.5
Bison, Ground/Mince, Grass-fed	146	20.2
Bison or Buffalo Meat	174	30.2
Goat Meat	143	27.1

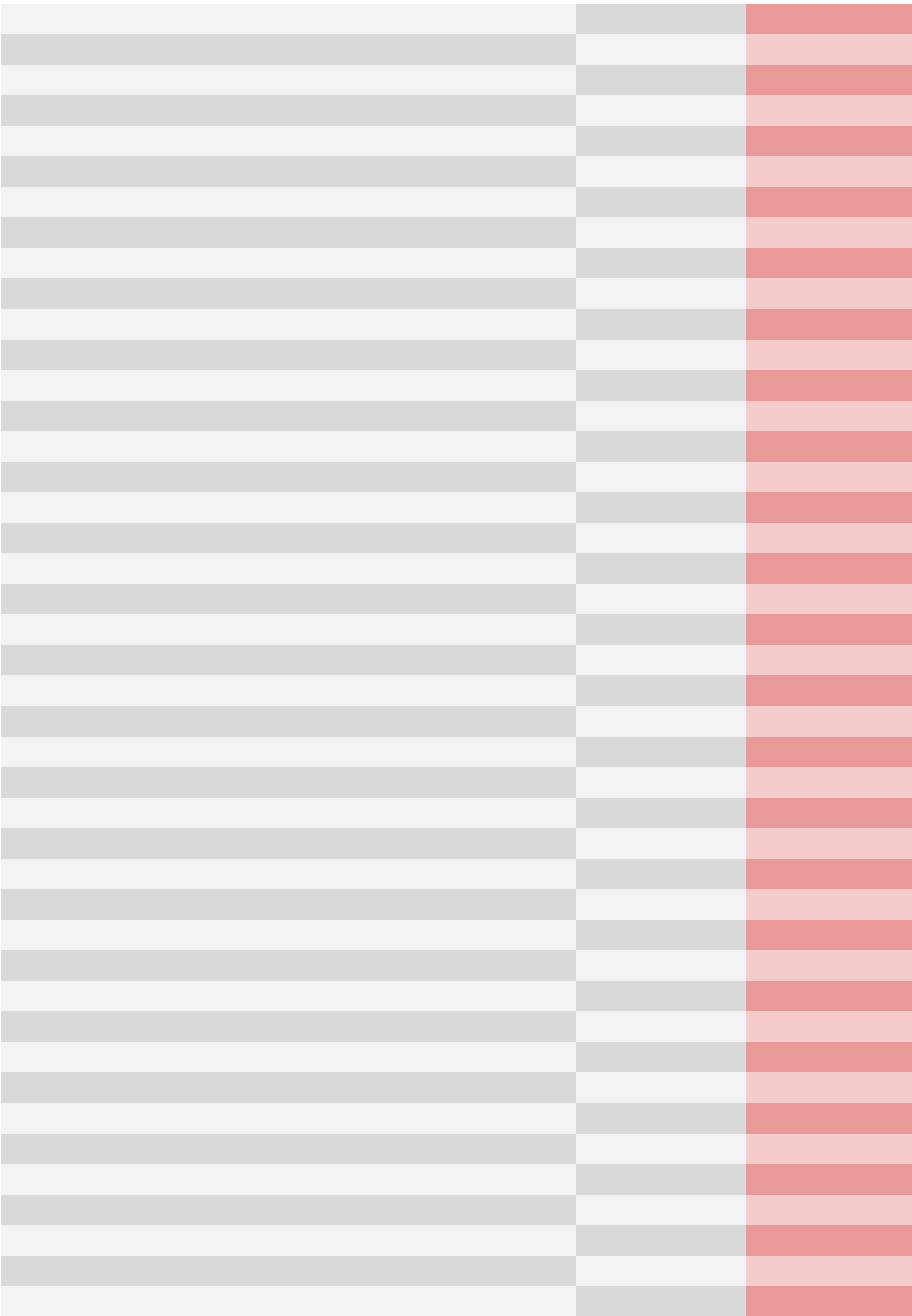
FISH	CALORIES	PROTEIN
-	-	-
White Cod, Skinless	76	17.5
Black Cod, Skin-on	195	13.3
Haddock, Skinless	74	16.3
Halibut, Skin-on	108	20.5
Halibut, Skinless	88	18.6
Blue Grenadier, Skinless	77	17
Rainbow Trout, Farmed	141	19.9
Rainbow Trout, Wild	119	20.5
Salmon, From Atlantic, Farmed	208	20.4
Salmon, From Atlantic, Wild	142	19.8
Sardines, Canned in Oil, Drained	208	24.6
Sardines, Canned in Oil, Not Drained	296	21.4
Sardines, Canned in Tomato Sauce	184	21.6
Sardines, Canned in Water, Drained	195	25.3
Sole Fillet	76	14.7
Tuna, Steak	144	23.3
Tuna, Canned in Oil, Drained	198	29.1
Tuna, Canned in Water, Drained	86	19.4
Barramundi, Skinless	101	19.2
Barramundi, Skin-on	102	18.5
Flat Head Fillet, Skinless	96	19.4

PLANT BASED PROTEIN	CALORIES	PROTEIN
Sunfed, Chicken Free Chicken, Wild Meaty Chunks - PLANT BAS	224	36.1
Sunfed, Bull Free Beef, Raw Prime Diced - PLANT BASED PROT	196	27.4
Roast Seitan, vEEF (Woolworths) - PLANT BASED PROTEIN	175	31.6

Soya Chunks, Nutrela Health 1 can per serving - PLANT BASED PROTEIN	345	52
Beyond Meat Burger - PLANT BASED PROTEIN	239	17.7
Lupin Flakes	360	40
Savoury Mince, Vegie Delights (Coles)	98	14.8
Tofu, Silken, Not Cooked	62	6.9
Tofu, Silken, Cooked	82	9.2
Tofu, Raw Not Silken, Cooked, Firm	104	12
Tofu, Raw, Not Silken, Cooked, Extra Firm	110	13.3
Tempeh, Cooked/Raw (No significance in variation)	192	20.3
Seitan, (avg.)	106	21.2
BEANS (LEGUMES) - Canned Beans ~400g per can	CALORIES	PROTEIN
Soy Beans, Canned, Drained - PROTEIN	172	18.2
Chickpeas, aka Garbanzo Beans, Canned, Drained (Cup = 164g, tbs)	139	7.1
Black Beans, aka Turtle Beans, Canned, Drained (Cup = 172g, tbs)	140	8.2
Red Kidney Beans, Canned, Drained	124	8
Navy Beans, Canned, Drained	140	8.2
Brown Lentils, Canned, Edgell (Woolworths)	103	7.2
Pinto Beans, Canned, Drained	114	7
Adzuki Beans, Canned, Drained, Macro Organic (Woolworths)	104	6.5
Black-eyed Peas, Canned, Drained, Eden's Brand	69	4.6
Edamame, Unshelled (Green Soybeans)	121	12
Edamame, Shelled (Green Soybeans)	133	13.3
BEANS (LEGUMES) - RAW	CALORIES	PROTEIN
Chick Peas, aka Garbanzo Beans, Raw, McKenzie's (Woolworths)	356	24.5
Black Beans, Raw, McKenzie's (Woolworths)	309	22.4
Yellow Lentils, Raw, McKenzie's (Woolworths)	332	25.4
Brown Lentils, Raw	350	26
Pink/Red Lentils, Raw	358	23.9
Red Kidney Beans, Raw, McKenzie's (Woolworths)	315	21.8
Yellow Split Peas, Raw, McKenzie's (Woolworths)	349	24.2
Green Split Peas, Raw, McKenzie's (Woolworths)	332	24
Borlotti Beans, Raw, McKenzie's (Woolworths)	318	21.7
White Kidney Beans, Raw, McKenzie's (Woolworths)	304	21.4
Mung Beans, Raw, Katoomba (Woolworths)	347	24
Great Northern Beans, Raw, Katoomba (Woolworths)	354	25
Black-eyed Peas, Raw, McKenzie's (Woolworths)	282	19.9
Adzuki Beans, Raw	314	20
Fava Beans (UNKNOWN)		
PROTEIN POWDER & Other (100g)	CALORIES	PROTEIN
-	-	-
Whey Protein Powder, 18g Protein Per Scoop	386	69
Whey Protein Powder, 24g Protein Per Scoop (avg.)	373	77.1







Reference: Cronometer.com

FATS	CARBS
10.6	1.1
4.5	0
6	0
7.4	0
13.2	0
5	0
9	0
2	0.2
20	0
10.1	0
15.2	0
2.1	0
13.4	0
2.7	0.5
3.4	0.4
6.4	4
2.5	6

FATS	CARBS
-	-
17	0.5
10	0.5
5	0
15.1	0
9	0
9	0
4.5	0
15.1	0
9	0
20	0
9	0
25.6	0
9	0
FATS	CARBS

-	-
10.6	1.1
4.5	0
7.4	0
6	0
13.2	0

FIBER	GI Index	Gluten-Free
0 Low		Yes
0 Low		Yes
0 Low		Yes
0 Low		Yes
0 Low		Yes
0 Low		Yes
0 Low		Yes
0 Low		Yes
0 Low		Yes
0 Low		Yes
0 Low		Yes
0 Low		Yes
0 Low		Yes
0 Low		Yes
0 Low		Yes
30 Low		Yes
0 Low		Yes

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Fiber (g)	Glycemic Index	Gluten-Free
0	Low	Yes
0	Low	Yes
0	Low	Yes
0	Low	Yes
0	Low	Yes

30.3	0
18.9	0
2.5	0.2
1.4	0.2
2	0.2
1.8	2.1
8.1	0
3.5	0
10.5	0
3.2	0
8.2	0
3.2	0
8.6	0
7.2	0
5	0
3	0

0	Low	Yes
0	Low	Yes
0	Low	Yes
0	Low	Yes
0	Low	Yes
0	Low	Yes
0	Low	Yes
0	Low	Yes
0	Low	Yes
0	Low	Yes
0	Low	Yes
0	Low	Yes
0	Low	Yes
0	Low	Yes
0	Low	Yes

FATS	CARBS
-	-
0.6	0
15	0
0.5	0
2.9	0
1.3	0
0.5	0
6.2	0
3.5	0
13.4	0
6.3	0
11.5	0
23	0
10	0.7
10.4	0
1.9	0-
4.9	0
8.2	0
1	0
2.7	0.5
3.4	0.4
2	0.5

