FitSpark

NUTRITION GUIDE

WITH HIGH PROTEIN RECIPES

FITSPARK FITNESS & NUTRITION

CUSTOM COACHING

NUTRITION

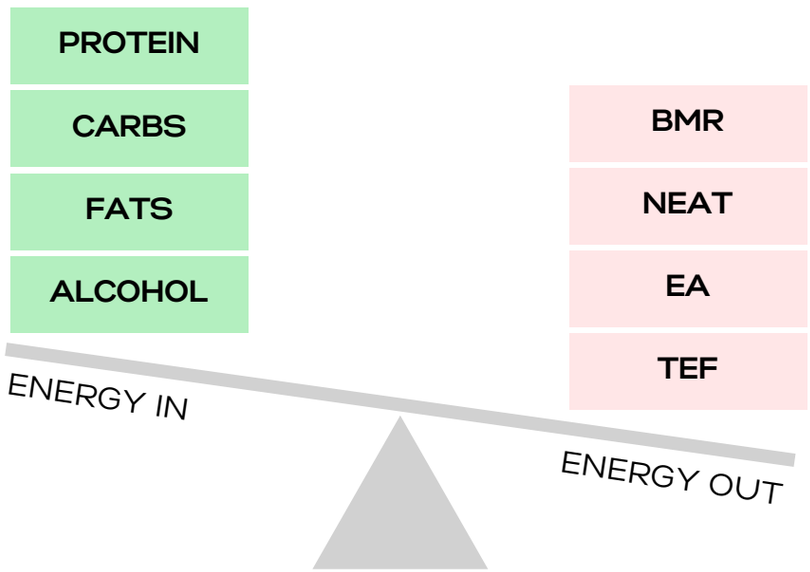
YOU ARE WHAT YOU EAT.

Many people find nutrition to be a challenging aspect of their fitness journey, particularly with busy lifestyles that make it difficult to prepare meals. However, it's not necessarily about cooking and prepping every meal, but rather understanding the type and content of the food you consume. With a better understanding of nutrition, you can have more freedom to eat the foods you enjoy while still achieving your fitness goals.

While there is flexibility in food choices, we always recommend incorporating a variety of unprocessed and healthy whole foods into your diet. Additionally, tracking your calorie intake can be helpful if your goal is to get in shape. In this e-book, we'll dive into the principles of good nutrition and provide practical tips to help you make informed food choices to hit your macronutrient and micronutrient targets, and achieve your fitness goals.

Calories in, calories out (CICO) is a fundamental principle of weight management that has been widely discussed and debated in the fitness industry. The concept is simple - to lose weight, you need to consume fewer calories than your body burns, and to gain weight, you need to consume more calories than your body burns.

CALORIES IN, CALORIES OUT.	
WEIGHT LOSS	CALORIES CONSUMED < CALORIES EXPENDED
WEIGHT GAIN	CALORIES CONSUMED > CALORIES EXPENDED
WEIGHT MAINTENANCE	CALORIES CONSUMED = CALORIES EXPENDED



CALORIES IN, CALORIES OUT.

This concept is based on the fundamental law of thermodynamics, which states that energy cannot be created or destroyed, only transferred or converted from one form to another. In the case of weight loss or gain, the energy balance equation can be simplified to "calories in vs. calories out."

BMR	(Basal Metabolic Rate) is the amount of energy your body needs to perform basic life-sustaining functions such as breathing, circulation, and maintaining body temperature while at rest.
NEAT	(Non-Exercise Activity Thermogenesis) refers to the energy expended during activities of daily living, such as walking, fidgeting, and household chores, that are not part of a structured exercise program.
EA	(Exercise Activity) refers to the energy expended during planned physical activity or exercise, such as running, weight lifting, or aerobics.
TEF	(Thermic Effect of Food) refers to the energy expended during the digestion, absorption, and metabolism of food. It represents the amount of energy required to process the food you eat and can vary depending on the type and amount of food consumed.

UNDERSTANDING MACROS & MICROS

MACROS

MACRONUTRIENTS EXPLAINED

Macronutrients are the essential building blocks of our diets, providing the body with the energy and nutrients needed to function optimally. The three primary macronutrients - **carbohydrates, proteins, and fats** - play a crucial role in maintaining overall health and wellness. Understanding the role of each macronutrient in the body and how to balance them is key to achieving a healthy and balanced diet.

In this section, we'll explore the basics of macronutrients, including their function in the body, recommended daily intake, and sources of each macronutrient.

PROTEIN

4 KCAL / G

Protein is a fundamental nutrient that plays a critical role in the functioning and development of the human body. It serves as a building block for organs, muscles, skin, hair, and nails. During intense workouts, the body's demand for amino acids increases, making protein a vital component of any fitness enthusiast's diet. Without consuming adequate protein, progress in the gym may be limited, and plateaus may become a common occurrence.

In this e-book, we'll dive deeper into the importance of protein and provide practical tips for incorporating healthy protein sources into your diet.

CARBS

4 KCAL / G

Carbohydrates are the foundation of energy for the human body. Having enough carbs in your diet will give you more energy and help you get through a long hard workout without burning out too quickly. Carbohydrates provide glucose which is converted into energy to support physical activity.

However, when it comes to a healthy diet, the type of carbohydrates consumed is more important than the amount. Healthy sources of carbohydrates, such as whole grains, vegetables, fruits, and beans, provide essential nutrients like vitamins, minerals, and fiber, whereas unhealthy sources such as excess consumption of processed foods can lead to weight gain and other setbacks with your health.

FATS

9 KCAL / G

A balanced diet must include fats as they play an essential role in brain function, hormone production, and weight management. If you severely limit your fat intake, you risk negative effects on hormone levels, including testosterone for males and irregular menstrual cycles for females, which is crucial for building muscle mass and general function. However, portion control is key when it comes to fats, as it is easy to overdo it.

Not all fats are created equal. Healthy fats, such as unsaturated fats, are necessary and beneficial. They can be found in foods like nuts, seeds, and fish. On the other hand, harmful fats, like trans fats, can increase the risk of health problems even in small quantities. Trans fats are typically found in processed foods made with partially-hydrogenated oil.

