#### **Nutrition Table**

#### All units are quantified from 100g of produce

| Calories Carbs | Prot   | ein Fat   | Iron   | Fibre   | Sodium   | Calcium   | Pota   | ssium  |
|----------------|--|---|--|---|--|---|--|--|
| 129            | 28   | 2.5   | 0.5  | 1   | 0.5  | 245   | 10   | 3  |
| 87             | 20   | 2   | 0  | 0.5   | 2  | 4   | 5  | 379  |
| 131            | 25   | 5   | 1  | 1   | 2  | 6   | 7  | 2  |
| 387            | 79   | 8   | 3  | 1.5   | 3  | 222   | 13   | 29   |
| 629            | 22   | 18  | 55   | 5   | 7  | 0   | 143  | 16   |
| 579            | 22   | 21  | 50   | 3   | 13   | 1   | 260  | 73   |
| 160            | 9  | 2   | 15   | 1   | 7  | 7   | 22   | 48   |
| 490            | 0  | 0   | 55   | 0   | 0  | 320   | 0  | 1  |
| 229            | 0  | 23  | 15   | 1   | 0  | 86  | 10   | 26   |
| 187            | 0  | 33  | 5  | 1   | 0  | 79  | 15   | 27   |
| 192            | 0  | 27  | 8  | 3   | 0  | 59  | 10   | 30   |
| 138            | 0  | 20  | 1  | 4   | 0  | 46  | 0  | 38   |
| 136            | 13.5   | 15  | 1  | 1   | 0.5  | 417   | 83   | 15   |
| 59             | 0.5  | 11.5  | 1.5  | 1   | 0  | 354   | 60   | 22   |
| 113            | 4  | 19  | 1.5  | 1   | 0  | 368   | 40   | 304  |
| 27             | 2.5  | 3   | 0.5  | 1.5   | 1.5  | 111   | 68   | 583  |
| 39             | 4  | 3.5   | 0  | 1   | 3  | 0   | 35   | 123  |
| 124            | 21.5   | 8   | 1  | 1.5   | 5.5  | 231   | 57   | 27   |
| 98             | 23   | 0.5   | 0.5  | 0   | 1.5  | 0   | 5  | 32   |
| 287            | 83   | 0.5   | 0.5  | 0.5   | 25   | 6   | 10   | 64   |
| 48             | 6  | 0.5   | 2  | 0.5   | 1  | 50  | 120  | 10   |
|                |  |   |  |   |  |   |  |  |
|                | 129 87 131 387 629 579 160 490 229 187 192 138 136 59 113 27 39 124 98 287 | 129       28         87       20         131       25         387       79         629       22         579       22         160       9         490       0         229       0         187       0         192       0         138       0         136       13.5         59       0.5         113       4         27       2.5         39       4         124       21.5         98       23         287       83         48       6 | 129       28       2.5         87       20       2         131       25       5         387       79       8         629       22       18         579       22       21         160       9       2         490       0       0         229       0       23         187       0       33         192       0       27         138       0       20         136       13.5       15         59       0.5       11.5         113       4       19         27       2.5       3         39       4       3.5         124       21.5       8         98       23       0.5         287       83       0.5         48       6       0.5 | 129       28       2.5       0.5         87       20       2       0         131       25       5       1         387       79       8       3         629       22       18       55         579       22       21       50         160       9       2       15         490       0       0       55         229       0       23       15         187       0       33       5         192       0       27       8         138       0       20       1         136       13.5       15       1         59       0.5       11.5       1.5         113       4       19       1.5         27       2.5       3       0.5         39       4       3.5       0         124       21.5       8       1         98       23       0.5       0.5         287       83       0.5       0.5         48       6       0.5       2 | 129       28       2.5       0.5       1         87       20       2       0       0.5         131       25       5       1       1         387       79       8       3       1.5         629       22       18       55       5         579       22       21       50       3         160       9       2       15       1         490       0       0       55       0         229       0       23       15       1         187       0       33       5       1         192       0       27       8       3         138       0       20       1       4         136       13.5       15       1       1         59       0.5       11.5       1.5       1         113       4       19       1.5       1         27       2.5       3       0.5       1.5         39       4       3.5       0       1         124       21.5       8       1       1.5         98       23       0.5       0.5< | 129       28       2.5       0.5       1       0.5         87       20       2       0       0.5       2         131       25       5       1       1       2         387       79       8       3       1.5       3         629       22       18       55       5       7         579       22       21       50       3       13         160       9       2       15       1       7         490       0       0       55       0       