Fiber (g)	Glycemic Index	Gluten-Free
0	Low	Yes
0	Low	Yes
0	Low	Yes
0	Low	Yes
0	Low	Yes
0	Low	Yes
0	Low	Yes
0	Low	Yes
0	Low	Yes
0	Low	Yes
0	Low	Yes
0	Low	Yes
0	Low	Yes
0	Low	Yes
0	Low	Yes
0	Low	Yes
0	Low	Yes
0	Low	Yes
0	Low	Yes
0	Low	Yes

FATS	CARBS
6.1	6.7
7.1	7.1
1.9	6.98

3.2	Low	Yes
2	Low	Yes

0.5	33
17.7	4.4
6.4	4
0.5	10.2
2.7	2.4
3.2	3.6
5.5	3.8
7	1.6
10.8	7.6
1.2	3.5

FATS	CARBS
9	8.4
2.8	22.5
0.6	26.1
1.1	21.5
0.6	26.1
0.7	19.5
0.9	20.2
0.5	14.9
0.8	12.3
5.2	8.9
4	12

FATS	CARBS
6	60.1
2.8	58
2.4	43.6
1	60
2.2	63.1
3.2	61.4
4	59.6
2.4	60.2
2.9	60.1
3.6	60.6
1.2	63
1.3	63
2.3	30.2
0	62.9

FATS	CARBS
-	-
5.6	15.2
2.5	6

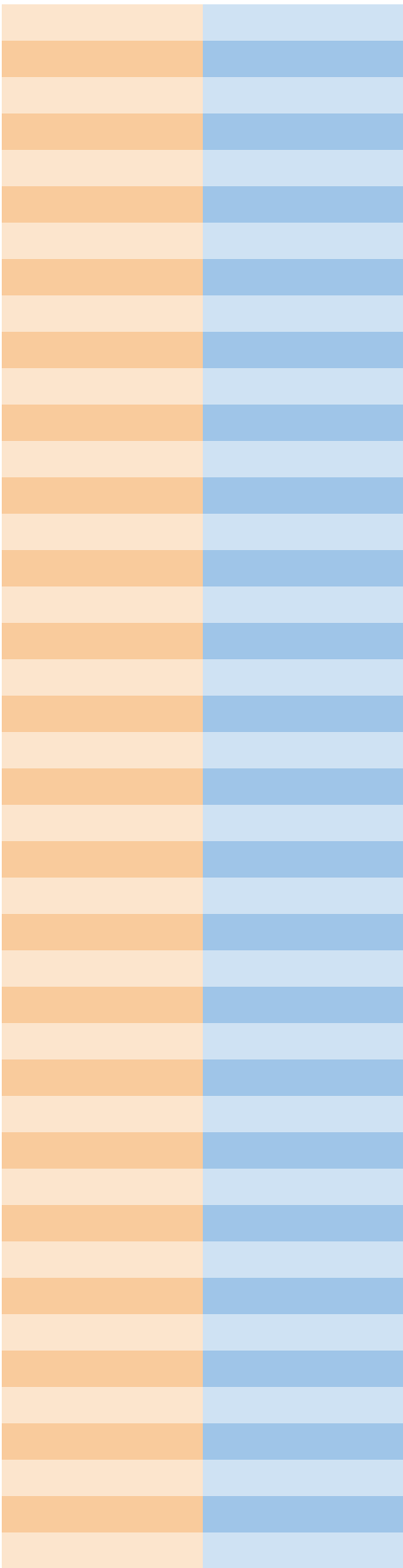
2 Low	No
13 Low	Yes
2 Low	Yes
30 Low	Yes
5 Low	Yes
0.5 Low	Yes
0.5 Low	Yes
1 Low	Yes
1 Low	Yes
5 Low	Yes
1 Low	No

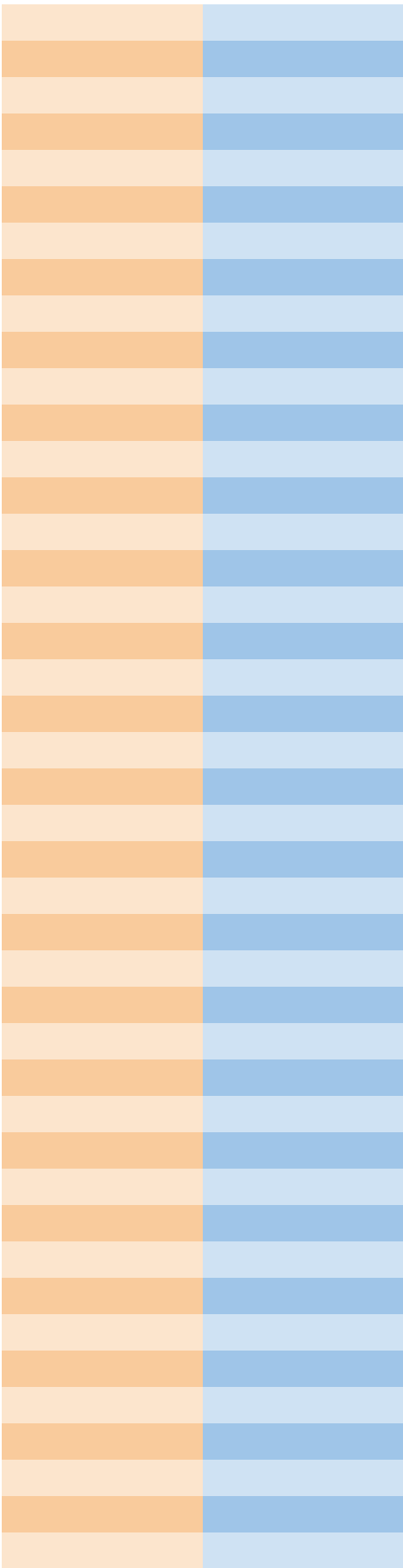
Fiber (g)	Glycemic Index	Gluten-Free
4.2 Low		Yes
5 Low		Yes
7 Low		Yes
6 Low		Yes
5 Low		Yes
5 Low		Yes
7 Low		Yes
5 Low		Yes
5 Low		Yes
5 Low		Yes
5 Low		Yes

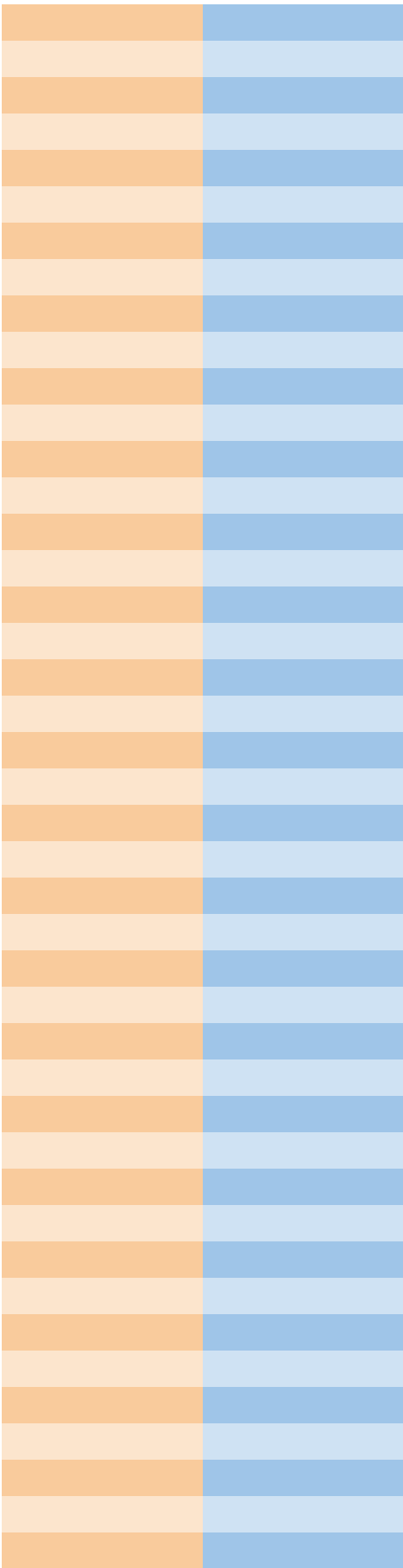
Fiber (g)	Glycemic Index	Gluten-Free
12.2 Low		Yes
15.5 Low		Yes
10.7 Low		Yes
10.7 Low		Yes
10.8 Low		Yes
15.2 Low		Yes
25 Low		Yes
25 Low		Yes
24 Low		Yes
15.2 Low		Yes
16.3 Low		Yes
15.2 Low		Yes
10.6 Low		Yes
13 Low		Yes
25 Low		Yes

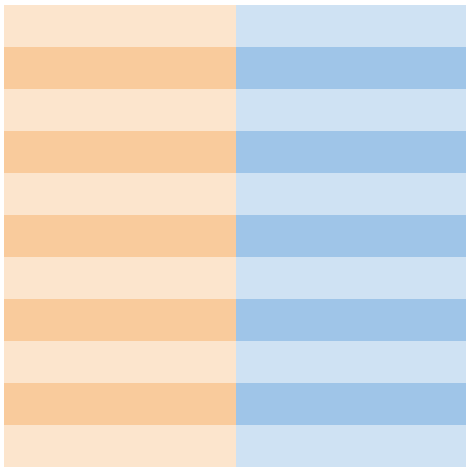
Histamine	Sulfur
Moderate	Moderate
Moderate	Moderate

[illegible]









FODMAP	Histamine	Oxalates	SULFUR
Low	Moderate	Low	High
Low	Low	Low	Moderate
Low	Low	Low	Moderate
Low	Low	Low	Moderate
Low	Low	Low	Moderate
Low	High	Low	High
Low	High	Low	High
Low	Low	Low (assumed)	High
Low	High	Low	High
Low	High	Low	High
Low	High	Low	High
Low	Low	Low	Moderate
Low	High	Low	High
Low	Low	Low (assumed)	High
Low	Low	Low (assumed)	High
Low	Low	Moderate (potential)	Moderate
Low	Low	Low	Moderate

FODMAP	Histamine	Sulfur
Low	High	High
Low	High	High
Low	High	High
Low	High	High
Low	High	High
Low	High	High
Low	High	High
Low	High	High
Low	High	High
Low	High	High
Low	High	High
Low	High	High
Low	High	High

FODMAP	Histamine	Sulfur
Low	Moderate	High
Low	Low	Moderate
Low	Low	Moderate
Low	Low	Moderate
Low	Low	Moderate

