ItemAmountChicken50 gramsFish50 gramsPrawns50 gramsOysters50 gramsMussels50 gramsLow-fat Cottage Cheese60 gramsBeef40 gramsTurkey40 gramsLow-fat Ham40 gramsLow-fat Cheese40 gramsBeef sausage1 eaChicken sausage1 eaEgg1 ea1 CARBOHYDRATE BLOCKApple (medium)1 eaNectarine1 eaApricot3 eaBlackberry1 cupBlueberry1 cupBoysenberry1 cupStrawberry1 cupRaspberry1 cupPear1 eaPeach (medium)1 eaGrapefruit1 eaOrange (small)1 eaMandarin1 eaKiwi1 ea
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Mandarin 1 ea Kiwi 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

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	