



 COACHING
SOCIETY

Smart Swaps

Food Guide



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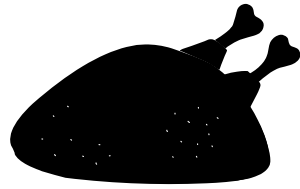
Disclaimer

The following guide provides information on the calorie content and macronutrient composition of common foods. The macronutrient and calorie values for packaged foods are sourced directly from the product labels, and the macronutrient values for whole foods are obtained from NUTTAB, a trusted food composition database - Fibre is not directly accounted for in the calculation of calories for whole foods. It is important to note that these values are provided as averages and can vary depending on factors such as cooking time, preparation methods, and individual variations in ingredients.

Furthermore, it is crucial to exercise caution when considering diet foods or products labeled as low-carb. While efforts have been made to include accurate information, hidden carbohydrates can be present in certain food items so it is recommended to carefully review ingredient list and count Fibre as carbohydrates for these foods. Always consult with your coach or registered nutritionist if you are unsure.

This guide is intended for informational purposes only and should not be construed as nutritional advice. The information provided is not a substitute for professional guidance, and individual nutritional needs may vary. It is always advisable to consult with a Nutritionist or registered dietitian before making significant changes to your diet.

This guide does not endorse or promote specific brands or products. It is the responsibility of the consumers to verify the accuracy of the information provided and make informed decisions based on their personal circumstances and dietary requirements.



Chapter One

Protein Sources

Meat Based Products

(Raw Weight)

10g of Protein



49g Raw Peeled Prawns
43 kcal
P 10g, C 0g, F 0.3g



39g Canned Tuna in Springwater
44 kcal
P 10g, C 0g, F 0.4g



45g Chicken Breast
47kcal
P 10g, C 0g, F 0.7g



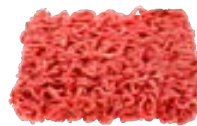
30g Kangaroo Rump
47 kcal
P 10.2g, C 0g, F 0.8g



64g Basa Fish
51 kcal
P 10g, C 0g, F 1.2g



54g English Style Leg Ham (Primo) Calories
60 kcal
P 10g, C 0.3g, F 3.2g



49g Extra Lean Beef Mince (5% Fat)
64 kcal
P 10g, C 0.5g, F 2.5g



52g Barramundi
65 kcal
P 10g, C 0g, F 2.8g



50g Beef Rump (Semi-Trimmed)
65 kcal
P 10g, C 0g, F 2.8g



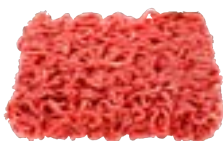
44g Coles Hot Chicken (Cooked)
70 kcal
P 10.2g, C 0.4g, F 3.1g



42g Chicken Thigh (Without skin)
74 kcal
P 10.2g, C 0g, F 3.7g



45g Beef Scotch Fillet (Semi-Trimmed)
81 kcal
P 10.1, C 0g, F 4.5g



47g Lean Beef Mince (10% Fat)
83 kcal
P 10.1g, C 0g, F 4.7g



56g Turkey Mince
87 kcal
P 9.9g, C 0g, F 5.3g



49g Atlantic Salmon
114 kcal
P 10g, C 0g, F 8.2g



60g Angus Beef Sausages
154 kcal
P 10.1g, C 3.7g, F 11g

Meat Based Products

(Raw Weight)

20g of Protein



98g Peeled Prawns

85 kcal

P 20g, C 0g, F 0.6g



78g Canned Tuna in Springwater

87 kcal

P 20g, C 0g, F 0.8g



90g Chicken Breast

93 kcal

P 20.1g, C 0g, F 1.4g



59g Kangaroo Rump

93 kcal

P 20g, C 0g, F 1.5g



128g Basa Fish

101 kcal

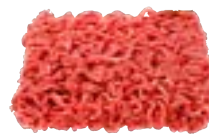
P 20.1g, C 0g, F 2.3g



108g English Style Leg Ham (Primo)

119 kcal

P 20.1g, C 0.5g, F 4.1g



98g Extra Lean Beef Mince (5% Fat)

128 kcal

P 20g, C 1g, F 4.9g



104g Barramundi

129 kcal

P 20g, C 0g, F 4.9g



100g Beef Rump (Semi-Trimmed)

130 kcal

P 20g, C 0g, F 5.6g



87g Coles Hot Chicken (Cooked)

139 kcal

P 20.1g, C 0.9g, F 6.1g



83g Chicken Thigh (Without skin)

145 kcal

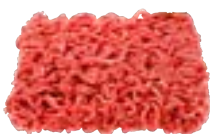
P 20.1g, C 0g, F 7.2



90g Beef Scotch Fillet (Semi-Trimmed)

162 kcal

P 20.2g, C 0g, F 9g



94g Lean Beef Mince (10% Fat)

165 kcal

P 20.1g, C 0g, F 9.4g



115g Turkey Mince

178 kcal

P 20.2g, C 0g, F 10.8g



98g Atlantici Salmon

228 kcal

P 20.1g, C 1.2g, F 23.4g



120g Angus Beef Sausages

308 kcal

P 20.2g, C 7.3g, F 22g

Meat Based Products

(Raw Weight)

30g of Protein



147g Raw Peeled Prawns

128 kcal

P 30g, C 0g, F 0.9g



117g Canned Tuna in Springwater

131 kcal

P 30.1g, C 0g, F 1.2g



135g Chicken Breast

140 kcal

P 30.1g, C 0g, F 2.2g



89g Kangaroo Rump

141 kcal

P 30.2g, C 0g, F 2.2g



191g Basa Fish

151 kcal

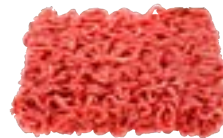
P 30g, C 0g, F 2.4g



162g English Style Leg Ham (Primo)

179 kcal

P 30.1g, C 0.8g, F 6.2g



147g Extra Lean Beef Mince (5% Fat)

192 kcal

P 30g, C 1.5g, F 7.4g



156g Barramundi

194 kcal

P 30g, C 0g, F 8.3g



150g Beef Rump (Semi-Trimmed)

196 kcal

P 30g, C 0g, F 8.4g



130g Coles Hot Chicken (Cooked)

207 kcal

P 30g, C 1.3g, F 9.1g



124g Chicken Thigh (Without skin)

217 kcal

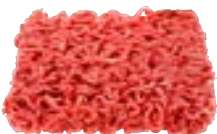
P 30g, C 0g, F 10.8g



134g Beef Scotch Fillet (Semi-Trimmed)

241 kcal

P 30g, C 0g, F 13.4g



140g Lean Beef Mince (10% Fat)

246 kcal

P 30g, C 0g, F 14g



170g Turkey Mince

264 kcal

P 29.9g, C 0g, F 16g



147g Atlantic Salmon

341 kcal

P 30.1g, C 0g, F 24.5g



180g Angus Beef Sausages

462 kcal

P 30.2g, C 11g, F 33g

Meat Based Products

(Raw Weight)

40g of Protein



196g Raw Peeled Prawns
171 kcal
P 40g, C 0g, F 1.2g



156g Canned Tuna in Springwater
174 kcal
P 40.1g, C 0g, F 1.6g



180g Chicken Breast
186 kcal
P 40.1g, C 0g, F 2.9g



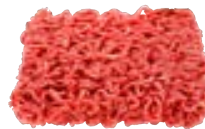
118g Kangaroo Rump
187 kcal
P 40g, C 0g, F 3g