Low	High	High
Low	High	High
Low	Low	Moderate
Low	Low	Moderate
Low	Low	Moderate
Low	Low	Moderate
Low	Low	Moderate
Low	Low	Moderate
Low	High	High
Low	Low	Moderate
Low	Low	Moderate
Low	Low	Moderate
Low	Low	Moderate
Low	Low	Moderate
Low	Low	Moderate
Low	Low	Moderate

FODMAP	Histamine	Sulfur
Low	Moderate	Moderate
Low	Moderate	Moderate
Low	Moderate	Moderate
Low	Moderate	Moderate
Low	Moderate	Moderate
Low	Moderate	Moderate
Low	Moderate	Moderate
Low	Moderate	Moderate
Low	Moderate	Moderate
Low	High	Moderate
Low	High	Moderate
Low	High	Moderate
Low	High	Moderate
Low	Moderate	Moderate
Low	High	Moderate
Low	High	Moderate
Low	High	Moderate
Low	Moderate	Moderate
Low	Moderate	Moderate
Low	Moderate	Moderate

Low	Low	Moderate
Low	Low	Moderate

Low	Low	Moderate
Low	Low	Moderate
Low	Low	Moderate
Low	Low	Moderate
Low	Low	Moderate
Low	Low	Moderate
Low	Low	Moderate
Low	Low	Moderate
Low	Low	Moderate
Low	Low	Moderate
Low	Low	Moderate

FODMAP

Histamine

Sulfur

Moderate	Low	Moderate
Moderate	Low	Moderate
Moderate	Low	Moderate
Moderate	Low	Moderate
Moderate	Low	Moderate
Moderate	Low	Moderate
Moderate	Low	Moderate
Moderate	Low	Moderate
Moderate	Low	Moderate
Moderate	Low	Moderate
Moderate	Low	Moderate

FODMAP

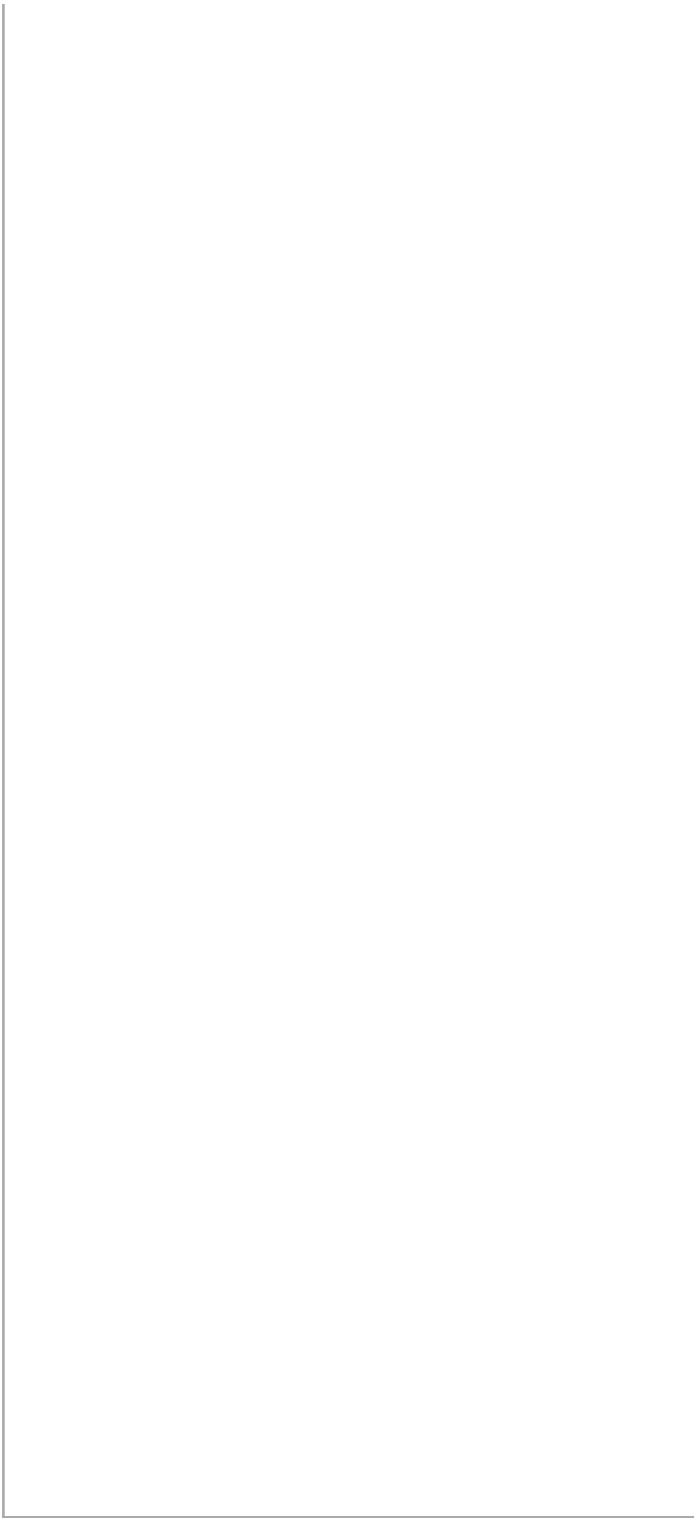
Histamine

Sulfur

High	Low	Moderate
High	Low	Moderate
High	Low	Moderate
High	Low	Moderate
High	Low	Moderate
High	Low	Moderate
High	Low	Moderate
High	Low	Moderate
High	Low	Moderate
High	Low	Moderate
High	Low	Moderate
High	Low	Moderate
High	Low	Moderate
High	Low	Moderate
High	Low	Moderate



DON'T TOUCH COLUMNS BELOW		AMOUNTS OF MACRO FAT	
100G SERVING	MACRO FAT	5	
100	5	FOOD WEIGHT (g/ml)	
100	5	32	30
100	5	1/5 avocado	
100	5	6	5
100	5	5	5
100	5	5	5
100	5	5	5
100	5	5	5
100	5		0
100	5	FOOD WEIGHT (g/n)	
100	5	-	
100	5	5	5
100	5	5	5
100	5		
100	5	FOOD WEIGHT (g/n)	
100	5	-	
100	5	10	10
100	5	11	10
100	5	8	10
100	5	7	5
100	5	7	5
100	5	10	10
100	5	10	10
100	5	9	10
100	5		
100	5	FOOD WEIGHT (g/n)	
100	5	-	
100	5	8	10
100	5	10	10
100	5	38	40
100	5	11	10
100	5	11	10
100	5	5	5
100	5	16	15
100	5	12	10
100	5	25	25
100	5	12	10
100	5	22	20
100	5		0
100	5		0



FAT SOURCES

100g of RAW, UNCOOKED weight of fat

NOTE: Weight of Oils / Butter / Spreads (1 TBSP = ~14g, 1 tsp = ~5g)

10g fats = 1/2 avocado

5g fats = 1/4 avocado

OILS	CALORIES	PROTEIN
Hass Avocado, Skinless (136g ea / S - 110g, M - 160g, L - 200g)	167	2
Butter, Mainland Organic	731	0
Ghee, Organic (Clarified butter = less milk and water from prolonged cooking)	876	0.3
Lard (Animal Fat)	902	0
Coconut Oil	892	0
Olive Oil, Unrefined, Cold-Pressed	884	0
OTHER OILS	CALORIES	PROTEIN
-	-	-
Macadamia Oil	807	0
Flaxseed Oil	884	0
NUTS (Nuts weight vary if whole, halved, chopped, silvered or ground)	CALORIES	PROTEIN
-	-	-
Almonds	579	21.2
Cashews	553	18
Walnut	654	15.2
Brazil	659	14.3
Macadamia	718	8
Peanuts	567	26
Pumpkin Seeds, Shelled, Unsalted	574	29.8
Pumpkin Seeds, Unshelled, Unsalted	446	18.6
OTHER	CALORIES	PROTEIN
-	-	-
Almond Butter	642	17.8
Peanut Butter, Pic's - Smooth OR Crunchy	595	26.5
Cream Cheese, Light, Philadelphia	200	6.7
Lindt 85% Dark Chocolate (10g per piece)	551	11
Lindt 78% Dark Chocolate (10g per piece)	567	10
Olive Oil Spray (0.3g per 1/3 second spray)	884	0
Chia Seeds (tsp - 3g / tbsp -10g)	486	16.5
Cacao Nibs (Organic, Raw)	359	14.3
Hemp Seeds,	407	41.6
Flax Seeds, Not Fortified	534	18.3
Fetta Cheese, Traditional, Lemnos	277	18
Cocoa Powder		

reference: Cronometer.com

FATS	CARBS
15.4	8.6
82	0.6
99.5	1
100	0
100	0
100	0
FATS	CARBS
-	-
92	0
100	0
FATS	CARBS
-	-
50	21.6
44	30.2
65.2	13.7
67.1	11.7
76	13.8
49.2	16.1
49.1	14.7
53.8	19.4
FATS	CARBS
-	-
60.7	21.4
48	22
13.3	6.7
46	35.3
46.7	36.7
100	36
30.7	42.1
43	36
20	5.5
42.2	28.9
23.2	2

Fiber (g)	GI Index	Gluten-Free
6.7	Low	Yes
0	Low	Yes
0	Low	Yes
0	Low	Yes
0	Low	Yes
0	Low	Yes
0	Low	Yes
0	Low	Yes
Fiber (g)	GI Index	Gluten-Free
12.5	Low	Yes
3.3	Low	Yes
6.7	Low	Yes
7.5	Low	Yes
8.6	Low	Yes
8.5	Low	Yes
6	Low	Yes
18.4	Low	Yes
10	Low	Yes
6	Low	Yes
0	Low	Yes
10	Low	Yes
11	Low	Yes
0	Low	Yes
34.4	Low	Yes
10	Low	Yes
4	Low	Yes
27.3	Low	Yes
0	Low	Yes

FODMAP	Histamine	Oxalates	Sulfur	Calories (kcal)	Protein (g)
Low	Low		Moderate	160	2
Low	Moderate		High	717	0.9
Low	Low		High	900	0
Low	Low		High	900	0
Low	Low		Low	862	0
Low	Low		Low	884	0
Low	Low		Low	884	0
Low	Low		Low	884	0
FODMAP	Histamine		Sulfur	Calories (kcal)	Protein (g)
Moderate	Low		Moderate	579	21.2
High	Low		Moderate	553	18.2
Moderate	Low		Moderate	654	15.2
Low	Low		Moderate	659	14.3
Low	Low		Moderate	718	7.9
Moderate	Low		Moderate	567	25.8
Low	Low		Moderate	559	30.2
Low	Low		Moderate	446	18.6
Moderate	Low		Moderate	614	21.1
Moderate	Low		Moderate	588	25.2
Low	Low		Low	189	8.2
Low	Moderate		Low	604	12
Low	Moderate		Low	530	9
Low	Low		Low	884	0
Low	Low		Moderate	486	16.5
Low	Low		Moderate	500	13
Low	Low		Moderate	553	31.6
Low	Low		Moderate	534	18.3
Low	Low		Low	264	14.2

