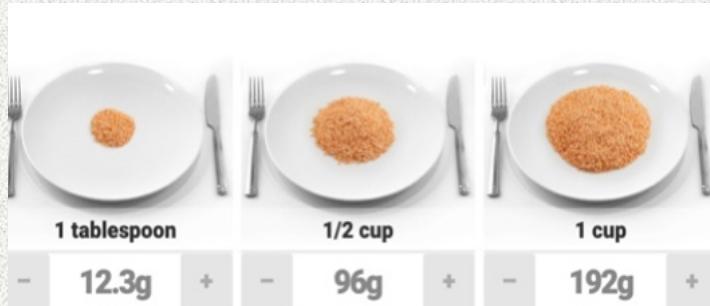


CARBOHYDRATES

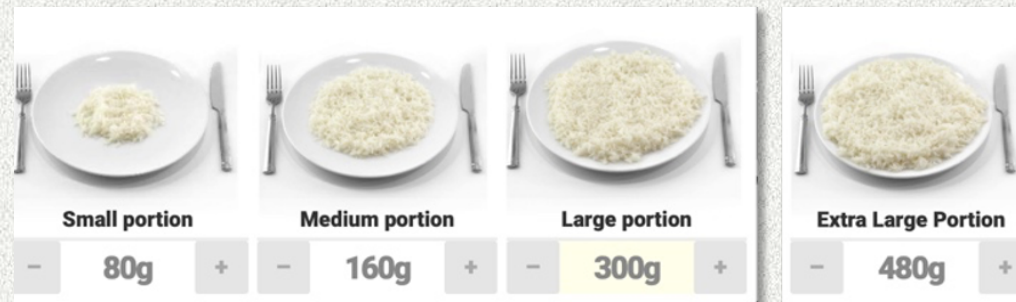
20g protein per serving



Quinoa					
Quantity (g)	Measure	Energy (Kcal)	Carbohydrate (g)	Protein (g)	Fat (g)
90	1x 1/2 cup	275	46	12.4	4.5
180	1x cup	549	92	24.8	9



Red Lentils					
Quantity (g)	Measure	Energy (Kcal)	Carbohydrate (g)	Protein (g)	Fat (g)
12.3	1x tablespoon	12.1	2	0.93	0.05
96	1x 1/2 cup	94	15.4	7.3	0.38
192	1x cup	188	30.7	14.6	0.77



Rice					
Quantity (g)	Measure	Energy (Kcal)	Carbohydrate (g)	Protein (g)	Fat (g)
80	1x Small portion	113	25.2	2.4	0.32
160	1x Medium portion	227	50	4.8	0.64
300	1x Large portion	425	95	9	1.2
480	1x Extra Large Portion	680	151	14.4	1.9

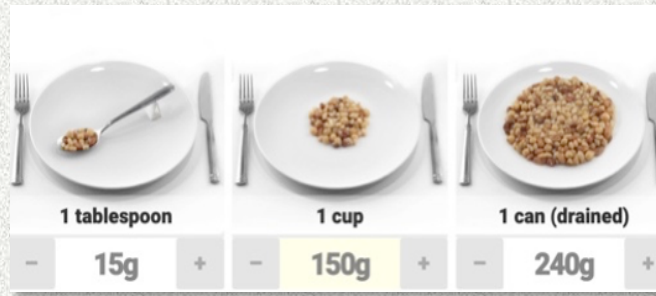


CARBOHYDRATES

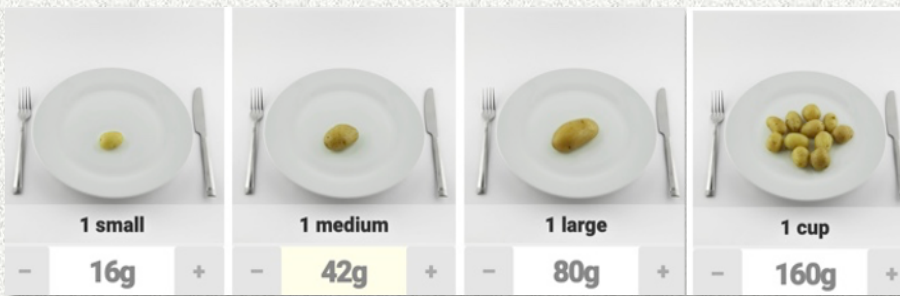
20g protein per serving



Green Lentils					
Quantity (g)	Measure	Energy (Kcal)	Carbohydrate (g)	Protein (g)	Fat (g)
12.3	1x tablespoon	12.7	1.9	1.1	0.09
206	1x Cup	212	31.7	18.1	1.4



Mixed Beans					
Quantity (g)	Measure	Energy(Kcal)	Carbohydrate (g)	Protein (g)	Fat (g)
15	1x tablespoon	15.5	2.4	1.1	0.16
150	1x cup	155	24.3	11	1.6
240	1x can (drained)	249	38.9	17.5	2.6



Potatoes					
Quantity (g)	Measure	Energy (Kcal)	Carbohydrate (g)	Protein (g)	Fat (g)
16	1x small	10	2.2	0.29	0.02
42	1x medium	26.3	5.7	0.76	0.04
80	1x large	50	10.9	1.4	0.08
160	1x cup	100	21.8	2.9	0.16