MICROS

MICRONUTRIENTS EXPLAINED

Micronutrients are an essential part of a balanced diet and are only required in small amounts, hence known as "micros". These nutrients include vitamins and minerals, which are not produced by the body and must be consumed through food. Although they are only required in small amounts, consuming the recommended amount is crucial.

Understanding the role of micronutrients and incorporating them into a balanced diet is vital for maintaining good health and preventing micronutrient deficiencies.

MINERALS

Minerals are an essential component of a healthy diet and play various roles in maintaining proper bodily functions. These micronutrients are inorganic compounds that cannot be produced by the body and must be obtained through food or supplements. Minerals are classified into two types: macrominerals and trace minerals.

Macrominerals, such as calcium and magnesium, are needed in relatively larger amounts in the body compared to trace minerals. These macrominerals play crucial roles in various physiological processes, such as bone formation and nerve function.

Trace minerals, on the other hand, are required in smaller amounts but still support important bodily functions, including growth, development, and immune function. Examples of trace minerals include iron and zinc. While both macrominerals and trace minerals are essential to health, it is important to maintain a balance of these minerals in the body to ensure optimal functioning.

VITAMINS

Vitamins are essential organic compounds required by the body in small amounts for normal growth, development, and maintenance of overall health. There are two types of vitamins: water-soluble and fat-soluble.

Water-soluble vitamins, such as vitamin C and the B vitamins, are not stored in the body and must be replenished regularly through dietary sources.

Fat-soluble vitamins, such as vitamins A, D, E, and K, are stored in the body's fatty tissues and liver, and can accumulate to toxic levels if taken in excessive amounts.

Each vitamin plays a unique role in the body, supporting various functions such as immunity, vision, bone health, and energy production. A deficiency in any vitamin can lead to various health problems, including weakened immunity, poor bone health, and anemia.

A	Essential for good vision, healthy skin, and a strong immune system. It is also important for growth and development.
B	There are eight B vitamins, and they are important for metabolism, energy production, and the health of the nervous system.
C	An antioxidant that helps protect cells from damage, vitamin C is also important for the immune system, wound healing, and the absorption of iron.
D	Needed for the absorption of calcium, vitamin D is important for bone health and may also have a role in immune function and disease prevention.
E	An antioxidant that helps protect cells from damage, vitamin E is important for the immune system, skin health, and the prevention of chronic diseases.
K	Important for blood clotting and bone health, vitamin K also plays a role in regulating calcium in the body.

MEAL PLANNING

MEAL GUIDE

HOW MUCH DO YOU NEED

Certainly when it comes to planning a meal guide, the most important and fundamental step is to calculate your daily nutritional needs, which is based on your caloric expenditure. Simply put, how much energy you burn determines how much you need to eat and how your food should be portioned out.

TOTAL DAILY ENERGY EXPENDITURE (TDEE)	
MALE	[66 + 6.2 x weight (lb) + 12.7 x height (in) – 6.76 x age (y)] x **multiplier**
FEMALE	[655.1 + 4.35 x weight (lb) + 4.7 x height (in) – 4.7 x age (y)] x **multiplier**

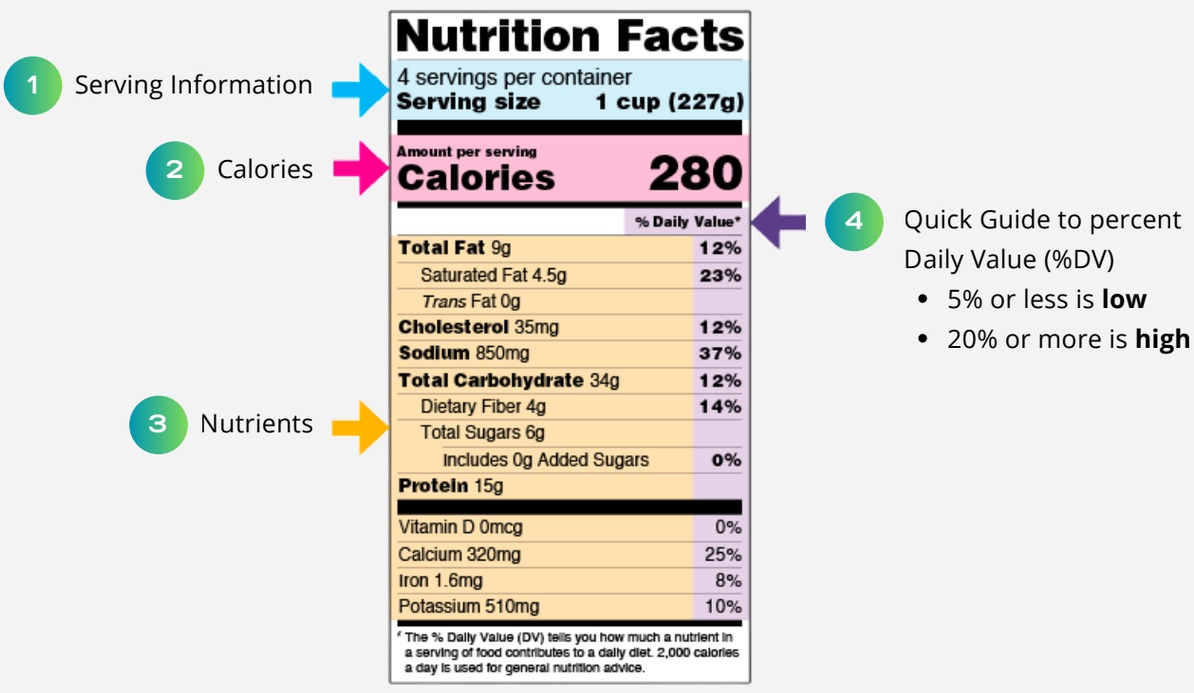
MULTIPLIER	
1.2	Sedentary (little to no exercise + work a desk job)
1.375	Lightly Active (light exercise 1-3 days / week)
1.55	Moderately Active (moderate exercise 3-5 days / week)
1.725	Very Active (heavy exercise 6-7 days / week)
1.9	Extremely Active (very heavy exercise, hard labor job, training 2x / day)

With an estimate of your Total Daily Energy Expenditure (TDEE), you can determine your target caloric intake based on your fitness and health goals. Whether you aim to lose weight, maintain your current weight, or gain muscle mass, setting a specific caloric intake can help you reach your desired outcome.