Fat (g)	Carbs (g)
14.7	8.5
81.1	0.1
100	0
100	0
100	0
100	0
100	0
100	0
100	0

Fat (g)	Carbs (g)
49.9	21.6
43.8	30.2
65.2	13.7
67.1	11.7
75.8	13.8
49.2	16.1
49.1	10.7
19.4	53.8

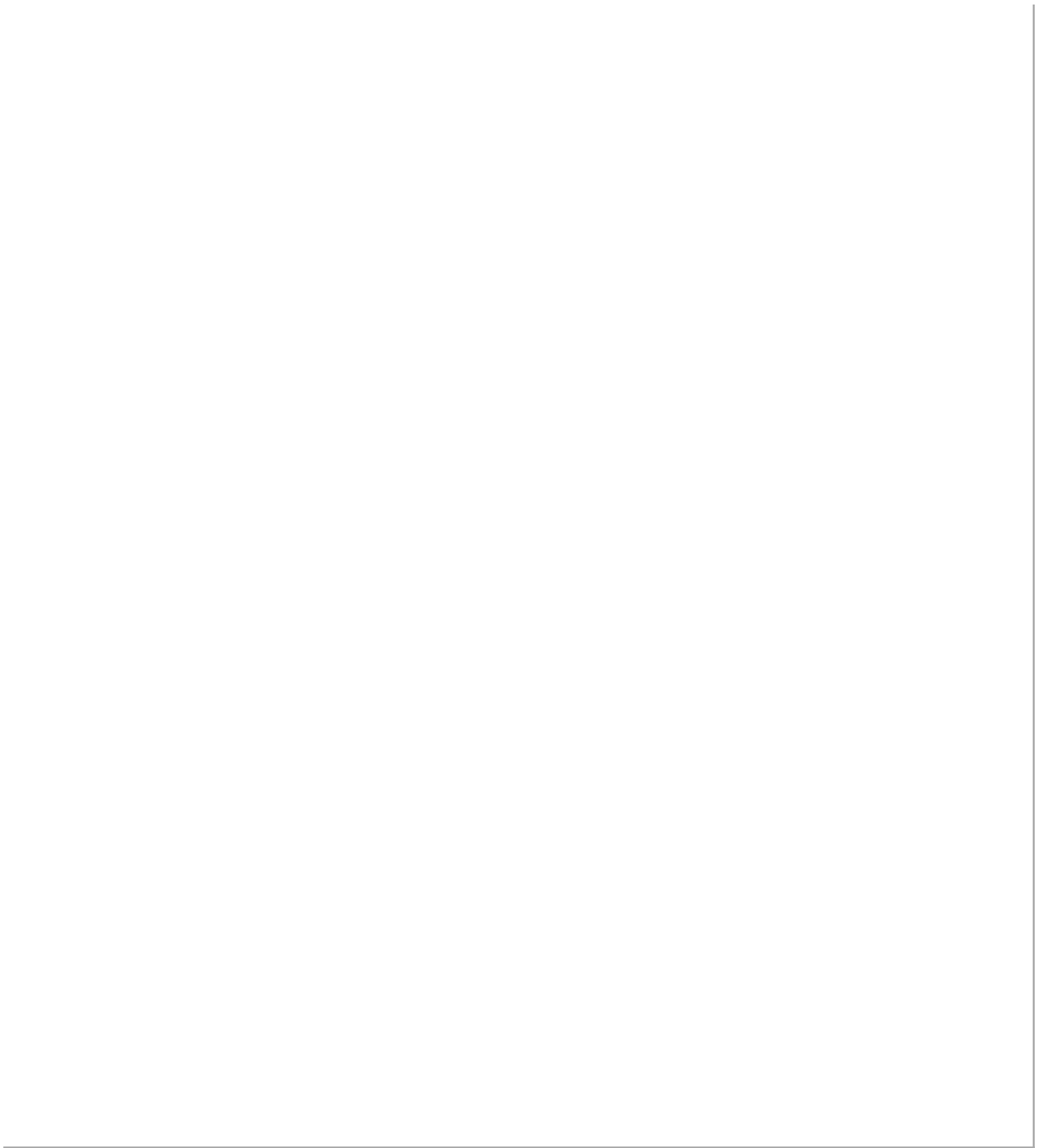
55.5	18.8
50.2	20
15	3
46	19
42	32
100	0
30.7	42.1
46	31
48.8	8.7
42.2	28.9
21.5	1.5











Such as A, D, E, and K, and provide slow burning energy to compliment the energy
Fats are also the precursors to our hormones—they are the raw materials we need

Calorie dense

Unsaturated fats - good for people
Give them this over the option of butter
Olive oil / avocado

Functions:

Cell membrane structure

Absorption of fat soluble vitamins

Maintenance of nervous system function

Synthesis of Myelin (sheath around nerves eg. brain/spinal cord)

Brain cognition

Regulation of Cholesterol & BP

Preservation of Heart

Combatting of Inflammation (eg Fish Oil)

Energy Source

Fats calorically are created equally. Like money, a dollar is a dollar.
But where you invest that dollar will determine what you get in return.
That means, nutrient wise - what do you get out of it instead of just calories?

4 main types of fats

Monounsaturated

Polyunsaturated

Saturated

Trans



Mono & Poly Avocado, nuts?

Healthiest for heart

Poly Salmon, nuts?

Omega 3s & Omega 6s

Saturated Meat? Coconut?

Good for necessary function **BUT** hazardous for heart health

Trans

Margarine

Each kind of fat source contain a mixture of these. It's not just PURE mono, PURE saturated or PU

*Each type of fat source contains **Fatty Acid Types, Fatty Acid Lengths, Processes***

Each type has a different Smoking point - means that the fat is breaking down, potentially releasing

Unrefined VS Refined oils

- unrefined = healthier, more nutrients, more authentic

	Calories	Smoke Point	Saturated Fat (SF)	Monounsaturated Fat (MUF)
Almond Oil	860	220 C	8g	70g
Avocado Oil	860	270 C	12g	71g

TIER LIST

based on a serving size of 100g

S
A
B
C
D
E

Almond Oil

Polyunsaturated Fat (PUF)	Trans	Omega 3	Omega 6	Vit E
17g		0g	17g	196%
14g		1g	13g	163%

Vit K
9%
-

Almond Oil

MUF 18 - Oleic Acid - 69.4g

PUF 18:2 - Linoleic Acid - 17.4g

SF 16 - Palmitic Acid - 6.5g

Oleic Acid - Great for heart health, managing cholesterol &

Shown to manage blood sugar & blood pressure levels

Vitamin E - Antioxidant shown to benefit hair & skin, lowers

Unrefined almond oil has a low smoke point - 105d C - not

Avocado Oil

MUF 18 - Oleic Acid - 67.9g

PUF 18:2 - Linoleic Acid - 12.5

SF 16 - Palmitic Acid - 10.9g

MUF 16 - Palmitoleic Acid - 2.7g





DON'T TOUCH COLUMNS BELOW		RAMS OF MACRO CARB	
100G SERVING	MACRO CARBS	3	
100	3	FOOD WEIGHT (g)	
100	3	24	25
100	3	31	30
100	3	42	40
100	3	12	10
100	3	16	15
100	3	3	5
100	3	3	5
100	3	3	5
100	3	3	5
100	3	3	5
100	3	4	5
100	3	10	10
100	3	10	10
100	3	9	10
100	3	6	5
100	3	4	5
100	3	5	5
100	3		0
100	3	FOOD WEIGHT (g)	
100	3	24	25
100	3	31	30
100	3	42	40
100	3	38	40
100	3	24	25
100	3	16	15
100	3	12	10
100	3	16	15
100	3	14	15
100	3	12	10
100	3	12	10
100	3	18	20
100	3	9	10
100	3	3	5
100	3	9	10
100	3	3	5
100	3	10	10
100	3	3	5
100	3	10	10
100	3	3	5
100	3	3	5

100	3	3	5
100	3	4	5
100	3	6	5
100	3	3	5
100	3	9	10
100	3	9	10
100	3	19	20
100	3	12	10
100	3	9	10
100	3	12	10
100	3	8	10
100	3	7	5
100	3	8	10
100	3	3	5
100	3	3	5
100	3		0
100	3	FOOD WEIGHT (g)	
100	3	30	30
100	3	11	10
100	3	10	10
100	3	12	10
100	3	10	10
100	3	13	15
100	3	12	10
100	3	17	15
100	3	20	20
100	3		
100	3	FOOD WEIGHT (g)	
100	3	4	5
100	3	4	5
100	3	6	5
100	3	4	5
100	3	4	5
100	3	4	5
100	3	4	5
100	3	4	5
100	3	4	5
100	3	4	5
100	3	4	5
100	3	4	5
100	3	8	10
100	3	4	5
100	3		0
100	3		0
100	3		0

100	3		0
100	3		0
100	3	FOOD WEIGHT (g)	
100	3	-	
100	3	11	10
100	3	18	20
100	3	17	15
100	3	23	25
100	3	32	30
100	3	26	25
100	3	17	15
100	3	21	20
100	3	21	20
100	3	31	30
100	3	33	35
100	3	28	30
100	3	26	25
100	3	24	25
100	3	28	30
100	3	24	25
100	3	21	20
100	3	19	20
100	3	19	20
100	3	17	15
100	3	17	15
100	3	16	15
100	3	14	15
100	3	14	15
100	3	13	15
100	3	11	10
100	3	8	10
100	3	4	5
100	3	3	5
100	3	3	5
100	3	3	5
100	3		0
100	3		0
100	3		
100	3	FOOD WEIGHT (g)	
100	3	-	
100	3	3	5
100	3	3	5
100	3	3	5
100	3	3	5
100	3	4	5

[illegible]