0         229       0       23       15       1       0         187       0       33       5       1       0         187       0       33       5       1       0         192       0       27       8       3       0         138       0       20       1       4       0         136       13.5       15       1       1       0.5         59       0.5       11.5       1.5       1       0         113       4       19       1.5       1       0         27 </td <td>129       28       2.5       0.5       1       0.5       245         87       20       2       0       0.5       2       4         131       25       5       1       1       2       6         387       79       8       3       1.5       3       222         629       22       18       55       5       7       0         579       22       21       50       3       13       1         160       9       2       15       1       7       7         490       0       0       55       0       0       320         229       0       23       15       1       0       86         187       0       33       5       1       0       79         192       0       27       8       3       0       59         138       0       20       1       4       0       46         136       13.5       15       1       0       354         113       4       19       1.5       1       0       368         27       2.5<td>129       28       2.5       0.5       1       0.5       245       10         87       20       2       0       0.5       2       4       5         131       25       5       1       1       2       6       7         387       79       8       3       1.5       3       222       13         629       22       18       55       5       7       0       143         579       22       21       50       3       13       1       260         160       9       2       15       1       7       7       22         490       0       0       55       0       0       320       0         229       0       23       15       1       0       86       10         187       0       33       5       1       0       79       15         192       0       27       8       3       0       59       10         138       0       20       1       4       0       46       0         136       13.5       15       1       0</td></td> | 129       28       2.5       0.5       1       0.5       245         87       20       2       0       0.5       2       4         131       25       5       1       1       2       6         387       79       8       3       1.5       3       222         629       22       18       55       5       7       0         579       22       21       50       3       13       1         160       9       2       15       1       7       7         490       0       0       55       0       0       320         229       0       23       15       1       0       86         187       0       33       5       1       0       79         192       0       27       8       3       0       59         138       0       20       1       4       0       46         136       13.5       15       1       0       354         113       4       19       1.5       1       0       368         27       2.5 <td>129       28       2.5       0.5       1       0.5       245       10         87       20       2       0       0.5       2       4       5         131       25       5       1       1       2       6       7         387       79       8       3       1.5       3       222       13         629       22       18       55       5       7       0       143         579       22       21       50       3       13       1       260         160       9       2       15       1       7       7       22         490       0       0       55       0       0       320       0         229       0       23       15       1       0       86       10         187       0       33       5       1       0       79       15         192       0       27       8       3       0       59       10         138       0       20       1       4       0       46       0         136       13.5       15       1       0</td> | 129       28       2.5       0.5       1       0.5       245       10         87       20       2       0       0.5       2       4       5         131       25       5       1       1       2       6       7         387       79       8       3       1.5       3       222       13         629       22       18       55       5       7       0       143         579       22       21       50       3       13       1       260         160       9       2       15       1       7       7       22         490       0       0       55       0       0       320       0         229       0       23       15       1       0       86       10         187       0       33       5       1       0       79       15         192       0       27       8       3       0       59       10         138       0       20       1       4       0       46       0         136       13.5       15       1       0 |