GOAL		
FAT LOSS	RE-COMPOSITION	MUSCLE BUILDING
-300 KCAL Consume in a deficit	**+/- 0 KCAL** Consume in a maintenance	**+300 KCAL** Consume in a surplus

LABELS

HOW TO READ NUTRITION LABELS



Nutrition labels provide information about the nutritional content of a food product. To read a nutrition label:

- Look at the serving size and number of servings per container. This will give you an idea of how much you will be consuming.
- Check the calorie content per serving. This will give you an idea of how much energy you will be getting from this food.
- Take note of the macronutrients (fat, protein, and carbohydrates) per serving.
- Check the amount of fiber, vitamins and minerals. These are important for a healthy diet and should be consumed in appropriate amounts.
- % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 5% or less is low, and 20% or more is high.
- Compare the label with other brands of the same product, and choose the one with fewer calories and less fat, sugar, and salt.

GOOD & BAD

ARE THERE GOOD AND BAD FOODS?

It is not accurate to say that certain foods are "good" or "bad" in a blanket statement. The nutritional value of a food depends on the context of an individual's diet and overall health.

Nutrients that are essential for human survival, such as protein, carbohydrates, vitamins, minerals, and essential fatty acids are found in many different types of foods. A well-rounded diet that includes a variety of nutrient-dense foods is important for maintaining good health.

However, some foods may be more beneficial or less beneficial for certain individuals depending on their dietary needs, preferences, and health goals. For example, a person with diabetes may need to limit their intake of high-sugar foods, while an athlete may require more protein to support muscle growth and repair.

It's also important to note that foods can be healthy in moderation but can be harmful if consumed in excessive amounts. For example, foods high in added sugar, saturated fats, and sodium can increase the risk of chronic diseases if consumed in excessive amounts, but small amounts can be part of a healthy diet.

The key is to have a balance and variety of nutrient-dense foods, and to pay attention to how certain foods affect your body and health goals.

CALORIE COMPARISON: THIS OR THAT?

2x Dates with Peanut Butter

256 kcal

Classic Magnum Ice-cream

252 kcal

IMPORTANCE OF HYDRATION

HYDRATION

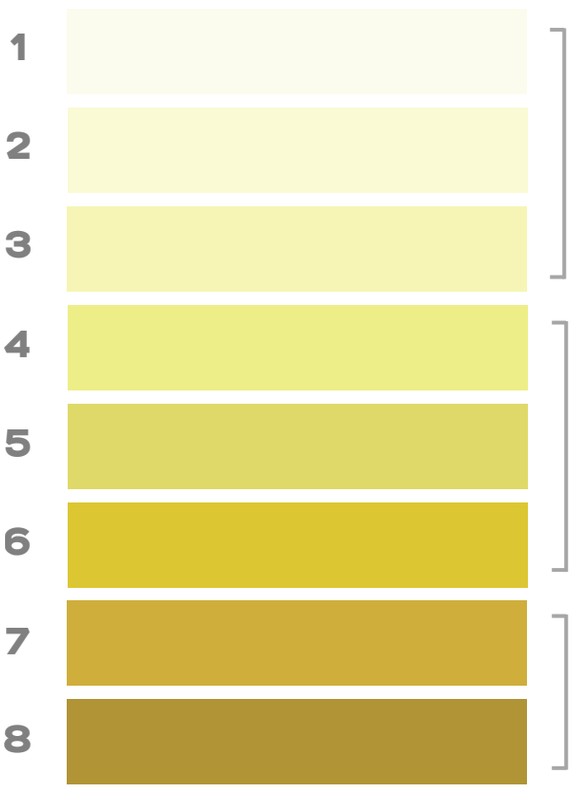
THE IMPORTANCE OF WATER

Proper hydration is crucial for overall health and well-being, particularly when it comes to fitness. As the human body is composed of approximately 60% water, it's easy to see why staying hydrated is so important. In this section, we will highlight 8 significant reasons why hydration is essential for the body, particularly for those who engage in regular physical activity. So, let's dive in and explore the many benefits of staying hydrated!

1. **Regulates body temperature**
2. **Keeps joints lubricated**
3. **Fights infections**
4. **Delivers nutrients to cells**
5. **Flushes out bacteria from your bladder**
6. **Prevents Constipation**
7. **Maintains function of important organs**
8. **Improves sleep quality, cognition, and mood**

While health authorities have recommended the "8x8 rule," which suggests consuming eight 8-ounce glasses of water per day, it is important to note that the appropriate amount of fluid intake varies depending on an individual's body weight, activity levels, and other factors.

In fact, there is no one-size-fits-all recommendation for how much water one should drink daily. Therefore, monitoring the color of your urine and the frequency of urination can be helpful indicators of hydration status. Generally, if you urinate 5-6 times per day and your urine is clear, you are likely well-hydrated.



1 TO 3: HYDRATED

Pale, odourless and plentiful urine is often an indication that you are well hydrated.
Keep drinking at the same rate.

4 TO 6: MILDLY DEHYDRATED

Slightly darker yellow urine can indicate that you need to drink more water.
Drink a glass of water now.

7 TO 8: DEHYDRATED

Even darker yellow urine is often an indication that you are dehydrated.
Drink 2-3 glasses of water now.

What can change the colour of my urine?

Certain foods, medications and vitamin supplements may change your urine colour even if you are hydrated.

Important

The colours on this chart should only be used as a guide and should not replace the advice of a health professional. Speak to your doctor if you are worried about the colour of your urine, the amount of water you drink or dehydration.