100	3
100	3
100	3
100	3
100	3



CARBOHYDRATE SOURCE

100g of RAW, UNCOOKED weight of starchy carbohydrate

ENTERPRISE SHOPPING LIST	CALORIES	PROTEIN	FATS
Butternut Pumpkin	40	1	0.1
Japanese/Kent Pumpkin	44	1	0.1
Queensland Blue/Jarradhale Pumpkin	31	1	0.1
Sweet Potato (Golden/White), Raw	86	1.6	0.1
White Potato, Flesh & Skin, Raw	69	1.7	0.1
Red Rice, Brand - Pandaroo, Uncooked	352	8	2
Black Rice, Brand - Sunrice Woolworths, Uncooked	339	8.5	3.1
Brown Rice, Uncooked	367	7.5	3.2
Basmati Rice, Sunrice, Raw	356	8.9	0
White Long-Grain Rice, Uncooked	365	7.1	0.7
Quinoa, Dry	368	14.1	6.1
Brown Rice, Cooked	123	2.7	1
Basmati Rice, Cooked	182	4	0.2
White Long-Grain Rice, Cooked , 1 CUP = 160g	130	2.7	0.3
Quinoa, Cooked	222	8.1	3.6
Maple Syrup, (tsp - 7g, tbsp - 20g)	260	0	0.1
Strawberry Jam, St Dalfour, Woolworths	214	0.5	0.8
STARCHY	CALORIES	PROTEIN	FATS
Butternut Pumpkin	40	1	0.1
Japanese/Kent Pumpkin	44	1	0.1
Queensland Blue/Jarradhale Pumpkin	31	1	0.1
Pumpkin	26	1	0.1
Spud Lite Potato, Raw	50	1.4	0
White Potato, Flesh & Skin, Raw	69	1.7	0.1
White Potato, Flesh & Skin, Baked	92	2.1	0.2
Red Potato, Flesh & Skin, Raw	72	1.9	0.1
Sweet Potato (Golden/White), Boiled	76	1.4	0.1
Sweet Potato (Golden/White), Raw	86	1.6	0.1
Sweet Potato (Golden/White), Baked	90	2	0.2
Sweet Potato (Purple), Raw	71	2	0.1
Yam, Raw	118	1.5	0.2
White Long-Grain Rice, Uncooked	365	7.1	0.7
White Long-Grain Rice, Cooked	130	2.7	0.3
Basmati Rice, Sunrice, Raw	356	8.9	0
Basmati Rice, Cooked	182	4	0.2
Brown Rice, Uncooked	367	7.5	3.2
Brown Rice, Cooked	123	2.7	1
Brown Basmati Rice, Tilda, Uncooked	352	8.7	2.8
Black Rice, Brand - Sunrice Woolworths, Uncooked	339	8.5	3.1

Red Rice, Brand - Pandaroo, Uncooked	352	8	2
Quinoa, Dry	368	14.1	6.1
Quinoa, Cooked	222	8.1	3.6
Buckwheat	346	11.7	2.7
Brekky Rice (Black Rice & Coconut Pudding), Brand - Forbidden	139	2.3	1.9
Brekky Rice (Black Rice, Honey, Cinnamon Pudding), Brand - Fort	141	2.4	1.2
Pasta, Gluten Free, Made from Edamame, Cooked	111	15.2	2.2
Pasta, Gluten Free, Made from Lentil, Cooked	121	10	0.3
Pasta, Gluten Free, Made from Corn or Multigrain, Cooked	126	2.6	0.7
Pasta, Gluten Free, Made from Chickpea, Cooked	132	8.1	2
Pasta, Gluten Free, Made from Brown Rice, Cooked	138	3.5	1.7
Pasta, Gluten Free, Made from Corn & Rice, Cooked	179	3.2	1
Pasta, Whole Wheat, Cooked	149	6	1.7
Pasta, Uncooked	371	13	1.5
Noodles, Rice Vermicelli, Chang's (Woolworths)	360	1.6	0.6
Fava Beans (UNKNOWN)	CALORIES	PROTEIN	FATS
Soy Beans, Canned, Drained - PROTEIN	172	18.2	9
Chickpeas, aka Garbanzo Beans, Canned, Drained (Cup = 164g, t	139	7.1	2.8
Black Beans, aka Turtle Beans, Canned, Drained (Cup = 172g, tbs	140	8.2	0.6
Red Kidney Beans, Canned, Drained	124	8	1.1
Navy Beans, Canned, Drained	140	8.2	0.6
Brown Lentils, Canned, Edgell (Woolworths)	103	7.2	0.7
Pinto Beans, Canned, Drained	114	7	0.9
Adzuki Beans, Canned, Drained, Macro Organic (Woolwort	104	6.5	0.5
Black-eyed Peas, Canned, Drained, Eden's Brand	69	4.6	0.8
BEANS (LEGUMES) - RAW _Plant Based Carb Source Focus	CALORIES	PROTEIN	FATS
Chick Peas, aka Garbanzo Beans, Raw, McKenzie's (Woolworths)	356	24.5	6
Black Beans, Raw, McKenzie's (Wooloworths)	309	22.4	2.8
Yellow Lentils, Raw, McKenzie's (Woolworths)	332	25.4	2.4
Brown Lentils, Raw	350	26	1
Pink/Red Lentils, Raw	358	23.9	2.2
Red Kidney Beans, Raw, McKenzie's (Woolworths)	315	21.8	3.2
Yellow Split Peas, Raw, McKenzie's (Woolworths)	349	24.2	4
Green Split Peas, Raw, McKenzie's (Woolworths)	332	24	2.4
Borlotti Beans. Raw, McKenzie's (Woolworths)	318	21.7	2.9
White Kidney Beans, Raw, McKenzie's (Woolworths)	304	21.4	3.6
Mung Beans, Raw, Katoomba (Woolworths)	347	24	1.2
Great Northern Beans, Raw, Katoomba (Woolworths)	354	25	1.3
Black-eyed Peas, Raw, McKenzie's (Woolworths)	282	19.9	2.3
Adzuki Beans, Raw	314	20	0
Fava Beans (UNKNOWN)	341	26.1	1.5

FRUIT	CALORIES	PROTEIN	FATS
-	-	-	-
Banana, Raw, (XS - 81g, S - 101g, M - 118g, L - 136g, XL - 152g)	89	1	0.3
Apple, Raw (S - 149g, Med - 182g, Large - 223g)	48	0.3	0.2
Pear, Raw (S - 148g, M - 178g, L - 230g)	57	0.4	0.1
Apricots, Raw,	48	1.4	0.4
Strawberries, Raw	32	0.7	0.3
Blackberries, Raw	43	1.4	0.5
Blueberries, Raw	57	0.7	0.3
Raspberries, Raw	52	1.2	0.7
Cranberries, Raw	46	0.5	0.1
Melon, Rockmelon/Canteloupe, Raw,	34	0.8	0.2
Melon, Watermelon, Raw	30	0.6	0.2
Melon, Honeydew, Raw	36	0.5	0.1
Peaches, Raw, (S - 130g, M - 150g, L - 175g, XL - 224g)	39	0.9	0.3
Nectarine, Raw, (S - 129g, M - 142g, L - 156g)	44	1.1	0.3
Lemon, Raw	29	1.1	0.3
Lime, Raw	30	0.3	0.2
Orange/Mandarin Orange, Raw	47	0.9	0.1
Mandarin Orange, L (2 3/4" diameter) - 120g, M (2 1/2" dia) - 88g, S (2 1/4" diameter) -	53	0.8	0.3
Pineapple, Raw	50	0.5	0.1
Kiwi, Green, Raw	61	1.1	0.5
Mango, Fresh, Raw	60	0.8	0.4
Cherries, Raw, 8g each Cherry (pits removed)	63	1.1	0.2
Grapes, Raw	69	0.7	0.2
Grapes, Cotton Candy, Raw	69	0.7	0.2
Figs, Raw	74	0.8	0.3
Passion Fruit, Raw (18g ea)	97	2.2	0.7
Dates, Fresh	124	1.5	0.1
Figs, Dried, Uncooked, (8g per fig)	249	3.3	0.9
Dates, Dried, Uncooked (7g per date)	282	2.5	0.4
Rasins, Uncooked (tsp - 3g, tbsp - 9g, cup - 145g)	299	3.3	0.3
Sultanas, Seedless, Raw	313	2.3	0.3
CEREAL	CALORIES	PROTEIN	FATS
-	-	-	-
XO Crunch, Brand - Freedom Foods	362	7	2.5
Maple Crunch, Brand - Freedom Foods	383	7.8	2
Cocoa Bombs, Brand - Lowan Whole Food	392	7.1	1.1
Koala Crisp	367	6.7	3.3
GF Oats	375	12.5	7.5

GF Bread, Multigrain/Whole Grain, (1 Slice = 43g)	286	6.7	8.1
GF Bread, White, (1 Slices = 43g)	283	5	7.2
GF Bread, Sourdough, (1 Large Slice = 43g)	272	10.8	2.4
Tortilla, White, Store Bought, Plain (8" = 49g)	306	8.2	8
INTRA-WORKOUT (100g)	CALORIES	PROTEIN	FATS
-	-	-	-
Dextrose, Bulk Nutrients, (50g per serve)	368	0	0
Maltodextrin, Bulk Nutrients, (30g per serve)	382	0	0
Maple Syrup, (<i>tsp</i> - 7g, <i>tbsp</i> - 20g)	260	0	0.1
Raw Honey, (<i>tsp</i> - 7g, <i>tbsp</i> - 20g)	304	0.3	0
Strawberry Jam, Bonne Maman, (<i>tsp</i> - 7g, <i>tbsp</i> - 20g)	265	0.4	0.1
Rice Cakes (Thin), (4 cakes = 25g)	390	8.1	3.3
OTHER	CALORIES	PROTEIN	FATS
Almond Milk, Plain, Original, Unsweetened, 1 cup = 240g	15	0.4	1
Soy Milk, Plain, Original, Unsweetened, 1 cup = 240g	36	3.8	1.9
Oat Milk, 1 cup = 240g	53	1.9	0.9
Hazelnut Milk, Plain, 1 cup = 240g	45	1	1.5
Whole Milk, 1 cup = 240g	61	3.2	3.3
Sorbet, Mango, Gelativo (Woolworths)	113	0.4	0.1
Bagel, Abe's Bagel Bakery (1 bagel = 90g)	268	9.3	1.3
Kinder, Bueno (44g for 2 bars, Ea bar - 22g, like a KitKat)	567	8.4	37.2
Cobs, Popcorn, Lightly Salted Slightly Sweet	485	5.3	22.3
Kit Kat, Regular Bar, 4 strips, 43g Total	516	6.6	26.5
Hot Chocolate, Classic, Jarrah, 10 pack (200g per serving)	23	0.9	0.6
Tim Tam, Arnott's, Original (1 biscuit = 18g)	514	5.7	25.7
Tim Tam, Arnott's, Original (1 biscuit = 22g)	525	4.5	27.9
Cadbury, Dairy Milk Bar (1 block = 6g)	535	7.7	29.7
Cadbury, Fruit and Nut Bar (1 block = 6g)	487	7.6	25.4
Cadbury, Roast Almond Bar (1 block = 6g)	526	9	34.4

