

Nutrition Table

All units are quantified from 100g of produce

[illegible]

Daily Totals

[illegible]

Meal Replacement Shake

Calories	Carbs	Protein	Fat	Iron	Fibre	Sodium	Calcium	Potassium
1,106.1	96.3	33.5	67.1	11.3	19.5	432.7	753.7	1,078.3

Recipe

[illegible]

Pre-Gym

Calories	Carbs	Protein	Fat	Iron	Fibre	Sodium	Calcium	Potassium
462.2	46.4	12.8	30.2	2.0	17.8	3.0	160.0	465.4

Recipe

[illegible]