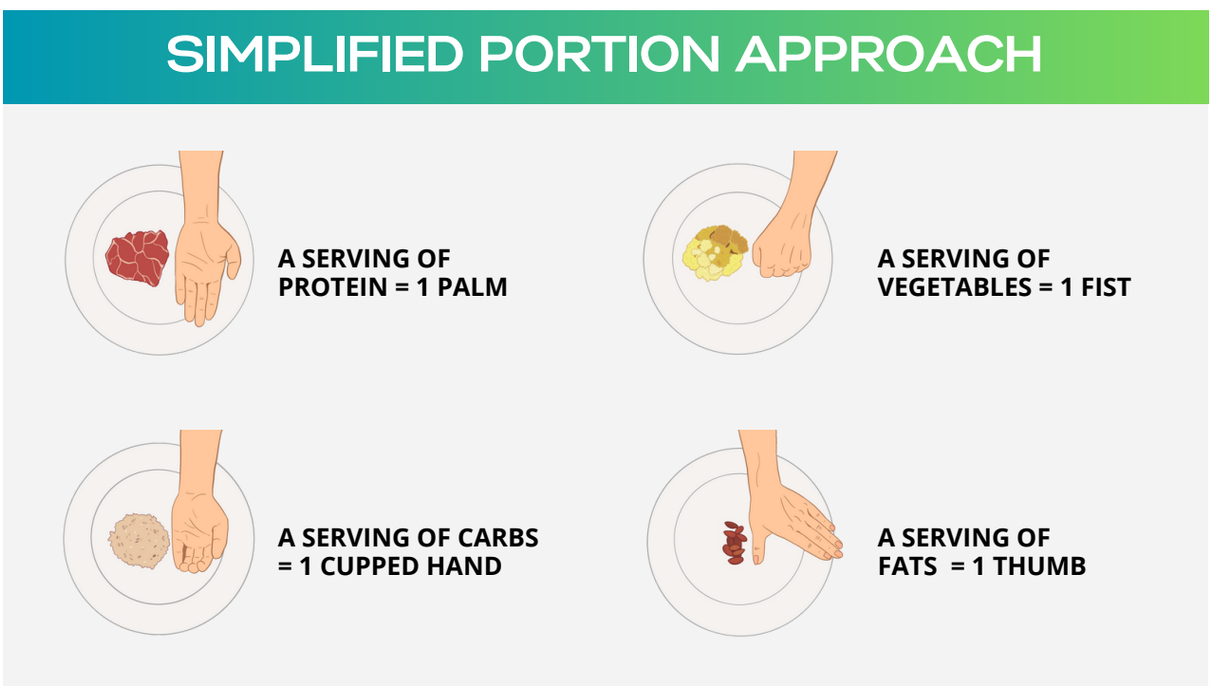
SIMPLIFIED PORTION APPROACH

PORTION

SIMPLIFIED PORTION APPROACH

Our simplified portion approach is perfect for occasions when you're dining out and don't have the tools to track your food meticulously.

By leveraging the remarkable consistency and accessibility of our hands, this innovative method eliminates the need for meticulous counting and offers a practical solution for effortlessly measuring food and nutrients.



FOOD TYPES

IDENTIFY TYPES OF FOOD AND QUALITY OF FOOD

Nutritional value varies, but do not think of food as "good" or "bad". Seeing it on a spectrum from "eat often" to "occasionally" helps you make better choices while still being able to enjoy foods you like, as long as they fit within your caloric targets.

EAT OFTEN | MODERATELY | OCCASIONALLY

PROTEIN

eggs and egg whites | fish | shellfish

chicken | duck | turkey

lean beef | cultured cottage cheese | lamb

pork | plain greek yoghurt | tempeh

CARBOHYDRATES

sweet potatoes | plain oats | buckwheat

quinoa | whole-grain, black rice | sorghum

farro | millet | potatoes

amaranth | plain non-greek yoghurt | barley

fresh and frozen fruit | corn | yuca

taro

FATS

extra virgin olive oil | walnut oil | marinades and dressings with oil in this section

avocado and avocado oil | cheese | egg yolk

seeds | cashews | pistachios

almonds | brazil nuts | pecans

peanuts and natural peanut butter | olives | pesto made with olive oil

nut butters | fresh coconut

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EAT OFTEN | MODERATELY | OCCASIONALLY

PROTEIN


poultry sausage


uncultured cottage cheese


medium-lean meats


minimally processed lean deli meat


tofu


edamame


protein powders


canadian bacon


meat jerky

CARBOHYDRATES


couscous


white rice


granola


instant or flavoured oats


milk


vegetable juices


flavoured yoghurt


flavoured kefir


pancakes and waffles


whole-grain crackers


oat-based granola bars


unsweetened fruit


white breads, pastas and wraps

FATS


virgin and light olive oil


sesame oil


flaxseed oil


coconut oil / milk


peanut oil and regular peanut butter


dark chocolate


fish oil


cream


cheese


marinades and dressings with oil in this section


flavoured nuts and nut butters

FOOD TYPES

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EAT OFTEN	MODERATELY	OCCASIONALLY

PROTEIN


bacon


fried meats


chicken fingers, nuggets and wings


sausage


high-fat ground meat


high-fat sausages


pepperoni sticks


processed soy


processed deli meats


high-mercury fish

CARBOHYDRATES


cereal bars


fruit juices


flavoured milk


honey and syrups


processed fruit with added sugar


sugar


soda


crackers


pretzels


foods with added sugar


chips


fries


candy bars


donuts


cookies


pastries


muffins


cakes

FATS


butter


margarine


processed cheese


corn oil


cottonseed oil


sunflower oil


canola oil


soybean oil


safflower oil


marinades and dressings with oil


vegetable oil


fat-rich foods with added sugar

hydrogenated oils and trans fats

shortening

FOOD TYPES

VEGETABLES

Vegetables of varying colours provide different nutrients and health benefits. So make it a point to "eat the rainbow".

HIGH PROTEIN RECIPES

RECIPES

HIGH PROTEIN RECIPES

To help you achieve your protein targets, we have prepared a list of high protein and delicious recipes. Don’t worry, these are simple and easy to prep, and require little to no cooking.

Remember, it's important to pay attention to the quality of the food. Focus on consuming a variety of nutrient-dense foods that provide the nutrients your body needs to support muscle growth and overall health.