Calories are not created equal
Simple sugars VS Starchy carbs have a different hormonal output. Whi

CARBS	FIBER	GI Index	Gluten-Free	FODMAP	Histamine	Oxalates	Sulfur
10.5	2	Low	Yes	Low	Low		Low
8	1.1	Low	Yes	Low	Low		Low
6	1.1	Low	Yes	Low	Low		Low
20.1	3	Medium	Yes	Moderate	Low		Low
15.7	2.2	High	Yes	High	Low		Low
72.7	2	Medium	Yes	Low	Low		Moderate
72.2	4.9	Medium	Yes	Low	Low		Moderate
76.3	3.5	Medium	Yes	Low	Low		Moderate
77.8	2	Medium	Yes	Low	Low		Moderate
80	1.3	High	Yes	Low	Low		Moderate
64.2	7	Low	Yes	Low	Low		Moderate
25.6	1.8	Medium	Yes	Low	Low		Moderate
26.3	0.6	Medium	Yes	Low	Low		Moderate
28.2	0.4	High	Yes	Low	Low		Moderate
39.4	2.8	Low	Yes	Low	Low		Moderate
67	0	High	Yes	High	Low		Low
53.1	0.4	High	Yes	High	Moderate		Low
CARBS							
10.5	2	Low	Yes	Low	Low		Low
8	1.1	Low	Yes	Low	Low		Low
6	1.1	Low	Yes	Low	Low		Low
6.5	1.1	Low	Yes	Low	Low		Low
10.3	2.2	High	Yes	High	Low		Low
15.7	2.2	High	Yes	High	Low		Low
21.1	2.2	High	Yes	High	Low		Low
15.9	2	High	Yes	High	Low		Low
17.7	3	Medium	Yes	Moderate	Low		Low
20.1	3	Medium	Yes	Moderate	Low		Low
20.7	3	Medium	Yes	Moderate	Low		Low
14	4.1	Medium	Yes	Moderate	Low		Low
27.9	4.1	Medium	Yes	Moderate	Low		Low
80	1.3	High	Yes	Low	Low		Moderate
28.2	0.4	High	Yes	Low	Low		Moderate
77.8	2	Medium	Yes	Low	Low		Moderate
26.3	0.6	Medium	Yes	Low	Low		Moderate
76.3	3.5	Medium	Yes	Low	Low		Moderate
25.6	1.8	Medium	Yes	Low	Low		Moderate
74.5	3.5	Medium	Yes	Low	Low		Moderate
72.2	4.9	Medium	Yes	Low	Low		Moderate

72.7	2	Medium	Yes	Low	Low	Moderate
64.2	7	Low	Yes	Low	Low	Moderate
39.4	2.8	Low	Yes	Low	Low	Moderate
75	10	Low	Yes	Low	Low	Moderate
28	1.5	Medium	Yes	Low	Low	Moderate
28.9	1.5	Medium	Yes	Low	Low	Moderate
13.2	5	Low	Yes	Low	Low	Moderate
20.4	4	Low	Yes	Low	Low	Moderate
27.9	2	Medium	Yes	Low	Low	Moderate
20.2	5	Low	Yes	Low	Low	Moderate
32.2	1.8	Medium	Yes	Low	Low	Moderate
38.1	2	Medium	Yes	Low	Low	Moderate
30.1	3.6	Medium	No	Low	Low	Moderate
74.7	3	Medium	No	Low	Low	Moderate
80.8	1	High	Yes	Low	Low	Moderate

CARBS	Calories (kca	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)
8.4	141	12	6	9	6
22.5	119	6.3	1.9	20.8	4
26.1	132	8.9	0.5	23.7	7
21.5	85	5.3	0.3	15.6	6.4
26.1	91	6.7	0.5	16.5	5.5
19.5	90	6.9	0.4	16	4
20.2	76	4.8	0.3	14.5	4.5
14.9	128	7.5	0.1	24.8	5
12.3	80	6.6	0.4	16.5	5.6

CARBS	Calories (kca	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)
60.1	378	20.5	6	63	12.2
58	341	21.6	1.4	62.4	15.5
43.6	352	25.8	1.1	60.1	10.7
60	352	25.8	1.1	60.1	10.7
63.1	358	23.9	2.2	63.1	10.8
61.4	333	23.8	0.9	60.3	15.2
59.6	341	25	1.2	60	25
60.2	341	25	1.2	60	25
60.1	335	23	1	58	24
60.6	333	23.8	0.9	60.3	15.2
63	347	23.9	1.2	62.6	16.3
63	339	21	1.4	62	15
30.2	336	23.5	1.3	60	10.6
62.9	329	19.9	0.5	62.9	12.7
58.3	341	26.1	1.5	58.3	25

CARBS	Food Item	Calories (kcal)	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)
-						
23		89	1.1	0.3	22.8	2.6
14		52	0.3	0.2	13.8	2.4
15		57	0.4	0.1	15.2	3.1
11		48	1.4	0.4	11.1	2
7.7		32	0.7	0.3	7.7	2
9.6		43	1.4	0.5	9.6	5.3
14.5		57	0.7	0.3	14.5	2.4
12		52	1.2	0.7	11.9	6.5
12		46	0.4	0.1	12.2	3.6
8		34	0.8	0.2	8.2	0.9
7.6		30	0.6	0.2	7.6	0.4
9		36	0.5	0.1	9.1	0.8
9.5		39	0.9	0.3	9.5	1.5
10.6		44	1.1	0.3	10.6	1.7
9		29	1.1	0.3	9.3	2.8
10.5		30	0.7	0.2	10.5	2.8
11.8		47	0.9	0.1	11.8	2.4
13.3		53	0.8	0.3	13.3	1.8
13		50	0.5	0.1	13.1	1.4
14.7		61	1.1	0.5	14.7	3
15		60	0.8	0.4	14.9	1.6
16		50	1	0.3	12.2	1.6
18		69	0.7	0.2	18.1	0.9
18		69	0.7	0.2	18.1	0.9
19		74	0.8	0.3	19.2	2.9
23.4		97	2.2	0.4	23.4	10.4
33		282	2.5	0.4	75	8
64		249	3.3	0.9	63.9	9.8
75	Dates, Dried	282	2.5	0.4	75	8
79.3	Raisins, Unsweetened	299	3.1	0.5	79.2	3.7
72.3	Sultanas, Seedless	302	3.4	0.5	79.5	4
	Raisins/Sultanas are dried grapes. Sultanas are dipped in veg oil and preservatives to speed up					
CARBS						
-						
80.6	Freedom Foods	380	8	3.1	74	8.6
85.5	Freedom Foods	395	7	2.3	81.4	7
86.3	Lowman Whole	367	7.7	2.6	81.4	7
83.3	Koala Crisp	380	6	2	85	2
70.8	Gluten-Free	389	16.9	6.9	66.3	10.6

46.7	GF Bread, M	250	5.8	3.5	48	6
49.9	GF Bread, V	270	5	3	52	2
51.9	GF Bread, S	260	4.5	2.5	50	3
49.4	White Tortilla	310	8	7	52	3
CARBS	Food Item	Calories (kcal)	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)
-						
90	Dextrose (Bl	367	0	0	97	0
95	Maltodextrin	367	0	0	97	0
67	Maple Syrup	261	0	0.1	67	0
82	Raw Honey	304	0.3	0	82.4	0.2
64	Strawberry C	250	0.5	0.2	60	1
78.5	Rice Cakes	387	7.5	3	83	3
CARBS						
1.3	Almond Milk	13	0.4	1.1	0.3	0.2
1.8	Soy Milk (Ur	33	3.3	1.6	0.7	0.2
9.7	Oat Milk	43	1	1.5	6.7	0.8
7.2	Hazelnut Mil	29	0.5	1.2	3	0.2
4.8	Whole Milk	61	3.2	3.3	4.8	0
26.4	Mango Sorb	150	0.5	0.2	36	0.5
52.4	Bagel (Abe's	250	9	1.5	50	2
49.3	Kinder Buen	566	8	37	50	2
69.5	Cobs Popco	420	6	15	65	10
61.7	Kit Kat (Reg	518	7	26	64	1
3.4	Hot Chocola	400	5	5	80	2
68.6	Tim Tam (Ar	492	4.5	23	67	2
64.9						
59.4	Cadbury Dai	534	7.3	30	57	2
59.4	Cadbury Fru	514	6.9	26	62	3
53.4	Cadbury Ro	526	7	28	60	3

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GI Index	Gluten-Free	FODMAP	Histamine	Sulfur
Low	Yes	Moderate	Low	Moderate
Low	Yes	Moderate	Low	Moderate
Low	Yes	Moderate	Low	Moderate
Low	Yes	Moderate	Low	Moderate
Low	Yes	Moderate	Low	Moderate
Low	Yes	Moderate	Low	Moderate
Low	Yes	Moderate	Low	Moderate
Low	Yes	Moderate	Low	Moderate
Low	Yes	Moderate	Low	Moderate

GI Index	Gluten-Free	FODMAP	Histamine	Sulfur
Low	Yes	High	Low	Moderate
Low	Yes	High	Low	Moderate
Low	Yes	High	Low	Moderate
Low	Yes	High	Low	Moderate
Low	Yes	High	Low	Moderate
Low	Yes	High	Low	Moderate
Low	Yes	High	Low	Moderate
Low	Yes	High	Low	Moderate
Low	Yes	High	Low	Moderate
Low	Yes	High	Low	Moderate
Low	Yes	High	Low	Moderate
Low	Yes	High	Low	Moderate
Low	Yes	High	Low	Moderate
Low	Yes	High	Low	Moderate
Low	Yes	High	Low	Moderate