255g Basa Fish
201 kcal
P 40g, C 0g, F 4.6g



215g English Style Leg Ham (Primo)
238 kcal
P 40g, C 1.1g, F 8.2g



196g Extra Lean Beef Mince (5% Fat)
256 kcal
P 40g, C 2g, F 9.8g



210g Barramundi
261 kcal
P 40.3g, C 0g, F 11.1g



200g Beef Rump (Semi-Trimmed)
261 kcal
P 40g, C 0g, F 11.2g



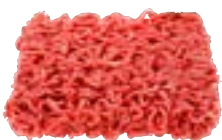
173g Coles Hot Chicken (Cooked)
276 kcal
P 40g, C 1.7g, F 12.1g



165g Chicken Thigh (Without skin)
289 kcal
P 39.9g, C 0g, F 14.4g



179g Beef Scotch Fillet (Semi-Trimmed)
321 kcal
P 40.1g, C 0g, F 17.9g



187g Lean Beef Mince (10% Fat)
328 kcal
P 40g, C 0g, F 18.7g



227g Turkey Mince
352 kcal
P 40g, C 0g, F 21.3g



195g Salmon Fillet
453 kcal
P 40g, C 0g, F 32.6g



240g Angus Beef Sausages
616 kcal
P 40.3g, C 14.7g, F 44g

Meat Based Products

50g of Protein

(Raw Weight)



245g Raw Peeled Prawns

213 kcal
P 50g, C 0g, F 1.5g



195g Canned Tuna in Springwater

218 kcal
P 50.1g, C 0g, F 2g



224g Chicken Breast

232 kcal
P 50g, C 0g, F 3.6g



148g Kangaroo Rump

234 kcal
P 50.2g, C 0g, F 3.7g



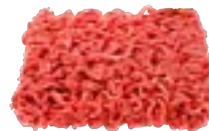
320g Basa Fish

253 kcal
P 50.2g, C 0g, F 5.8g



269g English Style Leg Ham (Primo)

298 kcal
P 50g, C 1.3g, F 10.2g



245g Extra Lean Beef Mince (5% Fat)

320 kcal
P 50g, C 2.5g, F 12.3g



260g Barramundi

324 kcal
P 49.9g, C 0g, F 13.8g



250g Beef Rump (Semi-Trimmed)

326 kcal
P 50g, C 0g, F 14g



217g Coles Hot Chicken (Cooked)

346 kcal
P 50.1g, C 2.2g, F 15.2g



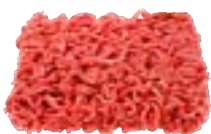
207g Chicken Thigh (Without skin)

362 kcal
P 50.1g, C 0g, F 18g



223g Beef Scotch Fillet (Semi-Trimmed)

401 kcal
P 50g, C 0g, F 22.3g



234g Lean Beef Mince (10% Fat)