BREAKFAST

GREEK OMELETTE

452	25	25	28
CALORIES	CARBS (g)	PROTEIN (g)	FATS (g)

MAKES 1 SERVING

INGREDIENTS

- 3 large eggs
- Salt and pepper to taste
- 1 tsp (4.5 g) olive oil
- 2 tbsp (8 g) red onions, chopped
- 5 cherry tomatoes, halved
- 5 kalamata olives, halved
- 2 tbsp (28 g) goat cheese
- 1 tbsp (2.5 g) fresh basil, chopped
- 1 small apple

INSTRUCTIONS

- In a bowl, crack eggs and whisk eggs until fluffy.
- In a medium skillet heat olive oil over medium heat.
- Add to skillet red onions, tomatoes, and kalamata olives. Cook for 2-3 minutes then move vegetable mixture to a plate.
- Add eggs to skillet and cook for 1-2 minutes, or until sides begin to lift from the bottom. Flip eggs. Top with vegetable mixture, goat cheese, and basil. Cook for an additional 30 seconds - 1 minute, until eggs are cooked through.
- Fold in half, remove from heat, and serve with an apple

BREAKFAST

POMEGRANATE & PISTACHIO COTTAGE CHEESE

383	35	33	14
CALORIES	CARBS (g)	PROTEIN (g)	FATS (g)

MAKES 1 SERVING

INGREDIENTS

- 1.25 cups (283 g) 2% milk fat cottage cheese
- 2 tbsp (56 g) pomegranate arils
- 2 tbsp (15 g) pistachios
- 1/2 medium peach, sliced

INSTRUCTIONS

- Top cottage cheese with all other ingredients and enjoy!

BREAKFAST

SMOKED SALMON & AVOCADO TOAST

372	22	28	19
CALORIES	CARBS (g)	PROTEIN (g)	FATS (g)

MAKES 1 SERVING

INGREDIENTS

- 2 eggs (poached or hard boiled)
- 1 tbsp white wine vinegar
- 3 oz smoked salmon
- Handful of micro greens
- 1/2 small avocado, mashed
- 1 radish, sliced thin
- 2 small slices of sprouted grain bread
- Salt and pepper to taste.

INSTRUCTIONS

- In a small pot, bring 2 inches of water to a boil. Add vinegar.
- Crack each egg into a small bowl and gently poor into water.
- Turn off heat and cover for four minutes.
- While eggs are cooking, toast bread then top with avocado, radish slices, and smoked salmon.
- Gently remove eggs from the water, pat dry, and place on top of salmon. Top with micro greens, salt, and pepper.

BREAKFAST

STRAWBERRY AND POMEGRANATE YOGURT

401	37	29	17
CALORIES	CARBS (g)	PROTEIN (g)	FATS (g)

MAKES 1 SERVING

INGREDIENTS

- 1 cup (240 g) Greek Yogurt (non-fat)
- 2 tbsp (28 g) paleo granola
- 2 strawberries, sliced
- 1/2 kiwi, chopped
- 1 tbsp (22 g) pomegranate arils
- 1/4 cup (240 g) blueberries

INSTRUCTIONS

- Top yogurt with all other ingredients and enjoy!

BREAKFAST

OMELET WRAPS

237	3	20	15
CALORIES	CARBS (g)	PROTEIN (g)	FATS (g)

MAKES 4 SERVINGS

INGREDIENTS

- 7 oz. (200g) cottage cheese
- 4 handfuls watercress
- 1 lemon, peel only
- 6 eggs
- 1/4 cup (60ml) soy milk
- 1 tsp. mixed herbs
- 4 tsp. coconut oil
- 3.5 oz. (100g) smoked salmon, chopped

INSTRUCTIONS

- Place the cottage cheese, watercress and lemon peel in a high bowl and puree with the hand blender (or food processor) until smooth paste forms.
- Beat the eggs with the milk and herbs in a separate bowl.
- Heat 1 tsp. of oil in the medium size frying pan and fry 1/4 of the egg over medium heat for 2 minutes until the egg solidifies, then turn around. Bake the other side for 1/2 minute.
- Remove the omelet from the pan and set aside. Fry the other omelets with the rest of the oil.
- To serve, spread the cottage cheese paste over the omelets and top with smoked salmon. Roll up the omelet as a wrap and cut in half.

BREAKFAST

SPANISH ZUCCHINI TORTILLA

377	22	21	22
CALORIES	CARBS (g)	PROTEIN (g)	FATS (g)

MAKES 2 SERVINGS

INGREDIENTS

- 1 tbsp. olive oil
- 1 small potato, peeled, chopped
- 1 small onion, chopped
- 1⁄2 small zucchini, thinly sliced
- 6 eggs

INSTRUCTIONS

- Heat oil in a non-stick pan and sear the potato and onion over medium-high heat, for about 4 minutes. Next, add the zucchini and sauté for another 4 minutes.
- In a bowl, whisk eggs and season with salt and pepper. Transfer the vegetables from the pan into the bowl and mix well.
- Using the same pan, add the egg mixture on low heat and make sure everything is evenly distributed. After about 3 minutes, run a spatula through the outer edges of the tortilla to make sure it does not stick to the pan.
- After 8-10 minutes, flip the tortilla (this might take more or less, depending on heat, size and pan), using a plate over the pan. Slide the uncooked part back into the pan.
- After another 5-6 minutes, the tortilla should be cooked. Remove from heat and serve.

BREAKFAST

HIGH PROTEIN BLUEBERRY PANCAKES

257	18	36	5
CALORIES	CARBS (g)	PROTEIN (g)	FATS (g)

MAKES 1 SERVING

INGREDIENTS

- 1/4 cup liquid egg whites (around 4 eggs)
- 1 scoop (25g) of vanilla whey powder
- 1/2 banana, mashed
- almond milk, if needed
- 1/4 cup (25g) fresh or frozen blueberries
- 1/2 tsp. coconut oil

INSTRUCTIONS

- Whisk together the egg whites and protein powder.
- Stir in the mashed banana and add the blueberries. If the pancake mixture seems too thick, add a splash of almond milk to thin it.
- Heat the coconut oil in a pan to low-medium. Pour in the pancake mixture and cook until little bubbles form (about 5 minutes).
- Make sure the pancake has set enough before you try flipping it, then flip over. Cook the pancake for another 2-3 minutes.
- You can also make 3 small pancakes instead of 1 large.
- Serve with your favorite toppings.