GI Index	Gluten-Free	FODMAP	Histamine	Sulfur
Medium	Yes	High	Low	Low
Low	Yes	High	Low	Low
Low	Yes	High	Low	Low
Low	Yes	Low	Low	Low
Low	Yes	Low	Low	Low
Low	Yes	Low	Low	Low
Low	Yes	Moderate	Low	Low
Low	Yes	Low	Low	Low
Low	Yes	Moderate	Low	Low
Low	Yes	Low	Low	Low
High	Yes	Moderate	Low	Low
Low	Yes	Low	Low	Low
Low	Yes	Low	Low	Low
Low	Yes	Low	Low	Low
Low	Yes	Low	Low	Low
Low	Yes	Low	Low	Low
Low	Yes	Low	Low	Low
Low	Yes	Low	Low	Low
Low	Yes	Low	Low	Low
Medium	Yes	Moderate	Low	Low
Low	Yes	High	Low	Low
Medium	Yes	High	Low	Low
Low	Yes	Moderate	Low	Low
Medium	Yes	Moderate	Low	Low
Medium	Yes	Moderate	Low	Low
Low	Yes	High	Low	Low
Low	Yes	Moderate	Low	Low
High	Yes	High	Low	Low
Medium	Yes	High	Low	Low
High	Yes	High	Low	Low
Medium	Yes	High	Low	Low
Medium	Yes	High	Low	Low
Medium	Yes	High	Low	Low
Medium	Yes	Moderate	Low	Low
Medium	Yes	Moderate	Low	Low
Medium	Yes	Moderate	Low	Low
High	Yes	High	Low	Low
Medium	Yes	High	Low	Low

Medium	Yes	High	Low	Low
High	Yes	High	Low	Low
Medium	Yes	High	Low	Low
High	Yes	High	Low	Low

GI Index	Gluten-Free	FODMAP	Histamine	Sulfur
----------	-------------	--------	-----------	--------

High	Yes	High	Low	Low
High	Yes	High	Low	Low
Medium	Yes	Moderate	Low	Low
Medium	Yes	High	Low	Low
High	Yes	High	Low	Low
High	Yes	High	Low	Low

Low	Yes	Low	Low	Low
Low	Yes	Moderate	Low	Low
Medium	Yes	High	Low	Low
Low	Yes	Low	Low	Low
Low	No	Low	Low	Low
High	Yes	High	Low	Low
High	Yes	High	Low	Low
High	No	High	Low	Low
Medium	Yes	Moderate	Low	Low
High	No	High	Low	Low
High	Yes	High	Low	Low
High	No	High	Low	Low

High	No	High	Low	Low
High	No	High	Low	Low
High	No	High	Low	Low





DON'T TOUCH COLUMNS BELOW		GRAMS OF MACRO CARB	
100G SERVING	MACRO CARB	10	
100	10	FOOD WEIGHT (g)	
100	10		
100	10	153	155
100	10		0
100	10	74	75
100	10	119	120
100	10	193	195
100	10	200	200
100	10	276	275
100	10	290	290
100	10		0
100	10		0
100	10	FOOD WEIGHT (g)	
100	10	500	500
100	10	44	45
100	10	47	45
100	10	38	40
100	10	81	80
100	10	143	145
100	10	149	150
100	10	103	105
100	10		
100	10	FOOD WEIGHT (g)	
100	10	256	255
100	10	333	335
100	10		0
100	10	FOOD WEIGHT (g)	
100	10	303	305
100	10	278	280
100	10	278	280
100	10	250	250
100	10		0
100	10	FOOD WEIGHT (g)	
100	10	169	170
100	10	152	150
100	10	455	455
100	10	111	110
100	10	200	200
100	10	172	170
100	10	135	135
100	10	227	225

[illegible]

100	10
100	10
100	10
100	10
100	10
100	10
100	10
100	10
100	10
100	10
100	10
100	10
100	10
100	10
100	10
100	10
100	10



VEGETABLE SOURCES

100g of RAW, UNCOOKED weight of fibrous carbs

TYPES OF VEG	CALORIES	PROTEIN
MIXED VEGETABLES (AVG. NON-STARCHY VEG)	34	2.2
<i>LEGUMES - Average Macro Profile</i>	79	5.4
<i>ROOT - Average Macro Profile</i>	37	1.1
<i>CRUCIFEROUS - Average Macro Profile</i>	27	2.2
<i>TECHNICALLY FRUIT - Average Macro Profile</i>	22	1.0
<i>LEAFY - Average Macro Profile</i>	22	2.4
<i>PERRENIAL - Average Macro Profile</i>	17	1.3
LEGUMES	CALORIES	PROTEIN
Alfalfa Seeds	23	4
Chickpeas, Canned and Drained	139	7.1
Kidney Beans, Canned, Drained	124	8
Black Beans, Canned, Drained	140	8.2
White Kidney Beans, Canned	69	4.6
Green Beans	31	1.8
Snow Pea/Mange Tout	38	3.6
Green Peas	69	6
PERENNIAL VEG (EDIBLE PLANT STEM)	CALORIES	PROTEIN
Asparagus	20	2.2
Celery	14	0.3
LEAFY VEG	CALORIES	PROTEIN
Lettuce, Cos/Iceberg/Romaine	17	1.2
Spinach, Fresh	23	2.9
Baby Spinash, Fresh	23	2.9
Rocket/Arugula	25	2.6
CRUCIFEROUS VEG	CALORIES	PROTEIN
Broccolini	35	3.5
Broccoli	34	2.8
Bok Choy	13	1.5
Brussels Sprouts	43	3.4
Cauliflower	25	1.9
Green Cabbage	25	1.3
Red Cabbage	31	1.4
Kale	35	2.9

Daikon	18	0.6
Watercress	11	2.3
ROOT VEG	CALORIES	PROTEIN
Beetroot	43	1.6
Carrots	24	0.6
Radish	16	0.7
Parsnip	75	1.2
Turnip	28	0.9
ROOT VEG, High in Allium		
Onion, White/Yellow/Red	40	1
Spring Onion (Scallions)	32	1.8
Garlic, Fresh	149	6.4
Technically a fruit	CALORIES	PROTEIN
Zucchini Squash (Courgette)	17	1.2
Cucumber, Without Peel	10	0.6
Cucumber, With Peel	15	0.7
Eggplant / Aubergine	25	1
Green Capsicum (Bell Pepper)	24	1
Red Capsicum (Bell Pepper)	26	1
Yellow Capsicum (Bell Pepper)	27	1
Okra	33	1.9
Tomato, Red	18	0.9
Spaghetti Squash	27	0.7
FUNGI	CALORIES	PROTEIN
Mushroom, Portabello	22	2.1
Mushroom, White	22	3.1
STARCHY VEG	CALORIES	PROTEIN
Corn, Yellow, Canned, Drained	67	2.3
Corn on the Cob, Yellow, Cooked from fresh	96	3.4

Source: Cronometer.com

FATS	CARBS
0.4	6.5
0.9	13.5
0.2	8.4
0.3	5.2
0.2	5.0
0.5	3.6
0.2	3.5
FATS	CARBS
1	2
2.8	22.5
1.1	21.5
0.6	26.5
0.1	12.3
0.2	7
0.3	6.7
0.9	9.7
FATS	CARBS
0.1	3.9
0.2	3
FATS	CARBS
0.3	3.3
0.4	3.6
0.4	3.6
1	4
FATS	CARBS
0.1	5.9
0.4	6.6
0.2	2.2
0.3	9
0.3	5
0.1	5.8
0.2	7.4
1.5	4.4

Fiber (g)	GI Index	Gluten-Free
1.9	Low	Yes
5.6	Medium	Yes
5.5	Medium	Yes
5.3	Medium	Yes
5.5	Medium	Yes
3.4	Low	Yes
2.6	Low	Yes
5.1	Medium	Yes

Fiber (g)	GI Index	Gluten-Free
2.1	Low	Yes
1.6	Low	Yes
1.2	Low	Yes
2.2	Low	Yes
2.2	Low	Yes
1.6	Low	Yes

Fiber (g)	GI Index	Gluten-Free
3.7	Low	Yes
2.6	Low	Yes
1	Low	Yes
3.8	Low	Yes
2	Low	Yes
2.5	Low	Yes
2.1	Low	Yes
4.1	Low	Yes

0.1	4.1
0.1	1.3
FATS	CARBS
0.2	9.6
0.4	4.9
0.1	3.4
0.3	18
0.1	6.4
0	9
0.2	7.3
0.5	33.1
FATS	CARBS
0.3	3.1
0.2	2.2
0.1	3
0.2	5.9
0.2	5.5
0.3	6
0.2	6.3
0.2	7.5
0.2	3.9
0.3	6.5
FATS	CARBS
0.4	3.9
0.3	3.3
FATS	CARBS
1.2	14.3
1.5	21

1.6 Low Yes

0.5 Low Yes

2.8 Low Yes

2.8 Low Yes

1.6 Low Yes

4.9 Medium Yes

1.8 Low Yes

1.7 Medium Yes

2.6 Low Yes

2.1 Low Yes

1 Low Yes

0.7 Low Yes

0.5 Low Yes

3 Low Yes

1.7 Low Yes

2.1 Low Yes

0.9 Low Yes

3.2 Low Yes

1.2 Low Yes

1.5 Low Yes

1.3 Low Yes

1 Low Yes

2 Medium Yes

2 Medium Yes

No where else c
If you don't eat f

FODMAP	Histamine	Sulfur	Food Item
Low	Low	Low	Alfalfa Seeds
Moderate	Low	Moderate	Chickpeas, Canned
Moderate	Low	Moderate	Kidney Beans, Canned
Moderate	Low	Moderate	Black Beans, Canned
Moderate	Low	Moderate	White Kidney Beans
Low	Low	Low	Green Beans
Low	Low	Low	Snow Peas (Mange
Moderate	Low	Low	Green Peas

FODMAP	Histamine	Sulfur	Food Item
Moderate	Low	Moderate	Asparagus
Low	Low	Low	Celery

Low	Low	Low	Lettuce (Cos/Iceberg)
Low	Low	Moderate	Spinach, Fresh
Low	Low	Moderate	Baby Spinach, Fresh
Low	Low	Low	Rocket (Arugula)

FODMAP	Histamine	Sulfur	Food Item
Low	Low	Moderate	Broccolini
Low	Low	Moderate	Broccoli
Low	Low	Moderate	Bok Choy
Moderate	Low	Moderate	Brussels Sprouts
Moderate	Low	Moderate	Cauliflower
Low	Low	Moderate	Green Cabbage
Low	Low	Moderate	Red Cabbage
Low	Low	Moderate	Kale

Low	Low	Moderate	Daikon
Low	Low	Moderat	Watercress
Moderate	Low	Low	Beetroot
Low	Low	Low	Carrots
Low	Low	Low	Radish
Moderate	Low	Low	Parsnip
Low	Low	Low	Turnip
High	High	High	Onion (White/Yellow)
Moderate	Low	Moderate	Spring Onion (Scallion)
High	High	High	Garlic, Fresh
Low	Low	Low	Zucchini (Courgette)
Low	Low	Low	Cucumber, Without Peel
Low	Low	Low	Cucumber, With Peel
Low	Low	Low	Eggplant (Aubergine)
Low	Low	Low	Green Capsicum (Pepper)
Low	Low	Low	Red Capsicum (Bell Pepper)
Low	Low	Low	Yellow Capsicum (Bell Pepper)
Low	Low	Low	Okra
Low	Low	Low	Tomato, Red
Low	Low	Low	Spaghetti Squash
Low	Low	Low	Mushroom, Portobello
Low	Low	Low	Mushroom, White
High	Low	Low	Corn, Yellow, Canned
High	Low	Low	Corn on the Cob, Yellow