411 kcal
P 50.1g, C 0g, F 23.4g



284g Turkey Mince

440 kcal
P 50g, C 0g, F 25.7g



244g Atlantic Salmon

567 kcal
P 50g, C 0g, F 40.7g



298g Angus Beef Sausages

764 kcal
50g, C 18.2g, F 54.6gP

10g of Protein

Vegetarian Products



90ml Liquid Egg Whites
42 kcal
P 10.1g, C 0.4g, F 0g



12g Rule 1 Protein Powder - WPI
44 kcal
P 10g, C 0.8g, F 0.2g



13g Gold Standard Whey Blend
53 kcal
P 10.1g, C 1.7g, F 0.6g



105g YoPRO Yoghurt
57 kcal
P 10g, C 1.2g, F 3.7g



80g Cottage Cheese
69 kcal
P 9.9g, C 4g, F 1.4g



67g Quorn Mince
73 kcal
P 9.9g, C 2.2g, F 1.3g
Fibre 4.3g



29g Bega Extra Light Cheese
79 kcal
P 10g, C 0g, F 4.4g



285ml Skim Milk
95kcal
P 10g, C 13.1g, F 0.3g

Vegan Products



15g Vegan Protein Powder
60 kcal
P 10.4g, C 2.8g, F 0.8g



16g Macro Mike Plant Protein
66 kcal
P 10.3g, C 1.5g, F 1.3g
Fibre 1.6g



78g Tofu
98 kcal
P 10g, C 0g, F 6.5g,
Fibre 0.8g



40g Red Lentils
119 kcal
P 10.1g, C 16.1g, F 0.9g
Fibre 7.7g



57g V2 Plant Based Mince
131 kcal
P 10.1g, C 3.3g, F 7.5g
Fibre 2.9g



166g Red Kidney Beans
133 kcal
P 10g, C 15.6g, F 0.7
Fibre 12.1g



40g Vetta Protein Pasta
137 kcal
P 10g, C 20.2g, F 0.9g



179g Chickpeas
143 kcal
P 10g, C 19.2g, F 0.4g

20g of Protein

Vegetarian Products



180ml Liquid Egg Whites
84 kcal
P 20.2g, C 0.7g, F 0g



24g Rule 1 Protein - WPI
88 kcal
P 20g, C 1.6g, F 0.4g



26g Gold Standard Whey Blend
107 kcal
P 20.1g, C 3.4g, F 1.2g



210g YoPRO Yoghurt
120 kcal
P 20g, C 8.7g, F 0.7g



160g Cottage Cheese
137 kcal
P 19.8g, C 8g, F 2.9g



141g Quorn Mince
147 kcal
P 20g, C 4.4g, F 2.7g
Fibre 2.7g



58g Bega Extra Light Cheese
160 kcal
P 20g, C 0.6g, F 8.7g



570ml Skim Milk
190 kcal
P 20g, C 26.2g, F 0.6g

Vegan Products



29g Vegan Protein Powder
116 kcal
P20g, C 5.3g, F 1.6g



31g Macro Mike Plant Protein
128 kcal
P 19.9g, C 2.9g, F 2.6g
Fibre 3.2g



156g Tofu
196kcal
P 20g, C 0g, F 12.9g
Fibre 1.6g



80g Red Lentils
239 kcal
P 20.2g, C 32.2g, F 1.8g
Fibre 15.4g



113g V2 Plant Based Mince
259 kcal
P 20g, C 6.6g, F 14.8g
Fibre 5.8g



334g Red Kidney Beans
267 kcal
P 20g, C 31.4g, F 1.3g
Fibre 24.4g



80g Vetta Protein Pasta
274 kcal
P 19.9g, C 40.4g, F 1.8g
Fibre 8g



358g Chickpeas
286 kcal
P 20g, C 38.3g, F 0.7g
Fibre 21.5g

30g of Protein

Vegetarian Products



268ml Liquid Egg White
124 kcal
P 30g, C 1.1g, F 0g



36g Rule 1 Protein - WPI
132 kcal
P 30g, C 2.4g, F 0.6g



39g Gold Standard Whey Blend
160 kcal
P 30.2g, C 5g, F 1.9g



316g YoPRO Yoghurt
181 kcal
P 30g, C 13g, F 1g



242g Cottage Cheese
208 kcal
P 30g, C 12.1g, F 4.4g



211g Quorn Mince
208 kcal
P 30g, C 6.5g, F 4g
Fibre 12.9g



87g Bega Extra Light Cheese
241 kcal
P 29.9g, C 0.9g, F 13.1g



856ml Skim Milk
285 kcal
P 30g, C 39.4g, F 0.9g

Vegan Products



44g Vegan Protein Powder
176 kcal
P 30.4g, C 8.1g, F 2.5g



47g Macro Mike Plant Protein
194 kcal
P 30.2g, C 4.4g, F 3.9g
Fibre 4.8g



234g Tofu
295 kcal
P 30g, C 0g, F 19.4g



119g Red Lentils
355 kcal
P 30g, C 48g, F 2.7g
Fibre 23g



170g V2 Plant Based Mince
389 kcal
P 30.1g, C 9.9g, F 22.3g
Fibre 8.7g



500g Red Kidney Beans
400 kcal
P 30g, C 47g, F 2g
Fibre 36.5g



120g Vetta Protein Pasta
412 kcal
P 29.9g, C 60.6g, F 2.6g



535g Chickpeas
428 kcal
P 30g, C 57.2g, F 1.1g
Fibre 32.1g

Grab and Go Protein Snacks

By Serving Size



Tuna in Springwater (95g)
69 kcal
P 15.7g, C <1g, F 0.6g



Primo Pulled Chicken (75g)
87 kcal
P 15.8g, C 1.6g, F 1.8g



YoPRO Pouch
94 kcal
P 15g, C 7.1g, F 0.5g



Primo Ham
105 kcal
P 17.2g, C 1.3g, F 3.4g



YoPRO Perform
120 kcal
P 20.1g, C 6.8g, F 1.2g



Hard Boiled Eggs 2 Go
128 kcal
P 11g, C 1.2g, F 8.9g



Beef Jerky (50g)
131 kcal
P 17.7g, C 11.6g, F 1.5g



BC Snacks High Protein Bar
141 kcal
P 11.2g, C 3.2g, F 3.6g
Fibre 4.9g



Wicked Sister Protein Pudding
167 kcal
P 15.5g, C 21.2g, F 5.9g



SMART Protein Bar
185 kcal
P 20g, C 2.1g, F 7.8g
Fibre 18g



R.T.G. Protein Drink
189 kcal
P 30g, C 8.5g, F 3.7g



Up & Go ProteinEnergy
201 kcal
P 17.9g, C 21.2g, F 4.2g



Quest Cookies & Cream Bar
209 kcal
P 29g, C 5g, F 9g
Fibre 13g



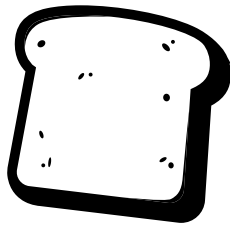
True Protein Bar
227 kcal
P 17.2g, C 8.5g, F 10.1g
Fibre 11.4g



