

1 PROTEIN BLOCK

| Item | Amount |
|------------------------|----------|
| Chicken | 50 grams |
| Fish | 50 grams |
| Prawns | 50 grams |
| Oysters | 50 grams |
| Mussels | 50 grams |
| Low-fat Cottage Cheese | 60 grams |
| Beef | 40 grams |
| Beef Mince | 40 grams |
| Turkey | 40 grams |
| Low-fat Ham | 40 grams |
| Low-fat Cheese | 40 grams |
| Beef sausage | 1 ea |
| Chicken sausage | 1 ea |
| Egg | 1 ea |

1 CARBOHYDRATE BLOCK

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|--------------------|---------|
| Apple (medium) | 1 ea |
| Nectarine | 1 ea |
| Apricot | 3 ea |
| Blackberry | 1 cup |
| Blueberry | 1 cup |
| Boysenberry | 1 cup |
| Strawberry | 1 cup |
| Raspberry | 1 cup |
| Pear | 1 ea |
| Peach (medium) | 1 ea |
| Grapefruit | 1 ea |
| Orange (small) | 1 ea |
| Mandarin | 1 ea |
| Kiwi | 1 ea |
| Lemon | 1 ea |
| Potato (medium) | 1 ea |
| Onion (medium) | 1 ea |
| Carrot | 1/3 cup |
| Celery | 1 cup |
| Kale | 1 cup |
| Beetroot | 1/3 cup |
| Cucumber | 1 ea |
| Tomato | 1 ea |
| Capsicum | 1 ea |
| Pepper | 1 ea |
| Asparagus (cut) | 1 cup |
| Cabbage (cut) | 1 cup |
| Zucchini (small) | 1 ea |
| Spinach | 1 cup |
| Brussels Sprouts | 1 cup |
| Mushrooms, chopped | 1 cup |
| Lettuce | 1 cup |
| Peas | 1 cup |

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| Oats | 1/3 cup |
| Buckwheat | 1/3 cup |
| Brown Rice | 1/3 cup |
| Rice | 1/3 cup |
| Bulgur | 1/3 cup |
| Vegetables (mix) | 1 cup |
| Wine | 1 glass |
| Spirit | 1 shot |
| Beer | 150 ml |
| Apple Cider | 150 ml |
| 1 FAT BLOCK | |
| Low-fat Mayonnaise | 1 tsp |
| Butter | 1 tsp |
| Low-fat Sor Cream | 1 tbsp |
| Olives | 3-4 ea |
| Peanuts | 18-20 ea |
| Almonds | 3-4 ea |
| Avocado (medium) | 1/3 ea |
| Walnuts | 3-4 ea |
| Pecans | 3-4 ea |
| Hazelnuts | 8 ea |
| Olive oil | 1/3 tsp |
| Coconut oil | 1/3 tsp |
| Sunflower oil | 1/3 tsp |
| Vegetable oil | 1/3 tsp |
| MIXED BLOCK (1 PROTEIN + 1 CARB) | |
| Low-Fat Yogurt | 100 grams |
| Trim Milk | 1 cup |