# Daily Totals

|                   |              | In use??     | Calories | Carbs      | Protein    | Fat        | Iron     | Fibre    | Sodium      | Calcium  | Potassium    |
|-------------------|--------------|--------------|----------|------------|------------|------------|----------|----------|-------------|----------|--------------|
| Meal Repla        | cement Shake | YES          | 1,106.1  | 96.3       | 33.5       | 67.1       | 11.3     | 19.5     | 432.7       | 753.7    | 1,078.3      |
| Tea w Chick       | en           | YES          | 950.7    | 104.9      | 66.6       | 28.9       | 7.4      | 16.3     | 929.1       | 142.6    | 1,403.0      |
| Pasta w Chi       | cken         | YES          | 859.1    | 78.6       | 68.6       | 29.6       | 6.5      | 17.3     | 159.3       | 113.8    | 1,313.8      |
| <b>Mixed Nuts</b> |              | YES          | 440.3    | 15.4       | 12.6       | 38.5       | 3.5      | 4.9      | 0.0         | 100.1    | 114.1        |
| Rice Cakes        |              | YES          | 290.3    | 59.3       | 6.0        | 2.3        | 1.1      | 2.3      | 166.5       | 9.8      | 221.3        |
| Pre-Gym           |              | YES          | 462.2    | 46.4       | 12.8       | 30.2       | 2.0      | 17.8     | 3.0         | 160.0    | 465.4        |
|                   |              |              |          |            |            |            |          |          |             |          |              |
|                   |              | Daily Total: | 4,109    | 401        | 200        | 196        | 32       | 78       | 1,691       | 1,280    | 4,596        |
|                   |              |              | 1        |            |            |            |          |          |             |          |              |
|                   |              | Reccomended: | 4,000    | 340 to 400 | 187 to 200 | 187 to 200 | 19 to 45 | 55 to 70 | 500 to 2300 | Max 2500 | 3500 to 4700 |
|                   |              |              | Good     | Good       | Good       | Good       | Good     | Good     | Good        | Good     | Good         |

# Meal Replacement Shake

| Calories | Carbs | Prote | in Fat | Iron | Fibre | Sodiu | ım    | Calcium | Potassium |
|----------|-------|-------|--------|------|-------|-------|-------|---------|-----------|
| 1,106    | 5.1   | 96.3  | 33.5   | 67.1 | 11.3  | 19.5  | 432.7 | 753.7   | 1,078.3   |

|                    | Qty (g) | Calories | Carbs | Protein | Fat I | Iron F | ibre S | Sodium | Calcium | Potassium |
|--------------------|---------|----------|-------|---------|-------|--------|--------|--------|---------|-----------|
| Raw Protein Powder | 15      | 62.1     | 0.1   | 12.3    | 1.4   | 3.7    | 0.7    | 181.5  | 2.7     | 11.3      |
| Oat Milk           | 500     | 240.0    | 30.0  | 2.5     | 10.0  | 2.5    | 5.0    | 250.0  | 600.0   | 500.0     |
| Dried Cranberries  | 20      | 57.4     | 16.6  | 0.1     | 0.1   | 0.1    | 5.0    | 1.2    | 2.0     | 12.8      |
| Mixed Nuts         | 100     | 629.0    | 22.0  | 18.0    | 55.0  | 5.0    | 7.0    | 0.0    | 143.0   | 163.0     |
| Banana             | 120     | 117.6    | 27.6  | 0.6     | 0.6   | 0.0    | 1.8    | 0.0    | 6.0     | 391.2     |
|                    |         | 0.0      | 0.0   | 0.0     | 0.0   | 0.0    | 0.0    | 0.0    | 0.0     | 0.0       |
|                    |         | 0.0      | 0.0   | 0.0     | 0.0   | 0.0    | 0.0    | 0.0    | 0.0     | 0.0       |
|                    |         | 0.0      | 0.0   | 0.0     | 0.0   | 0.0    | 0.0    | 0.0    | 0.0     | 0.0       |
|                    |         | 0.0      | 0.0   | 0.0     | 0.0   | 0.0    | 0.0    | 0.0    | 0.0     | 0.0       |
|                    |         | 0.0      | 0.0   | 0.0     | 0.0   | 0.0    | 0.0    | 0.0    | 0.0     | 0.0       |

# Tea with Chicken Thigh

| Calories | Carbs   | Protein | Fat | Iron | Fibre | :     | Sodium | Calcium | Potassium |
|----------|---------|---------|-----|------|-------|-------|--------|---------|-----------|
| 950.     | 7 104.8 | 5 66.   | 6   | 28.9 | 7.35  | 16.25 | 929.1  | 142.6   | 1403      |