Rokeby Farms No Added Sugar Protein Smoothie
242 kcal
P 30g, C 18.3g, F 6.4g



Oak Plus
310 kcal
P 30g, C 28g, F 7g



Chapter Two

Carb Sources

10g of
Carbs

Carb Sources



78g Apple
41kcal
P 0.2g, C 10g, F 0g
Fibre 2.3g



15g Dried Dates
42 kcal
P 0.3g, C 10.1g, F 0g
Fibre 1.5g



51g Banana
44 kcal
P 0.7g, C 10g, F 0.1g
Fibre 1.1g



13g Creamy Rice
Calories 46
P 0.9, C 10.2, F 0.1
Fibre <1g



71g Sweet Potato
45 kcal
P 1.3g, C 10g, F 0.1g
Fibre 1.8g



**13g White Rice
(Uncooked Weight)**
46 kcal
P 1g, C 10.1g, F 0g
Fibre 0g



87g White Potato
47 kcal
P 1.7g, C 10g, F 0g
Fibre 1g



149g Pumpkin
47 kcal
P 1.8g, C 10.1g, F 0g
2.9g Fibre



112g Spud Lite Potatoes
47 kcal
P 1.6g, C 10g, F 0g
Fibre 1.6g



**13g Brown Rice
(Uncooked Weight)**
49 kcal
P 1.1g, C 10g, F 0.3g
Fibre 0.4



13g Rice Cakes
51 kcal
P 1.2g, C 10.2g, F 0.4g
Fibre 0.6g



**14g Pasta
(Uncooked Weight)**
51 kcal
P 1.7g, C 10.2g, F 0.3g
Fibre 0.4g



**34g Microwaveable
Basmati Rice**
54 kcal
P 1.1g, C 10.1g, F 0.9g
Fibre 0.4g



**30g Microwaveable
Brown Rice**
56 kcal
P 1.4g, C 10.2g, F 0.8g
Fibre 0.9g



18g Oats
69 kcal
P 2.3g, C 10.2g, F 1.7g
Fibre 1.7g



25g Red Split Lentils
75 kcal
P 6.3g, C 10.1g, F 0.6g
Fibre 4.8g

10g of Carbs

Carb Sources



15g Strawberry Jam

39 kcal
P 0g, C 9.7g, F 0g



11g Sour Patch Kids

40 kcal
P 0g, C 9.8g, F 0g



12g Honey

41 kcal
P 0g, C 10g, F 0g



95 ml Daily Juice Apple

42 kcal
P 0.1g, C 10g, F 0g



115ml Daily Juice Orange

46 kcal
P 0.7g, C 10.2g, F 0g



34g Hokkein Noodles

50 kcal
P 1.7g, C 9.9g, F 0.3g
Fibre 0g



13g Cheerios Cereal

50 kcal
P 0.9g, C 10g, F 0.5g
Fibre 0.9g



12g Peckish Crackers

50 kcal
P 0.8g, C 9.8g, F 0.8g
Fibre 0.2g



14g Cous Cous

51 kcal
P 1.7g, C 10.1g, F 0.3g
Fibre 0.6g



14g XO Crunch Cereal

51 kcal
P 1.1g, C 10g, F 0.4g
Fibre 1.6g



14g Milo Cereal

51 kcal
P 1.2g, C 9.8g, F 0.6g
Fibre 0.5g



15g Weet-Bix

53 kcal
P 1.9g, C 9.9g, F 0.2g
Fibre 1.9g



35g Peters Light & Creamy

55 kcal
P 1.2g, C 10.2, F 1g



15g Kellog's Nutri grain

59 kcal
P 3.3g, C 9.8g, F 0.5g
Fibre 0.8g



77g Yoplait Vanilla Yoghurt

87 kcal
P 5.3g, C 9.9g, F 0.2g
Fibre 5.6g



21g Carman's Grain & Seed Granola

89 kcal
P 2.3g, C 10.1g, F 3.7g
Fibre 3.3g

20g of
Carbs

Carb Sources



156g Apple
81 kcal
P 0.3g, C 20g, F 0g
Fibre 4.7g



30g Dried Dates
84 kcal
P 0.6, C 20.2g, F 0.1g
Fibre 2.9



102g Banana
88 kcal
P 1.4g, C 20g, F 0.2g
Fibre 2.2g



25g Creamy Rice
88 kcal
P 1.8g, C 19.7g, F 0.2g
Fibre <1g



142g Sweet Potato
92 kcal
P 2.7g, C 20g, F 0.1g
Fibre 3.7g



**26g White Rice
(Uncooked Weight)**
93 kcal
P 2.1g, C 20.1g, F 0g
Fibre 0.3g



174g White Potato
94 kcal
P 3.5, C 20g, F 0g
Fibre 1.9g



300g Pumpkin
95 kcal
P 3.6g, C 20.21g, F 0g
Fibre 5.7g



225g Spud Lite
95 kcal
P 3.2g, C 20g, F 1.6g
Fibre 3.2g



**26g Brown Rice
(Uncooked Weight)**
98 kcal
P 2.2g, C 20.1g, F 0g
Fibre 0.9g



26g Rice Cakes
101 kcal
P 2.1g, C 20.4g, F 0.9g
Fibre 1.1g



**28g Pasta
(Uncooked Weight)**
103 kcal
P 3.4g, C 20.2g, F 0.6g
Fibre 0.8g



**69g Microwaveable
Basmati Rice**
107 kcal
P 2.2g, C 20.1g, F 1.7g
Fibre 0.8g



**59g Microwaveable
Brown Rice**
110 kcal
P 2.7g, C 20g, F 1.6g
Fibre 1.8g



35 Oats
134 kcal
P 4.5g, C 19.9g, F 1.2g
Fibre 3.2g



50g Red Split Lentils
149 kcal
P 12.6g, C 20.2g, F 1.2g
Fibre 9.7g

20g of
Carbs

Carb Sources



31g Strawberry Jam
81 kcal
P 0.1g, C 20.1g, F 0g



22g Sour Patch Kids
81 kcal
P 0g, C 19.7g, F 0g



24g Honey
81 kcal
P 0.1g, C 19.9g, F 0g



190ml Daily Juice Apple
84 kcal
P 0.2g, C 20g, F 0g
Fibre 0.2g



225ml Daily Juice Orange
90 kcal
P 1.4g, C 20g, F 0g



69g Hokkein Noodles
101 kcal
P 3.5g, C 20.1g, F .6g



26g Cheerios Cereal
101 kcal
P 1.8g, C 19.9g, F 1g
Fibre 1.8g



25g Peckish Crackers
104 kcal
P 1.8g, C 20.4g, F 1.6g
Fibre 0.5g



28g Cous Cous
102 kcal
P 3.4g, C 20.2g, F 0.6g
Fibre 1.1g



28g XO Crunch Cereal
102 kcal
P 2.2g, C 19.9g, F 0.7g
Fibre 3.2g



29g Milo Cereal
105 kcal
P 2.5g, C 20.2g, F 1.3g
Fibre 1.1g



30g Weet-Bix
107 kcal
P 3.7g, C 19.8g, F 0.4g
Fibre 3.9g



69g Peters Light & Creamy
109 kcal
P 2.3g, C 20.1g, F 1.9g



31g Kellogg's Nutri Grain 121 kcal
P 6.8g, C 20.2g, F 0.9g
Fibre 1.6g



154g Yoplait Vanilla Yoghurt
134 kcal
P 6.8g, C 20g, F 2.9g



42g Carman's Grain & Seed Granola
178 kcal
P 4.5g, C 20.2g, F 7.4g
Fibre 6.7g

30g of
Carbs

Carb Sources



235g Apple
122 kcal
P 0.5g, C 30.1g, F 0g
Fibre 7.1g



45g Dates
125 kcal
P 0.9g, C 30.2g, F 0.1g
Fibre 4.4g



153g Banana
131 kcal
P 2.1g, C 30.1g, F 0g
Fibre 3.4g



38g Creamy Rice
135 kcal
P 2.7g, C 29.9g, F 0.3g
Fibre 0g



213g Sweet Potato
138 kcal
P 4g, C 30g, F 0.2g
Fibre 5.5g



**39g White Rice
(Uncooked Weight)**
139 kcal
P 3.1g, C 30.2g, F 0g
Fibre 0.4g



260g White Potato
140 kcal
P 5.2g, C 29.9g, F 0g
Fibre 2.9g



448g Pumpkin
142 kcal
5.4g, C 30g, F 0g
Fibre 8.5g



337g Spud Lite
142kcal
P 4.7g, C 30g, F 0g
Fibre 4.7g



**39g Brown Rice
(Uncooked Weight)**
147 kcal
P 3.2g, 30.1g, F 1g
Fibre 1.3g



38g Rice Cakes
148 kcal
P 3.1g, C 29.8g, F 1.3g
Fibre 1.7g



**42g Pasta
(Uncooked Weight)**
154 kcal
P 5g, C 30.2g, F 0.8g
Fibre 1.3g



**101g Microwaveable
Basmati Rice**
159 kcal
P 3.2g, C 29.9g, F 0.3g
Fibre 1.2g



**89g Microwaveable
Brown Rice**
166 kcal
P 4.1g, C 30.2g, F 2.4g
Fibre 2.7g



53g Oats
203 kcal
P 6.8g, C 30.1g, F 4.9g
Fibre 4.9g



75g Red Split Lentils
224 kcal
P 18.9g, C 30.2g, F 1.7g
Fibre 14.5g

30g of
Carbs

Carb Sources



46g Strawberry Jam
120 kcal
P 0.1g, C 29.8g, F 0g