LUNCH

CHICKEN CAULIFLOWER RICE BOWL

549	16	44	34
CALORIES	CARBS (g)	PROTEIN (g)	FATS (g)

MAKES 2 SERVINGS

INGREDIENTS

- 3 tbsp (40 g) olive oil
- 2 cups (200 g) riced cauliflower
- 1/2 small red onion, chopped
- Salt and pepper to taste
- 1 tbsp (3 g) dried dill
- 2 medium chicken breasts, skinless
- 1/2 tbsp (1.5 g) dried oregano
- 10 cherry tomatoes, halved
- 1 medium cucumber, chopped
- 10 kalamata olives, chopped
- 1 tbsp (28 g) feta cheese, crumbled
- Juice of 1/2 a lemon

INSTRUCTIONS

- Preheat oven to 400 degrees F (205 C)
- Coat chicken breasts with 1 tbsp olive oil, salt, pepper, and oregano.
- Bake chicken for 22 - 26 minutes. Internal temperature of chicken should reach 165 degrees F. After chicken is cooked and has rested for at least 5 minutes, slice chicken breast.
- Heat remaining 2 tbsp of olive oil in a skillet over medium heat. Add riced cauliflower, red onion, salt, pepper, and dill. Cook for 3 - 5 minutes, until cauliflower is softened, stirring occasionally.
- Top cooked cauliflower rice with sliced chicken, cherry tomatoes, cucumber, olives, feta cheese, and lemon juice.

LUNCH

GRILLED PLANTAIN AND BLACK BEAN QUINOA SALAD

430	60	20	12
CALORIES	CARBS (g)	PROTEIN (g)	FATS (g)

MAKES 4 SERVINGS

INGREDIENTS

- 1 cup quinoa, rinsed
- 2 ripe plantains, peeled and sliced
- 1 can (15 oz) black beans, drained and rinsed
- 1 red bell pepper, diced
- 1/2 red onion, finely chopped
- 1 cup cherry tomatoes, halved
- 1/4 cup fresh cilantro, chopped
- Juice of 1 lime
- 2 tablespoons olive oil
- 1/2 cup cooked and diced chicken breast (or plant-based protein alternative like tofu or tempeh)
- Salt and pepper to taste

INSTRUCTIONS

- In a medium saucepan, bring 2 cups of water to a boil. Add quinoa, reduce heat to low, cover, and simmer for about 15 minutes, or until water is absorbed and quinoa is tender. Remove from heat and let it cool.
- Preheat grill or grill pan over medium-high heat. Lightly brush plantain slices with olive oil and grill for about 2-3 minutes on each side, until they have grill marks and are tender. Remove from heat and set aside.
- In a large mixing bowl, combine cooked quinoa, grilled plantains, black beans, diced bell pepper, chopped red onion, cherry tomatoes, diced chicken breast (or plant-based protein alternative), and chopped cilantro.
- In a small bowl, whisk together lime juice, olive oil, salt, and pepper to taste.
- Pour the dressing over the salad ingredients and toss until everything is well coated.

LUNCH

SMOKED SALMON SALAD

489	37	26	28
CALORIES	CARBS (g)	PROTEIN (g)	FATS (g)

MAKES 1 SERVING

INGREDIENTS

- 2 cups (200 g) mixed salad greens
- 3 oz (85 g) smoked salmon, sliced
- 1/8 small red onion, sliced
- 1 green onion, sliced
- 5 cherry tomatoes, halved
- 5 green olives, halved
- Handful of sprouts
- 1 tsp (3 g) sesame seeds
- 1 tbsp (14 g) olive olive
- 1/4 tsp (0.5 g) dried oregano
- Salt and pepper to taste

INSTRUCTIONS

- Top mixed salad greens with salmon, onions, tomatoes, olives, sprouts, and sesame seeds.
- Mix olive oil, oregano, salt, and pepper together and drizzle over salad.

LUNCH

TUNA WRAP

415	34	25	21
CALORIES	CARBS (g)	PROTEIN (g)	FATS (g)

MAKES 1 SERVING

INGREDIENTS

- 1 sprouted grain wrap
- 1, 3oz (85 g) can tuna
- 1 tbsp (15 g) avocado oil mayonnaise
- 1/2 tsp (0.5 g) dired dill
- Sat and pepper to taste
- 1/2 small red bell pepper, thinly sliced
- 1/2 small cucumber, thinly sliced
- 1/2 small avocado, thinly sliced.
- Handful arugula or rocket

INSTRUCTIONS

- Drain tuna, then in a small bowl mix tuna with mayonnaise, dill, salt, and pepper.
- Layer tuna mixture and all other ingredients onto a sprouted grain wrap.
- Fold and enjoy!

LUNCH

CHICKEN, ORANGE & WALNUT SALAD

458	47	28	20
CALORIES	CARBS (g)	PROTEIN (g)	FATS (g)

MAKES 2 SERVINGS

INGREDIENTS

For the dressing:

- 3 tbsp. of honey
- 2 tbsp. mustard
- 1 tbsp. olive oil
- 1 tbsp. lemon juice
- 2 tbsp. orange juice
- 1⁄3 tsp. cinnamon

For the salad:

- 7 oz. (200g) chicken breast
- 4 handfuls rocket
- 1⁄4 iceberg lettuce
- 1 orange
- 1⁄3 pomegranate fruit, seeds
- 1⁄4 cup (30g) pecans, roasted

INSTRUCTIONS

- Peel orange and cut out the pulp and set aside. Squeeze the juice from the rest of the orange and keep it for the sauce.
- Mix the ingredients of the dressing in a cup, season with salt and pepper.
- Cut the chicken breast into 4 smaller pieces, season with salt, coat with olive oil and place on a hot grill pan — grill for 4 minutes on both sides.
- Drizzle the chicken pieces with a tbsp. of dressing and continue to grill for about 1.5 minutes on a slightly lower heat. Turn over then drizzle with another tbsp. of dressing, and grill for another minute. Remove from the pan and set aside. Once cooled slightly slice into pieces.
- Mix the salad leaves and divide it between two plates, then top with the orange and chicken. Sprinkle with the pomegranate seeds and roasted pecans. Drizzle with the remaining dressing and serve.