Calories (kcal)	Protein (g)	Fat (g)	Carbs (g)
23	4	0.7	2.1
119	6.3	1.9	20.8
114	6.9	0.4	20.2
109	7	0.5	19.5
114	7	0.5	20.2
31	1.8	0.1	7.1
42	2.8	0.2	7.5
81	5.4	0.4	14.5

Calories (kcal)	Protein (g)	Fat (g)	Carbs (g)
20	2.2	0.1	3.9
16	0.7	0.2	3
14	1.4	0.1	2.9
23	2.9	0.4	3.6
23	2.9	0.4	3.6
25	2.6	0.7	3.7

Calories (kcal)	Protein (g)	Fat (g)	Carbs (g)
35	3	0.5	6
34	2.8	0.4	6.6
13	1.5	0.2	2.2
43	3.4	0.3	8.9
25	1.9	0.3	4.9
25	1.3	0.1	5.8
31	1.4	0.2	7.4
35	2.9	0.4	4.4

18	0.6	0.1	4.1
11	2.3	0.1	1.3
43	1.6	0.2	9.6
41	0.9	0.2	9.6
16	0.7	0.1	3.4
75	1.2	0.3	18
28	0.9	0.1	6.4
40	1.1	0.1	9.3
32	1.8	0.2	7.3
149	6.4	0.5	33.1
17	1.2	0.3	3.1
12	0.6	0.1	2.2
15	0.7	0.1	3.6
25	1	0.2	5.9
20	0.9	0.2	4.6
31	1	0.3	6
27	1	0.2	6.3
33	1.9	0.2	7.5
18	0.9	0.2	3.9
27	0.6	0.3	6.5
22	2.1	0.3	3.9
22	3.1	0.3	3.3
81	2.3	1.2	18.6
45	1.5	0.7	10.3





Key	Omega-6 FA	Omega-3 FA	Omega-3-DHA	Fiber	B1	B2	B3	B6	B12	Folate	B5	Biotin	Vit A	Vit C	Vit D	Vit E	Vit K	Choline	Calcium	Phosphorus	Zinc	Iron	Magnesium	
	Dietary fats																							
	Linoleic		α-linolenic (n-3)		LC n-3																			
	(n-6)		(DHA/EPA/DPA)	Dietary Fibre	Thiamine	Riboflavin	niacin	Vitamin B6		Vitamin B12	Folate	Pantothenic acid	Biotin	Vitamin A		Vitamin E								
	mg/day	mg/day	mg/day	g/day	mg/day	mg/day	mg/day	mg/day	µg/day	µg/day	µg/day	µg/day	µg/day	µg/day	µg/day	µg/day	µg/day	µg/day	mg/day	mg/day	mg/day	mg/day	mg/day	mg/day
mg	mg	mg	g	mg	mg	mg	mg	µg	µg	µg	µg	µg	µg	µg	µg	µg	µg	µg	mg	mg	mg	mg	mg	mg
Target	47	4	4	4	820	820	820	4	820	820	820	4	4	4	4	4	4	4	4	820	820	4	820	820
Men 19-30	13000	1300	1300	160	30	1.2	1.3	16	1.3	2.4	400	6	30	900	45	200	10	70	550	1,000	1,000	14	8	400
Men 31-50	13000	1300	160	30	1.2	1.3	16	1.3	2.4	400	6	30	900	45	200	10	70	550	1,000	1,000	14	8	420	
Men 51-70	13000	1300	160	30	1.2	1.3	16	1.7	2.4	400	6	30	900	45	400	10	70	550	1,000	1,000	14	8	420	
Men 71-99	13000	1300	160	30	1.2	1.6	16	1.7	2.4	400	6	30	900	45	600	10	70	550	1,300	1,000	14	8	420	
Women 19-30	8000	800	90	25	1.1	1.1	14	1.3	2.4	400	4	25	700	45	200	7	60	425	1,000	1,000	8	18	310	
Women 31-50	8000	800	90	25	1.1	1.1	14	1.3	2.4	400	4	25	700	45	200	7	60	425	1,000	1,000	8	18	320	
Women 51-70	8000	800	90	25	1.1	1.1	14	1.5	2.4	400	4	25	700	45	400	7	60	425	1,300	1,000	8	8	320	
Women 71-99	8000	800	90	25	1.1	1.3	14	1.5	2.4	400	4	25	700	45	600	7	60	425	1,300	1,000	8	8	320	
Pregnacy 14-18	10000	1000	115	28	1.4	1.4	18	1.9	2.6	600	5	30	700	55	200	8	60	415	1,300	1,250	10	27	400	
Pregnacy 19-30	10000	1000	115	28	1.4	1.4	18	1.9	2.6	600	5	30	800	60	200	7	60	440	1,000	1,000	11	27	350	
Pregnacy 31-50	10000	1000	115	28	1.4	1.4	18	1.9	2.6	600	5	30	800	60	200	7	60	440	1,000	1,000	11	27	360	
Lactation 14-18	12000	1200	140	27	1.4	1.6	17	2	2.8	500	6	35	1,100	80	200	12	60	525	1,300	1,250	11	10	360	
Lactation 19-30	12000	1200	145	30	1.4	1.6	17	2	2.8	500	6	35	1,100	85	200	11	60	550	1,000	1,000	12	9	310	
Lactation 31-50	12000	1200	145	30	1.4	1.6	17	2	2.8	500	6	35	1,100	85	200	11	60	550	1,000	1,000	12	9	320	
Added Sugart Guidelines																								
Men (19-30 year) ≤ 36 grams (9 tsp)																								
Men (31-50 year) ≤ 36 grams (9 tsp)																								
Men (51-70 year) ≤ 36 grams (9 tsp)																								
Men (71-99 year) ≤ 36 grams (9 tsp)																								
Women (19-30 y ≤ 25 grams (6 tsp)																								
Women (31-50 y ≤ 25 grams (6 tsp)																								
Women (51-70 y ≤ 25 grams (6 tsp)																								
Women (71-99 y ≤ 25 grams (6 tsp)																								
Pregnacy (14-14 ≤ 25 grams (6 tsp)																								
Pregnacy (19-3 ≤ 25 grams (6 tsp)																								
Pregnacy (31-5 ≤ 25 grams (6 tsp)																								
Lactation (14-18 ≤ 25 grams (6 tsp)																								
Lactation (19-30 ≤ 25 grams (6 tsp)																								
Lactation (31-50 ≤ 25 grams (6 tsp)																								

Iodine	Selenium	Molybdenum	Copper	Chromium	Manganese	Sodium	Potassium	Sugars	Sat. Fat	Cholesterol
iodine µg/day	Selenium µg/day	Molybdenum µg/day	Copper mg/day	Chromium µg/day	Manganese mg/day	Sodium (revised 2017) mg/day	Potassium mg/day			
µg	µg	µg	mg	µg	mg	mg	mg			
150	RDI	RDI	AI	AI	AI	AI	AI			
150	70	45	1.7	35	5.5	460-920	3,800			
150	70	45	1.7	35	5.5	460-920	3,800			
150	70	45	1.7	35	5.5	460-920	3,800			
150	60	45	1.2	25	5	460-920	2,800			
150	60	45	1.2	25	5	460-920	2,800			
150	60	45	1.2	25	5	460-920	2,800			
150	60	45	1.2	25	5	460-920	2,800			
220	65	50	1.2	30	5	460-920	2,800			
220	65	50	1.3	30	5	460-920	2,800			
220	65	50	1.3	30	5	460-920	2,800			
270	75	50	1.4	45	5	460-920	3,200			
270	75	50	1.5	45	5	460-920	3,200			
270	75	50	1.5	45	5	460-920	3,200			

INDULGENT MEAL GUIDELINES



- 1) SELF ACCOUNTABILITY

"Cheat meal" or "cheat day" don't exist. You're an adult who's in control of making adult decisions, including deviating from the plan, and that's okay.
It's only "cheating" if you hide what you've eaten and pretend that you have been adherent to the plan.
What's more important is to be aware and honest about your decisions; to yourself and to others. This will minimise guilt and regret by holding yourself accountable which will teach you how to build a healthy relationship with food.
- 2) SELF REFLECTION

Instead of asking "Can I have that?", Instead ask, what would the healthiest version of you do? In 2-5 years, who do you want to become and what philosophies does that person embody?
- 3) PLAN AHEAD

When having an indulgent meal, you either pay with planning or pay with guilt. Schedule your indulgent meal and to avoid putting yourself in a situation of impulsive overindulgence.
- 4) BE MINDFUL

Be mindful of your goals and why you started this journey. How often you have an indulgent meal should align with your life goals in order to avoid discomfort or regret.
- 5) BALANCE INDULGENCE

Balance your indulgent meal with nutritious whole foods such as lean protein and vegetables.
- 6) AVOID ALL OR NOTHING

Do not use indulgent meals as an excuse to "eat as much as you can" and abandon your weekly healthy habits.
- 7) RESUME

After your indulgent meal, get back on track with your regular healthy eating plan. Don't let an indulgent meal turn into an indulgent week.

WEEKLY PLAN

EST BASE

1900

EST WKLY INTAKE

13300

STRATEGIES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EST. BASELINE	1900	1900	1900	1900	1900	1900	1900
HIGH / LOW	1600	1600	1600	1600	1600	1600	2200
SURPLUS / DEFICIT	-19%	-19%	-19%	-19%	-19%	-19%	14%
MEAL 1	Planned Meal	Planned Meal	Planned Meal	Planned Meal	Planned Meal	Planned Meal	Planned Meal
MEAL 2	Planned Meal	Planned Meal	Indulgent Meal	Planned Meal	Planned Meal	Planned Meal	Planned Meal
MEAL 3	Planned Meal	Planned Meal	Planned Meal	Planned Meal	Planned Meal	Planned Meal	Planned Meal
MEAL 4	Planned Meal	Planned Meal	Planned Meal	Planned Meal	Planned Meal	Indulgent Meal	Planned Meal
MEAL 5	N/A	N/A	N/A	N/A	N/A	N/A	N/A

PLANNED MEALS

/ 28

11800 11900