|                  | Qty (g) | Calories | Carbs | Protein | Fat  | Iron | Fibre | Sodium | Calcium | Potassium |
|------------------|---------|----------|-------|---------|------|------|-------|--------|---------|-----------|
| Rice             | 280     | 361.2    | 78.4  | 7       | 1.4  | 2.8  | 1.4   | 686    | 28      | 98        |
| Avocado          | 130     | 208      | 11.7  | 2.6     | 19.5 | 1.3  | 9.1   | 9.1    | 28.6    | 630.5     |
| Red Kidney Beans | 50      | 62       | 10.75 | 4       | 0.5  | 0.75 | 2.75  | 115.5  | 28.5    | 138.5     |
| Mixed Green Veg  | 100     | 39       | 4     | 3.5     | 0    | 1    | 3     | 0      | 35      | 122       |
| Chicken Breast   | 150     | 280.5    | 0     | 49.5    | 7.5  | 1.5  | 0     | 118.5  | 22.5    | 414       |
| •                | 0       | 0        | 0     | 0       | 0    | 0    | 0     | 0      | 0       | 0         |
|                  |         | 0        | 0     | 0       | 0    | 0    | 0     | 0      | 0       | 0         |
|                  |         | 0        | 0     | 0       | 0    | 0    | 0     | 0      | 0       | 0         |
|                  |         | 0        | 0     | 0       | 0    | 0    | 0     | 0      | 0       | 0         |
|                  |         | 0        | 0     | 0       | 0    | 0    | 0     | 0      | 0       | 0         |

## Pasta and Chicken

| Calories | Carbs | Protein | Fat | Iron   | Fibro | е      | Sodium | Calcium | Potassium |
|----------|-------|---------|-----|--------|-------|--------|--------|---------|-----------|
| 859.0    | 78.57 | 5 68.55 | •   | 29.575 | 6.525 | 17.325 | 159.25 | 113.8   | 1313.8    |

|                 | Qty (g) | Calories | Carbs | Protein | Fat   | Iron  | Fibre | Sodium | Calcium | Potassium |
|-----------------|---------|----------|-------|---------|-------|-------|-------|--------|---------|-----------|
| Pasta           | 250     | 327.5    | 62.5  | 12.5    | 2.5   | 2.5   | 5     | 15     | 17.5    | 60        |
| Avocado         | 130     | 208      | 11.7  | 2.6     | 19.5  | 1.3   | 9.1   | 9.1    | 28.6    | 630.5     |
| Spinach         | 15      | 4.05     | 0.375 | 0.45    | 0.075 | 0.225 | 0.225 | 16.65  | 10.2    | 87.3      |
| Mixed Green Veg | 100     | 39       | 4     | 3.5     | 0     | 1     | 3     | 0      | 35      | 122       |
| Chicken Breast  | 150     | 280.5    | 0     | 49.5    | 7.5   | 1.5   | 0     | 118.5  | 22.5    | 414       |
|                 |         | 0        | 0     | 0       | 0     | 0     | 0     | 0      | 0       | 0         |
|                 |         | 0        | 0     | 0       | 0     | 0     | 0     | 0      | 0       | 0         |
|                 |         | 0        | 0     | 0       | 0     | 0     | 0     | 0      | 0       | 0         |
|                 |         | 0        | 0     | 0       | 0     | 0     | 0     | 0      | 0       | 0         |
|                 |         | 0        | 0     | 0       | 0     | 0     | 0     | 0      | 0       | 0         |

## Post Gym; Nuts

| Calories | Carbs | Prote | in Fat | Iron | Fibre | Sodium | Cal | cium  | Potassium |
|----------|-------|-------|--------|------|-------|--------|-----|-------|-----------|
| 440.     | 3     | 15.4  | 12.6   | 38.5 | 3.5   | 4.9    | 0   | 100.1 | 114.1     |

|            | Qty (g) | Calories | Carbs | Protein | Fat  | Iron | Fibre | Sodium | Calcium | Potassium |
|------------|---------|----------|-------|---------|------|------|-------|--------|---------|-----------|
| Mixed Nuts | 70      | 440.3    | 15.4  | 12.6    | 38.5 | 3.5  | 4.9   | 0      | 100.1   | 114.1     |
|            | 0       | 0        | 0     | 0       | 0    | 0    | 0     | 0      | 0       | 0         |
|            | 0       | 0        | 0     | 0       | 0    | 0    | 0     | 0      | 0       | 0         |
|            | 0       | 0        | 0     | 0       | 0    | 0    | 0     | 0      | 0       | 0         |
|            | 0       | 0        | 0     | 0       | 0    | 0    | 0     | 0      | 0       | 0         |
|            | 0       | 0        | 0     | 0       | 0    | 0    | 0     | 0      | 0       | 0         |
|            | 0       | O        | 0     | 0       | 0    | 0    | 0     | 0      | 0       | 0         |
|            | 0       | O        | 0     | 0       | 0    | 0    | 0     | 0      | 0       | 0         |
|            | 0       | O        | 0     | 0       | 0    | 0    | 0     | 0      | 0       | 0         |
|            | 0       | O        | 0     | 0       | 0    | 0    | 0     | 0      | 0       | 0         |