LUNCH

GRILLED CHICKEN & PINEAPPLE SALAD

356	34	27	16
CALORIES	CARBS (g)	PROTEIN (g)	FATS (g)

MAKES 2 SERVINGS

INGREDIENTS

For the salad:

- 7 oz. (200g) chicken breast
- 4 slices pineapple, canned
- 2 handfuls salad leaves
- 1⁄3 cup (10g) mint leaves
- 1⁄2 small onion, finely chopped

For the dressing:

- 2 tbsp. olive oil
- 1 tsp. ginger, grated
- 1 clove garlic, minced
- 1 lime, juiced
- 1 tsp. honey
- tabasco, optional

INSTRUCTIONS

- Mix the ingredients of the dressing in a salad bowl, season with salt. Add in the spinach and mint leaves and let it rest.
- In the meantime, cut the chicken breasts in half, horizontally (you will end up with 4 chicken fillets), place on a hot grill pan, and cover each chicken breast with a slice of pineapple, season with black pepper. Grill for around 6-8 minutes, then turn and grill for another 5 minutes (at this stage remove the pineapple and let it grill next to the chicken).
- Remove from the heat and let the chicken rest 3 minutes, then, cut it into strips.
- Add the chicken to the salad together with sliced pineapple and finely chopped onion, mix before serving.

- Vegetarian Option: Replace the grilled chicken with fried or baked tofu or feta cheese.

LUNCH

SALMON & COUSCOUS SALAD

516	29	36	29
CALORIES	CARBS (g)	PROTEIN (g)	FATS (g)

MAKES 2 SERVINGS

INGREDIENTS

For the salmon:

- 2x 4 oz. (115g) pieces of salmon
- 2 tsp. olive oil
- 2 tsp. lemon juice
- sea salt & pepper

For the salad:

- 2 cups (150g) iceberg lettuce, chopped
- 1/2 red onion, chopped
- 2 tbsp. feta cheese
- 1 cup (157g) couscous, cooked
- 10 cherry tomatoes, chopped

For the dressing:

- 1 tbsp. olive oil
- 1 tbsp. fresh lemon juice
- 1/2 tsp. Dijon mustard
- sea salt & pepper, to taste
- 1/2 tsp. maple syrup or honey (optional)

INSTRUCTIONS

- Preheat oven to 400°F (200°C). Rub the salmon with olive oil and season with salt and pepper.
- Place salmon skin-side down on a baking tray, and pour the lemon juice over the top. Roast for 10-12 minutes, until cooked through.
- In the meantime, make the dressing by whisking together all the ingredients.
- Prepare the salad by dividing the iceberg lettuce in between bowls, top with cooked couscous, red onion, tomatoes, and feta cheese.
- Once salmon is cooked, remove from oven and place on top of the salad. Drizzle with the dressing and serve.

DINNER

BAKED CHICKEN & PEPPERS

518	57	32	19
CALORIES	CARBS (g)	PROTEIN (g)	FATS (g)

MAKES 2 SERVINGS

INGREDIENTS

- 2, 4 oz (113 g) chicken breast, skinless and boneless
- 2 tbsp (27 g) olive oil
- Juice of 1/2 lemon
- 3 cloves garlic, minced or pressed
- 1 tbsp balsamic vinegar
- 1 tbsp (3 g) dried oregano
- 1/2 tbsp (1.5 g) dried thyme
- 1/2 tbsp (1.5 g) dried basil
- Salt and pepper to taste
- 1 red bell pepper, sliced
- 1 orange bell pepper, sliced
- 3 medium carrots, sliced
- 1 small onion, sliced
- 1/2 cup (92 g) brown rice, uncooked

INSTRUCTIONS

- Preheat oven to 375 degrees F (190 C).
- Mix together olive oil, garlic, balsamic vinegar, lemon juice, oregano, thyme, basil, salt, and pepper.
- Layer bell peppers, carrots, and onions in a glass baking dish. Use half of the olive oil mixture to coat the vegetables.
- Lightly pound the chicken breast, then place on top of the vegetables. Coat the chicken with the remaining olive oil mixture.
- Bake for 20-30 minutes until internal temperature of chicken reaches 165 degrees F.
- While chicken is baking, cook brown rice as directed on the package.
- Serve warm and enjoy!

DINNER

GRILLED CHICKEN KEBABS

396	15	28	25
CALORIES	CARBS (g)	PROTEIN (g)	FATS (g)

MAKES 2 SERVINGS

INGREDIENTS

- 3 tbsp (40 g) olive oil
- 1 tbsp (15 g) red (or white) wine vinegar
- 1 tsp (5 g) Dijon mustard
- 2 clove garlic, minced
- 1/2 tsp (2 g) oregano
- Juice of 1/2 a lemon
- Salt and pepper to taste
- 8 oz (227 g) chicken breasts, cut into 1 1/2 inch pieces
- 1 red bell pepper, cut into 1 1/2 inch pieces
- 1 green bell pepper, cut into 1 1/2 inch pieces
- 1 medium red onion, cut into 1 1/2 inch pieces
- 2 tbsp (30 g) tzatziki sauce
- 8 grilling skewers

INSTRUCTIONS

- In a medium bowl, mix together olive oil, vinegar, mustard, garlic, oregano, lemon juice, salt, and pepper.
- Add chicken and mix to dress chicken. Cover and marinate in the refrigerator for at least one hour (or overnight).
- When ready to cook, heat grill to medium heat.
- Thread the skewers, alternating between chicken, bell peppers, and onion.
- Cook over medium heat on the grill for 5-7 minutes per side or until chicken has reached an internal temperature of 165 degrees.

DINNER

SHEET PAN CHICKEN & CABBAGE DINNER

356	36	24	15
CALORIES	CARBS (g)	PROTEIN (g)	FATS (g)

MAKES 2 SERVINGS

INGREDIENTS

- 2 thinly sliced chicken breasts
- 3 carrots, chopped 1/2 inch
- 1/2 medium head red cabbage, sliced
- 1 medium onion, sliced
- 1 tbsp (14 g) avocado oil
- 1/4 cup (28 g) bone broth
- 2 tbsp (4 g) thyme, chopped
- 1 tbsp (2 g) rosemary, chopped
- 2 cloves garlic, minced
- Salt and pepper to taste

INSTRUCTIONS

- Preheat oven to 400 degrees (205 C).
- In a medium bowl mix together avocado oil, bone broth, thyme, rosemary, garlic, salt, and pepper.
- In a large bowl, mix together carrots, onion, and cabbage. Poor 1/2 bone broth mixture over the vegetables and toss to coat.
- Use remaining bone broth mixture to coat chicken breasts.
- Spread vegetables and chicken on an oven safe sheet pan. Poor any remaining bone broth mixture over vegetables and chicken.
- Bake for 15 minutes. Turn chicken, mix vegetables, and change oven heat to broil.
- Broil for 2-3 minutes for crispier chicken.