34g Sour Patch Kids
124 kcal
P 0g, C 30.4g, F 0g



36g Honey
122 kcal
P 0.1g, C 30.4g, F 0g



285ml Daily Juice Apple
125 kcal
P 0.3g, C 29.9g, F 0g
Fibre 0.3g



340ml Daily Juice Orange
136 kcal
P 2g, C 30.3g, F 0g



103g Hokkein Noodles
150 kcal
P 5.2g, C 30.1g, F 0.8g



39g Cheerios Cereal
151 kcal
P 2.7g, C 29.9g, F 1.5g
Fibre 2.8g



37g Peckish Crackers
154 kcal
P 2.6g, C 30.2g, F 2.4g
Fibre 0.7g



42g Cous Cous
154 kcal
P 5g, C 30.2g, F 0.8g
Fibre 1.7g



42g XO Crunch Cereal
154 kcal
P 3.3g, C 29.9g, F 1.1g
Fibre 4.8g



43g Milo Cereal
156 kcal
P 3.7g, C 29.9g, F 1.9g
Fibre 1.7g



46g Weet-Bix
164 kcal
P 5.7g, C 30.3g, F 0.6g
Fibre 5.9g



103g Peters Light & Creamy
163 kcal
P 3.4g, C 30.1g, F 2.9g



346g Kellogg's Nutri Grain
179 kcal
P 0g, C 30g, F 1.4g
Fibre 2.4g



230g Yoplait Vanilla Yoghurt
199 kcal
P 10.1g, C 29.9g, 4.4g



63g Carman's Grain & Seed Granola
267 kcal
P 6.8g, C 30.2g, F 11g
Fibre 10g

40g of
Carbs

Carb Sources



315g Apple
164 kcal
P 0.6g, C 40.3g, F 0g
Fibre 9.5g



60g Dried Dates
167 kcal
P 1.2g, C 40.3g, F 0.1g
Fibre 5.8g



205g Banana
176 kcal
P 2.9g, C 40.2g, F 0.4g
Fibre 4.5g



51g Creamy Rice
182 kcal
P 3.7g, C 40.2g, F 0.4g
Fibre <1g



284g Sweet Potato
184 kcal
P 5.4g, C 40g, F 0.3g
Fibre 7.4g



**52g White Rice
(Uncooked Weight)**
185 kcal
P 4.2g, C 40.2g, F 0g
F 0.6g



348g White Potato
188 kcal
P 7g, C 40g, F 0g
Fibre 3.8g



597g Pumpkin
189 kcal
P 7.2g, C 40g, F 0g
Fibre 11.3g



450g Spud Lite
190 kcal
P 6.3g, C 40.1g, F 0g
Fibre 6.3g



**52g Brown Rice
(Uncooked Weight)**
196 kcal
P 4.3g, C 40.1g, F 1.3g
Fibre 1.7g



51g Rice Cakes
199 kcal
P 4.1g, C 40g, F 1.7g
Fibre 2.2g



**56g Pasta
(Uncooked Weight)**
205 kcal
P 6.7g, C 40.3g, F 1.1g
Fibre 1.7g



**135g Microwaveable
Basmati Rice**
213 kcal
P 4.3g, C 40g, F 3.4g
Fibre 1.6g



**118g Microwaveable
Brown Rice**
219 kcal
P 5.4g, C 40g, F 4.2g
Fibre 3.5g



70g Oats
268 kcal
P 8.9g, C 39.7g, F 7.5g
Fibre 6.5g



99g Red Split Lentils
296 kcal
P 24.9g, C 39.9g, F 2.3g
Fibre 19.1g

40g of
Carbs

Carb Sources



62g Strawberry Jam
162 kcal
P 0.1g, C 40.1g, F 0.1g



45g Sour Patch Kids
165 kcal
P 0g, C 40.2g, F 0g



48g Honey
163 kcal
P 0.1g, C 39.9g, F 0g



380ml Daily Juice Apple
167 kcal
P 0.4g, C 39.9g, F 0g



450ml Daily Juice Orange
180 kcal
P 2.7g, C 40.1g, F 0g



137g Hokkein Noodle
200 kcal
P 6.9g, C 40g, F 1.1g



52g Cheerios Cereal
201 kcal
P 2.7g, C 29.9g, F 1.5g
Fibre 2.8g



49g Peckish Crackers
204 kcal
P 3.4g, C 40g, F 3.1g
Fibre 1g



56g Cous Cous
205 kcal
P 6.7g, C 40.3g, F 1.1g



56g XO Crunch Cereal
205 kcal
P 4.4g, C 39.8g, F 6.4g



57g Milo Cereal
207 kcal
P 4.9g, C 39.7g, F 2.5g
Fibre 2.2g



61g Weet-Bix
217 kcal
P 7.6g, C 40.2g, F 0.8g



137g Peters Light & Creamy Yoghurt
216 kcal
P 4.5g, C 40g, F 3.8g
Fibre 0g



61g Kellogg's Nutri Grain
238 kcal
P 13.3g, C 39.8g, F 1.8g
Fibre 3.2g



308g Yoplait Vanilla Yoghurt
267 kcal
P 13.6g, C 40g, F 5.9g



83g Carman's Grain & Seed Granola
352 kcal
P 9g, C 39.8g, F 14.5g
Fibre 13.2g

50g of
Carbs

Carb Sources



390g Apple
203 kcal
P 0.8g, C 49.9g, F 0g



75g Dates
209 kcal
P 1.5g, C 50.4g, F 0.2g
Fibre 7.3g



255g Banana
219 kcal
P 3.6g, C 50g, F 0.5g
Fibre 5.6g



64g Creamy Rice
228 kcal
P 4.6g, C 50.4g, F 0.5g
Fibre <0g



355g Sweet Potato
230 kcal
P 6.7g, C 53.0g, F 0.4g
Fibre 9.2g



65g White Rice (Uncooked Weight)
231 kcal
P 5.2g, C 50.3g, F 0g
Fibre 0.7g



435g White Potato
235 kcal
P 8.7g, C 50g, F 0g
Fibre 4.8g



747g Pumpkin
236 kcal
P 9g, C 50g, F 0g
Fibre 14.2g



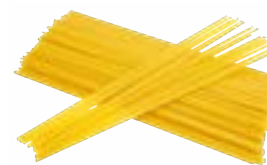
560g Spud Lite
237 kcal
P 7.9g, C 50g, F 0.6g
Fibre 7.9g



65g Brown Rice (Uncooked Weight)
245 kcal
P 5.4g, C 50.1g, F 1.7g
Fibre 2.1g



51g Rice Cakes
250 kcal
P 5.2g, C 50.2g, F .2g
Fibre 2.8g



70g Pasta (Uncooked Weight)
256 kcal
P 8.4g, C 50.4g, F 1.4g
Fibre 2.1g



169g Microwaveable Basmati Rice
260 kcal
P 5.4g, C 50g, F 2g
Fibre 2g



148g Microwaveable Brown Rice
275 kcal
P 6.8g, C 50.2g, F 4g
Fibre 4.4g



88g Oats
336 kcal
P 11.2g, C 49.9g, F 8.1g
Fibre 8.1g



125g Red Lentils
353 kcal
P 13.5g, C 50.4g, F 2.9g
Fibre 24.1g

50g of
Carbs

Carb Sources



77g Strawberry Jam
201 kcal
P 0.2g, C 49.8g, F 0.1g



56g Sour Patch Kids
205 kcal
P 0g, C 50.1g, F 0g



60g Honey
203 kcal
P 0.2g, C 50.1g, F 0g



476ml Daily Juice Apple
209 kcal
P 0.5g, C 50g, F 1.4g
Fibre 0.5g



562ml Daily Juice Orange
225 kcal
P 3.4g, C 50g, F 0g



172g Hokkein Noodles
251 kcal
P 8.6g, C 50.2g, F 1.4g



65g Cheerios Cereal
252 kcal
P 4.6g, C 49.9g, F 2.5g
Fibre 4.6g



61g Peckish Crackers
254 kcal
P 4.3g, C 49.8, F 3.9g
Fibre 1.2g



70g Cous Cous
256 kcal
P 8.4g, C 50.4g, F 1.4g
Fibre 2.8g



70g XO Crunch Cereal
256 kcal
P 5.5g, C 49.8g, F 1.8g
Fibre 8.1g



72g Milo Cereal
261 kcal
P 6.2g, C 50.1g, F 3.2g
Fibre 2.8g



76g Weet-Bix
270 kcal
P 0.4g, C 50.1g, F 1g
Fibre 9.8g



172g Peters Light & Creamy
272 kcal
P 5.7g, C 50.2g, F 4.8g
Fibre 0g



77g Kellogg's Nutri Grain
300 kcal
P 16.8g, C 50.2g, F 2.3g
Fibre 4.1g



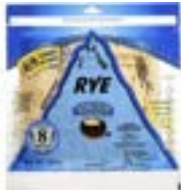
385g Yoplait Vanilla Yoghurt
334 kcal
P 16.9g, C 50.1g, F 7.3g



105g Carman's Grain & Seed Granola
445 kcal
P 11.3g, C 50.4g, F 18.4g
Fibre 16.7g

Bread Products

By Serving Size



1 x Mountain Bread Rye Wrap (25g)
69 kcal
P 2.6g, C 13.3g, F 0.3g
Fibre 0.7g



1 x Golden Crumpet (50g)
86 kcal
P 2.9g, C 16.7g, F 0.5g
Fibre 1.1g



1 x Tip Top Wholemeal Sandwich Thin (40g)
100 kcal
P 3.9g, C 15.8g, F 1.4g
Fibre 3.1g