## Rice Cakes

| Calories | Carbs | Protein | Fat | Iron | Fibre | Sodiur | n Calcium | Potass | sium  |
|----------|-------|---------|-----|------|-------|--------|-----------|--------|-------|
| 290.     | 3     | 59.3    | 6.0 | 2.3  | 1.1   | 2.3    | 166.5     | 9.8    | 221.3 |

|            | Qty (g) | Calories | Carbs P | rotein Fa | at I | lron  | Fibre | Sodium | Calcium | Potassium |
|------------|---------|----------|---------|-----------|------|-------|-------|--------|---------|-----------|
| Rice Cakes | 75      | 290.25   | 59.25   | 6         | 2.25 | 1.125 | 2.25  | 166.5  | 9.75    | 221.25    |
|            | 0       | 0        | 0       | 0         | 0    | 0     | 0     | 0      | 0       | 0         |
|            | 0       | 0        | 0       | 0         | 0    | 0     | 0     | 0      | 0       | 0         |
|            | 0       | 0        | 0       | 0         | 0    | 0     | 0     | 0      | 0       | 0         |
|            | 0       | 0        | 0       | 0         | 0    | 0     | 0     | 0      | 0       | 0         |
|            | 0       | 0        | 0       | 0         | 0    | 0     | 0     | 0      | 0       | 0         |
|            | 0       | 0        | 0       | 0         | 0    | 0     | 0     | 0      | 0       | 0         |
|            | 0       | 0        | 0       | 0         | 0    | 0     | 0     | 0      | 0       | 0         |
|            | 0       | 0        | 0       | 0         | 0    | 0     | 0     | 0      | 0       | 0         |
|            | 0       | 0        | 0       | 0         | 0    | 0     | 0     | 0      | 0       | 0         |

## Pre-Gym

| Calories | Carbs | Protein | Fat  | Iron | Fibre | Sodium | Calciu | m     | Potassium |
|----------|-------|---------|------|------|-------|--------|--------|-------|-----------|
| 462.     | 2     | 46.4    | 12.8 | 30.2 | 2.0   | 17.8   | 3.0    | 160.0 | 465.4     |

|                          | Qty (g) | Calories | Carbs | Protein | Fat | Iron | Fibre | Sodium | Calcium | Potassium |
|--------------------------|---------|----------|-------|---------|-----|------|-------|--------|---------|-----------|
| Almonds                  | 60      | 347.4    | 13.2  | 12.6    | 30  | 1.8  | 7.8   | 0.6    | 156     | 439.8     |
| <b>Dried Cranberries</b> | 40      | 114.8    | 33.2  | 0.2     | 0.2 | 0.2  | 10    | 2.4    | 4       | 25.6      |
|                          |         | 0        | 0     | 0       | 0   | 0    | 0     | 0      | 0       | 0         |
|                          |         | 0        | 0     | 0       | 0   | 0    | 0     | 0      | 0       | 0         |
|                          |         | 0        | 0     | 0       | 0   | 0    | 0     | 0      | 0       | 0         |
|                          |         | 0        | 0     | 0       | 0   | 0    | 0     | 0      | 0       | 0         |
|                          |         | 0        | 0     | 0       | 0   | 0    | 0     | 0      | 0       | 0         |
|                          |         | 0        | 0     | 0       | 0   | 0    | 0     | 0      | 0       | 0         |
|                          |         | 0        | 0     | 0       | 0   | 0    | 0     | 0      | 0       | 0         |
|                          |         | 0        | 0     | 0       | 0   | 0    | 0     | 0      | 0       | 0         |