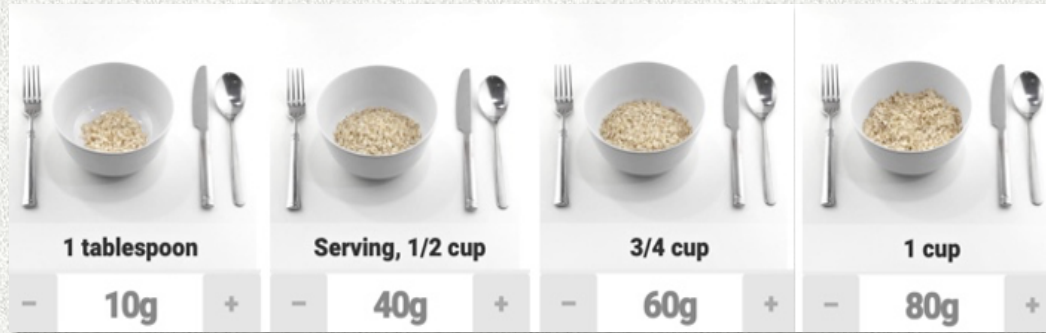


CARBOHYDRATES

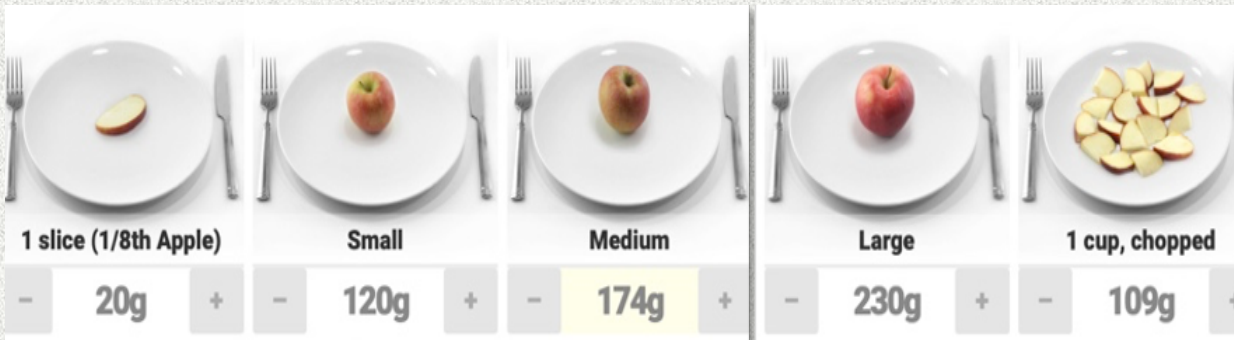
20g protein per serving



Berries					
Quantity (g)	Measure	Energy (Kcal)	Carbohydrate (g)	Protein (g)	Fat (g)
30	1x tablespoon	9	1.9	0.26	0.06
140	1x cup	42	8.7	1.2	0.28



Oats					
Quantity (g)	Measure	Energy (Kcal)	Carbohydrate (g)	Protein (g)	Fat (g)
10	1x tablespoon	37.4	6.4	1.1	0.81
40	1x Serving 1/2 cup	149	25.7	4.4	3.2
60	1x 3/4 cup	224	38.6	6.5	4.9
80	1x cup	299	51	8.7	6.5



Apple					
Quantity (g)	Measure	Energy (Kcal)	Carbohydrate (g)	Protein (g)	Fat (g)
20	1x slice (1/8th Apple)	9	2	0.1	0.08
120	1x Small	54	11.9	0.6	0.48
174	1x Medium	79	17.2	0.87	0.7
230	1x Large	104	22.8	1.2	0.92
109	1x cup chopped	49	10.8	0.55	0.44



SNACKS

~20g protein per serving

Snack	Carbohydrate (g)	Protein (g)
200g Cottage Cheese and 4 Ryvita Crackers	38	28
1 Seeded Bagel, 60g low-fat Mozzarella, 100g Chopped Tomatoes	37	33
1 Seeded Bagel, 2 Tbsp Natural Peanut Butter	38	25
1 Slice Multigrain Bread, 2 Poached/Scrambled Eggs	19	26
4 Oatcakes, 60g Low-fat soft cheese	25	27
500ml Semi-skimmed Milk	30	20
200g Cottage Cheese, Handful Blueberries (mixed in)	20	24
300ml Milk, 1 banana, 1 scoop whey protein, 1 tbsp natural peanut butter (blended)	45	28
Turkey steak, Multigrain bread, Chopped Tomatoes	20	15
200g Low-fat Yoghurt, 1 scoop whey protein, handful walnuts	23	30
300g Low-fat Natural Yoghurt, Handful Summer Berries	35	18
200g Cottage Cheese and a bagel	40	24
Tuna (1/2 can) seeded bagel	40	24
Granola (30g)with cashew nuts (30g), sesame seeds (30g) and orange (100mL)	41	21
Scrambled eggs (3) on toast (2 slices)	30	24
Small baked potato with cottage cheese (200g)	40	24
Small baked potato with tuna (1/2 can)	40	24
75 g grilled chicken breast sandwich	30	24
2 Tbsp Natural Peanut Butter on 2 slices brown bread	30	25