2 x Slices Country Split Wholemeal Bread (47g)
110 kcal
P 4g, C 18g, F 1.7g



1 x Simson's Pantry Wrap (45g)
111 kcal
P 8.7g, C 5.9g, F 4.3g
Fibre 7.3g



1 x Old El Paso Tortilla (40g)
128 kcal
P 3g, C 22.3g, F 2.7g
Fibre 0.8g



1 x Tip Top Original English Muffin (67g)
132 kcal
P 4.8g, C 23.5g, F 1.4g
Fibre 2.7g



2 x Slices Wonder White Bread (74g)
173 kcal
P 6.1g, C 29.5g, F 2g
Fibre 6g



2 x Slices Tip Top 9 Grain Bread (74g)
184 kcal
P 9g, C 26g, F 3.7g
Fibre 6.9g



2 x Slices Helgas Light Rye Bread (75g)
184 kcal
P 5.8g, C 33.8g, F 1.9g
Fibre 3.1g



1 x Brioche Gourmet Burger Bun (63g)
195 kcal
P 6g, C 31.9g, F 4.3g
Fibre 1.6g



1 x Mission Wholegrain Wrap (71g)
212 kcal
P 6g, C 29.7g, F 6.8g
Fibre 3.8g



1 x Mighty Soft Burger Bun (90g)
237 kcal
P 9.8g, C 39.2g, F 3.5g
Fibre 3.2g



1 x Abes Original Bagel (90g)
239 kcal
P 8.3g, C 47.1g, F 1.2g
Fibre 2.1g



1 x Mission Pita Pocket (105g)
261 kcal
P 9.2g, C 51.2g, F 1.4g
Fibre 2.4g



1 x Mission Pizza Base (100g)
325 kcal
P 9.9g, C 49.2g, F 9g

Grab and Go Carbohydrate Snacks

By Serving Size



1 x Cobs Lightly Salted, Slightly Sweet Popcorn (13g)
63 kcal
P 0.7g, C 8g, F 2.9g
Fibre 1.1g



1 x Table Of Plenty Dark Chocolate Mini Rice Cakes (14g)
68 kcal
P 0.8g, C 8.4g, F 3.3g
Fibre 1.6g



Angas Park Dried Apricot Snack Packs (25g)
71 kcal
P 0.7g, C 16g, F 0.1g
Fibre 1.7g



1 x Fruit Salad Cup (125g)
79kcal
P 0.2g, C 18.3g, F 0.4g
Fibre 0.5g



1 x Nice And Natural Chocolate Bar (20g)
84 kcal
P 3.7g, C 12.5g, F 3.2g
Fibre 2.2g



1 x Sun Rice Mixing Cheese Mini Bites (20g)
85 kcal
P 1.7g, C 14.1g, F 2.2g
Fibre 0.7g



Good to Go Fruit Salad Punnet (200g)
86 kcal
P 1.2g, C 18g, F <1g
Fibre 3.4g



1 x Fibre One Birthday Cake Square (24g)
87 kcal
P 0.8g, C 12, F 2.8g
Fibre 5.1g



3 x Sun Rice Sour Cream And Chive Rice Cakes (24g)
98 kcal
P 2.2g C 17.1g, F 2g
Fibre 0.9g



1 x Nestle Milo Dipped Bar (27g)
110 kcal
P 1.7g, C 18.2g, F 2.6g
Fibre 2.4g



1 x Uncle Tobys Choc Chip Muesli Bar (31g)
122 kcal
P 2.2g, C 18.7g, F 3.6g
Fibre 3.4g



1 x Pack Sunbeam Sultanas (40g)
138 kcal
P 1g, C 31.6g, F 0.3g
Fibre 1.3g



45g Coconut Date Rolls (1/5 Punnet)
141 kcal
P 0.8g, C 29.7g, F 1.3g
Fibre 3.2g



1 x Carman's Oat And Coconut Slice (35g)
158 kcal
P 2.5g, C 18.9g, F 7.7g
Fibre 2.1g



1 x Classic Vanilla Yoghurt (150g)
177 kcal
P 5.3g, C 18g, F 9.5g



1 x Dairy Milk Chocolate Bar (50g)
268 kcal
P 3.8g, C 28.7g, F 15.2g

Grab and Go Carbohydrate Drinks

Per Drink



1 x Monster Energy Zero
13 kcal
P 0g, C 6.5g, F 0g



1 x Glaceau Vitamin Water
94 kcal
P 0g, C 22g, F 0g



1 x Lipton Peach Iced Tea (500ml)
98 kcal
P 0.1g, C 23g, F 0.1g



1 x V Energy Drink 250ml
103 kcal
P 0g, C 26.7g, F 0g



1 x Cococast Coconut Water (500ml)
110 kcal
P 0g, C 27.5g, F 0g



1 x Nudie Nothing But Apple Juice (400ml)
126 kcal
P 0g, C 30.7g, F 0g



1 x V8 Healthy Greens Juice (300ml)
133 kcal
P 1.2g, C 30.6g, F 0.1g



1 x Gatorade Lemon Lime (600ml)
148kcal
P 0g, C 36g, F 0g



1 x Zarraffas Tall Flat White
193 kcal
P 10.3g, C 15.5g, F 10.4g



1 x Daily Juice Co Orange Juice (500ml)
200 kcal
P 3g, C 44.5g, F 1g



1 x Monster Mango Loco (500ml)
234 kcal
P 0g, C 60g, F 0g



1 x Coke (600ml)
258 kcal
P 0g, C 64g, F 0g



1 x Oak Chocolate Milk (300ml)
270 kcal
P 10.5g, C 33g, F 10.2g



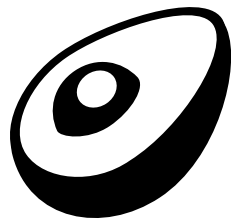
1 x Medium Boost Juice Mango Magic (450ml)
325 kcal
P 6.1g, C 66.1g, F 3.8g



1 x Ice Break (500ml)
345 kcal
P 16.5g, C 51.5g, F 8g



1 x Oak Strawberry (600ml)
545 kcal
P 20.4g, C 34.2g, F 21g



Chapter Three

Fat Sources

5g of
Fat

Fat Sources



5ml Coconut Oil
45 kcal
P 0g, C 0g, F 5g



5ml Extra Virgin Olive Oil
49 kcal
P 0g, C 0g, F 5.5g



7g Western Star Original Butter
43 kcal
P 0g, C 0.1, F 4.8g



39g Avocado
49 kcal
P 0.6g, C 0.1g, F 5.1g
Fibre 2.9g



7g Macadamias
51 kcal
P 0.6g, C 0.3g, F 5.3g
Fibre 0.5g



25g Olives
50 kcal
P 0.6g, C 0.5g, F 5.1g



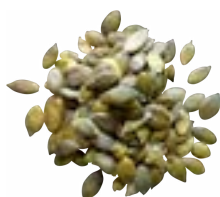
7g Walnuts
48kcal
P 1g, C 0.2g, F 4.8g
Fibre 0.4g



10g Almonds
55 kcal
P 2g, C 0.5g, F 5.1g
Fibre 1.1g



14g Grated Cheese
58 kcal
P 2.4g, C 0g, F 4.9g



11g Pumpkin Seeds
53 kcal
P 3.3g, C 0.2g, F 5g
Fibre 0.5g



10g Mayvers Natural Peanut Butter
60 kcal
P 2.5g, C 1.3g, F 4.9g
Fibre 0.8g



10g Almond Butter
63 kcal
P 3.1g, C 0.6g, F 5.3g
Fibre 0.5g



17g Chia Seeds
64 kcal
P 4g, C 0.5g, F 5.1g
Fibre 5.6g



12g Dark Chocolate
67 kcal
P 1.1g, C 4.1g, F 4.9g



30g Salmon
70kcal
P 6.2g, C 0g, F 5g



60g Eggs
77 kcal
P 7.6g, C 0.2g, F 5.1g

10g of Fat

Fat Sources



11ml Extra Virgin Olive Oil
90 kcal
P 0g, C 0g, F 10g



10ml Coconut Oil
90 kcal
P 0g, C 0g, F 10g



15g Western Star Original Butter
93 kcal
P 0g, C 0g, F 10g



77g Avocado
96 kcal
P 1.2g, C 0.2g, F 10g
Fibre 5.7g



13g Macadamias
95kcal
P 1.2g, C 0.6g, F 9.8g
Fibre 0.8g



49g Olives
99 kcal
P 1.2g, C 0.9g, F 10g
Fibre 1.1g



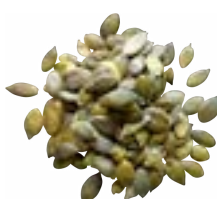
15g Walnuts
104 kcal
P 2.2g, C 0.5g, F 10.4g



20g Almonds
111 kcal
P 3.9g, C 1.1g, F 10.1g
Fibre 2.2g



29g Grated Cheese
119 kcal
P 7g, C 0g, F 10.2g



22g Pumpkin Seeds
118 kcal
P 6.6g, C 0.5g, F 9.9g



20g Mayvers Natural Peanut Butter
116 kcal
P 5g, C 2.7g, F 9.9g
Fibre 1.6g



19g Almond Butter
118 kcal
P 5.9g, C 1.2g, F 10g
Fibre 1g



128g Chia Seeds
148 kcal
P 8.1g, C 1.1g, F 10.1g
Fibre 11.3g



25g Dark Chocolate
141 kcal
P 2.4g, C 8.5g, F 10.3g



60g Salmon
139 kcal
P 12.3g, C 0g, F 10g



120g Eggs
154 kcal
P 15.1g, C 0.4g, F 10.2g

15g of
Fat

Fat Sources



16ml Extra Virgin Olive Oil

132 kcal
P 0g, C 0g, F 4.6g



15ml Coconut Oil

135 kcal
F 15g, P 0g, C 0g



22g Western Star Original Butter

136 kcal
P 0g, C 0.4g, F 15g



114g Avocado

144 kcal
P 1.8g, C 0.2g, F 15g
Fibre 8.6g



20g Macadamias

147 kcal
P 1.8g, C 0.9g, F 15.1g
Fibre 1.3g



73g Olives

147 kcal
P 1.8g, C 1.3g, F 15g
Fibre 1.7g



22g Walnuts

152 kcal
P 3.2g, C 0.7g, F 15.2g
Fibre 1.4g



30g Almonds

166 kcal
P 5.9g, C 1.6g, F 15.2g
Fibre 3.3g



43g Grated Cheese

180 kcal
P 10.4g, C 0, F 15.2g



33g Pumpkin Seeds

176 kcal
P 10g, C 0.7g, F 14.9g
Fibre 1.5g



30g Mayvers Natural Peanut Butter

174 kcal
P 7.5g, C 4g, F 14.8g
Fibre 2.4g



28g Almond Butter

175 kcal
P 8.7g, C 1.7g, F 14.8g
Fibre 1.4g



50g Chia Seeds

218 kcal
P 11.9g, C 1.6g, F 14.9g
Fibre 16.6g



36g Dark Chocolate

202 kcal
P 3.4g, C 12.2g, F 14.8g



90g Salmon

209 kcal
P 18.5g, C 0g, F 15g



180g Eggs

231 kcal
P 22.7g, C 0.5g, F 15.3g

20g of
Fat

Fat Sources



22ml Extra Virgin Olive Oil

181 kcal
P 0g, C 0g, F 20g



20ml Coconut Oil

180 kcal
P 0g, C 0g, F 20g



29g Western Star Original Butter

180 kcal
P 0g, C 0.6g, F 19.7g



152g Avocado

192 kcal
P 2.4g, C 0.3g, F 20.1g
Fibre 11.4g



27g Macadamias

198 kcal
P 2.4g, C 1.2g, F 20.4g
Fibre 1.8g



98g Olives

197 kcal
P 2.4, C 1.8g, F 20.1g
Fibre 2.3g



29g Walnuts

201 kcal
P 4.2g, C 0.9g, F 20.1g
Fibre 1.9g



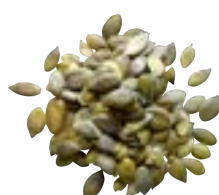
40g Almonds

222 kcal
P 7.9g, C 2.2g, F 20.2g
Fibre 3.3g



57g Grated Cheese

234 kcal
P 13.8g, C 0g, F 20.1g



45g Pumpkin Seeds

235 kcal
P 13.3g, C 0.9g, F 19.8g
Fibre 2g



41g Mayvers Natural Peanut Butter

238 kcal
P 10.3g, C 5.5g, F 20.2g
Fibre 3.2g



38g Almond Butter

238 kcal
P 11.8g, C 2.4g, F 20g
Fibre 1.9g



67g Chia Seeds

252 kcal
P 15.9g, C 2.1g, F 20g
Fibre 22.2g



49g Dark Chocolate

275 kcal
P 4.8g, C 17g, F 20.5g



120g Salmon

279 kcal
P 24.6g, C 0g, F 20g



240g Eggs

307 kcal
P 30.2g, C 0.7g, F 20.4g

25g of Fat

Fat Sources



27ml Extra Virgin Olive Oil
222 kcal
P 0g, C 0g, F 24.7g



25ml Coconut Oil
225 kcal
P 0g, C 0g, F 25g



37g Western Star Original Butter
229 kcal
P 0g, C 0.7g, F 25.2g



190g Avocado
239 kcal
P 3g, C 0.4g, F 25.1g
Fibre 14.3g



33g Macadamias
242 kcal
P 3g, C 1.5g, F 24.9g
Fibre 2.1g



122g Olives
246 kcal
P 2.9g, C 2.2g, F 25g
Fibre 2.8g



36g Walnuts
249 kcal
P 5.2g, C 1.1g, F 24.9g
Fibre 2.3g



50g Almonds
277 kcal
P 9.9g, C 2.7g, F 25.3g
Fibre 5.5g



71g Grated Cheese
292 kcal
P 17.2g, C 0g, F 25.1g



55g Pumpkin Seeds
293 kcal
P 16.6g, C 1.2g, F 24.8g
Fibre 2.5g



51g Mayvers Natural Peanut Butter
296 kcal
P 12.8g, C 6.8g, F 25.1g



48g Almond Butter
300 kcal
P 14.9g, C 3g, F 25.3g



84g Chia Seeds
316 kcal
P 20g, C 2.6g, F 25g
Fibre 27.9g



61g Dark Chocolate
343 kcal
P 5.8g, C 20.7g, F 25g



150g Salmon
348 kcal
P 30.8g, C 0g, F 25.1g



300g Eggs
384 kcal
P 37.8g, C 0.9g, F 25.5g

30g of
Fat

Fat Sources



33ml Extra Virgin Olive Oil

271 kcal
P 0g, C 0g, F 30.1g



30ml Coconut Oil

270 kcal
P 0g, C 0g, F 30g



44g Western Star Original Butter

273 kcal
P 0g, C 0.9g, F 29.9g



227g Avocado

286 kcal
P 3.6g, C 0.5g, F 30g
Fibre 17g



40g Macadamias

293 kcal
P 3.6g, C 1.8g, F 30.2g
Fibre 2.6g



146g Olives

294 kcal
P 3.5g, C 2.6g, F 29.9g
Fibre 3.4g



43g Walnuts

298 kcal
P 6.2g, C 1.3g, F 29.8g
Fibre 2.8g



60g Almonds

333 kcal
P 11.8g, C 3.2g, F 30.3g
Fibre 6.5g



85g Grated Cheese

349 kcal
P 20.6g, C 0g, F 30g



67g Pumpkin Seeds

358 kcal
P 20.2g, C 1.4g, F 30.2g
Fibre 3.1g



61g Mayvers Natural Peanut Butter

354 kcal
P 15.3g, C 8.2g, F 30.1g
Fibre 4.8g



57g Almond Butter

357 kcal
P 17.7g, C 3.5g, F 30g
Fibre 2.9g



100g Chia Seeds

376 kcal
P 23.8g, C 3.1g, F 29.8g
Fibre 33.2g



73g Dark Chocolate

410 kcal
P 6.9g, C 24.8g, F 29.9g



180g Salmon

418 kcal
P 36.9g, C 0g, F 30.1g



350g Egg

448 kcal
P 44.1g, C 1.1g, F 29.8g



Chapter Four

Fruits & Vegetables

Fruits

1 x 150g Serving Size



Tomato
22 kcal
P 0.9g, C 4.5g, F 0g
Fibre 1.7g



Strawberries
30 kcal
P 1.1g, C 5.9g, F 0.3g
Fibre 3.8g



Rockmelon
33 kcal
P 0.8g, C 7.1g, F 0.2g
Fibre 1.5g



Pawpaw
45 kcal
P 0.5g, C 10.4g, F 0.2g
Fibre 3.5g



Watermelon
47 kcal
P 0.9g, C 11g, F 0g
Fibre 0.6g



Raspberries
50 kcal
P 1.6g, C 10.2g, F 0.3g,
Fibre 8.4g



Pineapple
51 kcal
P 0.9g, C 11.9g, F 0g
Fibre 1.4g



Orange
55 kcal
P 1.5g, C 12.3g, F 0g
Fibre 3.6g



Nectarine
59 kcal
P 1.2g, C 13.5g, F 0g
Fibre 2.4g



Blueberries
61 kcal
P 0.8g, C 14.4g, F 0g
Fibre 5.3g



Mandarin
64 kcal
P 1.2g, C 14.7g, F 0g
Fibre 2.4g



Kiwi Fruit
65 kcal
P 1.8g, C 13.7g, F 0.8g
Fibre 5.7g



Pear
72 kcal
P 0.5g, C 17.6g, F 0g
Fibre 6.5g



Apple
78 kcal
P 0.3g, C 19.2g, F 0g
Fibre 4.5g



Mango
83 kcal
P 0.6g, C 20.1g, F 2g
Fibre 2g



Banana
129 kcal
P 2.1g, C 29.4g, F 0.3g
Fibre 3.3g

Vegetables

1 x 75g Serving Size



Spinach
8 kcal
P 2.1g, C 0g, F 0g
Fibre 1.9g



Lettuce
9 kcal
P 0.8g, C 0.3g, F 0.1g
Fibre 0.8g



Cucumber
7 kcal
P 0.6g, C 0.9g, F 0.1g
Fibre 1.1g



Mushroom
Calories 14
P 1.7, C 1, F 0.3
Fibre 1.1



Asparagus
12 kcal
P 1.9g, C 1.1g, F 0.1g
Fibre 1.7g



Zucchini
10 kcal
P 0.7g, C 1.3g, F 0.2g
Fibre 0.8g



Broccoli
18 kcal
P 2.4g, C 1.5g, F 0.3g
Fibre 1g



Celery
9kcal
P 0.5g, C 1.7g, F 0.1g
Fibre 1.1g



Green Beans
15 kcal
P 1.4g, C 2.5g, F 0g
Fibre 2.1g



Cauliflower
17 kcal
P 1.4g, C 2.5g, F 0.2g
Fibre 0.9g



Capsicum
19 kcal
P 0.8g, C 3.3g, F 0.3g
Fibre 0.8g



Onion
20 kcal
P 1.3g, C 3.5g, F 0.1g
Fibre 1.6g



Carrot
22 kcal
P 0.5g, C 5g, F 0g
Fibre 2.7g



Peas
44 kcal
P 4.4g, C 6.1g, F 0.3g
Fibre 4.2g



Beetroot
32 kcal
P 1.4g, C 6.3g, F 0.1g
Fibre 2.6g



Corn
60 kcal
P 2.7g, C 9.4g, F 1.4g
Fibre 2.9g



Chapter Five

Condiments, Sauces & Dressings

Condiments, Sauces & Dressings

By listed serving size



Zarrafra's Sugar Free Caramel Syrup (15ml)
0kcal
P 0g, C 0.1g, F 0g



Ayam Thai Sweet Chilli Sauce (23g)
4 kcal
P 0g, C 0.8g, F 0g



Natvia Caramel Topping (20ml)
5 kcal
P 0g, C 0.8g, F 0.1g
Sugar Alcohols 6.7g



Old El Paso Salsa (20g)
7 kcal
P 0.2g, C 1.3g, F 0.1g



Fountain Reduced Sugar Tomato Sauce (15ml)
10 kcal
P 0.2g, C 0.9g, F 0g



Fountain Reduced Sugar Barbecue Sauce (15ml)
10kcal
P 0.1g, C 1.1g, F 0g



Siracha Mayo Sauce (5ml)
13 kcal
P 0.1g, C 1g, F 0.1g



Masterfoods Tomato Sauce (15ml)
18 kcal
P 0.3g, C 3.9g, F 0.1g



Masterfoods Barbecue Sauce (15ml)
34 kcal
P 0.1g, C 8.3g, P 0.1g



Praise Traditional Mayo 99% Fat Free (20g)
24 kcal
P 0g, C 5g, F 0g



Nandos Perinaise (15ml)
35 kcal
P 0.1g, C 2.1g, F 3g



Zarrafra's Caramel Flavoured Syrup (15ml)
37 kcal
P 0g, C 9.4g, F 0g



Praise Balsamic Dressing (20ml)
43 kcal
P 0g, C 2.5g, F 3.6g



Praise Traditional Mayo (20g)
110 kcal
P 0g, C 1.8g, F 11.6g



Heinz Special Burger Sauce (25ml)
111 kcal
P 0.3g, C 2.8g, F 11g



Heinz Garlic Aioli (25ml)
151 kcal
P 0.2g, C 0.8g, F 16.5g



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