DINNER

ZUCCHINI BOATS

555	40	48	24
CALORIES	CARBS (g)	PROTEIN (g)	FATS (g)

MAKES 2 SERVINGS

INGREDIENTS

- 2 medium zucchini
- 0.75lbs (340 g) ground beef (95% lean)
- 1/2 tbsp (3 g) dried oregano
- 1/4 tbsp (1.5 g) dried thyme
- 1/2 tsp (4 g) sea salt
- 1/4 tsp (0.5 g) ground black pepper
- 1/2 medium onion, chopped
- 2 cloves garlic, minced
- 10 kalamata olives, chopped
- 1/4 cup (28 g) sun-dried tomatoes, chopped
- 2 tbsp (56 g) goat cheese, crumbled
- 1 cup (195 g) brown rice, cooked

INSTRUCTIONS

- Preheat oven to 375 degrees F (190 C).
- Slice zucchini lengthwise in half. Scrap out seeds and flesh to create a hollow boat for the beef mixture.
- In a skillet over medium heat, cook ground beef until cooked though, crumbling beef while cooking.
- Remove from heat and drain excess liquid.
- Mix in oregano, thyme, salt, pepper, onion, garlic, kalamata olives, and sun-dried tomatoes.
- Fill zucchini boats with beef mixture and bake for 20- 30 minutes.
- Once cooked, top with goat cheese and serve warm with brown rice.

DINNER

MISO SALMON WITH ZUCCHINI NOODLES

496	27	29	30
CALORIES	CARBS (g)	PROTEIN (g)	FATS (g)

MAKES 2 SERVINGS

INGREDIENTS

For the salmon:

- 2 salmon fillets, 4.5 oz. (130g) each
- 2 tbsp. miso paste
- 2 tbsp. honey
- 1/4 cup (60ml) tamari, or soy sauce
- 2 tbsp. ginger, grated
- 2 tbsp. apple cider vinegar
- 1 tbsp. sesame oil
- 2 tsp. sesame seeds

For the noodles:

- 14 oz. (400g) zucchini noodles
- 6 radishes, sliced
- 2 tsp. sesame oil
- 2 tsp. ginger, grated
- 1 tsp. honey
- 2 tbsp. soy sauce
- juice of 1 lime

INSTRUCTIONS

- Mix all the salmon marinade ingredients. Coat the salmon fillets in the marinade and refrigerate for at least 20 minutes.
- In the meantime, place the zucchini noodles and sliced radish in a bowl. Mix all the ingredients for the dressing and pour over the salad. Mix well and refrigerate.
- Preheat oven to 350°F (180°C).
- Place the salmon in an oven safe dish and pour some of the marinade over it. Bake for 12 minutes and then turn the broiler on for about 2-3 minutes to brown the top. Check often to avoid burning.
- Once cooked, serve salmon alongside the zucchini salad. Sprinkle with sesame seeds to serve.

DINNER

CHICKEN THIGHS WITH HOISIN RICE

336	16	29	15
CALORIES	CARBS (g)	PROTEIN (g)	FATS (g)

MAKES 8 SERVINGS

INGREDIENTS

- 2 tbsp. coconut oil
- 8 skinless chicken thighs
- scant 1 cup (200g) jasmine rice
- 4 spring onions, chopped
- 4 cloves garlic, sliced
- 1⁄3 cup (200ml) white wine
- 2 cups (500ml) chicken stock
- 4 tbsp. dried cranberries

For the sauce:

- 3 tbsp. soy sauce
- 2 tbsp. of rice vinegar
- 1 tbsp. of peanut butter
- 1 tsp. of chili flakes
- 1 tsp. of honey
- 1 tsp. of sesame oil

INSTRUCTIONS

- Preheat the oven to 375°F (190°C). In a large pan, heat the coconut oil.
- Season the chicken thighs with salt and pepper and fry for 5 minutes each side until golden brown, then take off the heat and transfer onto a plate.
- Pour out most of the fat from the pan, leaving about 1 tbsp. in the pan. Add into the pan the peeled and sliced garlic and the spring onions. Sauté for 1 minute.
- Add uncooked rice and fry again for about 1 minute. Pour in the wine and cook for a further 2 minutes until most of the liquid evaporates. Next, add all ingredients of hoisin sauce, hot stock, and cranberries, bring to a boil.
- Transfer the rice into an oven safe dish and place the chicken thighs in the center. Bake in the preheated oven for 30 minutes.
- Once cooked, divide between plates and serve, or store in the fridge for up to 2-3 days.

DINNER

CREAMY CHICKEN, MUSHROOM & TOMATO PASTA

385	26	35	14
CALORIES	CARBS (g)	PROTEIN (g)	FATS (g)

MAKES 3 SERVINGS

INGREDIENTS

- 1 1⁄2 cup (150g) penne
- 12 oz. (350g) chicken breast
- 1 tsp. wheat flour
- 1 tbsp. olive oil
- 1 tsp. dried oregano
- 1 small onion, diced
- 2 garlic cloves, sliced
- 6 sundried tomatoes, chopped
- 1⁄2 cup (125ml) plant-based oat cream (or regular)
- 1 bag spinach
- basil leaves, to garnish
- 4 cups (300g) mushrooms, sliced

INSTRUCTIONS

- Cook the pasta according to the instructions on the packaging.
- Chop the chicken fillet, season with salt and pepper and dredge with flour.
- Heat oil in a large pan and cook chicken over medium heat, then season with oregano. Once the chicken is cooked, remove from the pan and set aside.
- In the same pan, sauté the onion and sliced garlic. Next, add sliced mushrooms and cook for 5-7 minutes until soft and tender. Add chopped tomatoes and cook for another minute.
- Place the cooked chicken back into the pan, and add in the cream and spinach. Bring to a boil and cook until spinach has wilted — season to taste with salt and pepper.
- Add the cooked pasta. Stir well and serve.

SNACK

PROTEIN FRUIT BOWLS

250	30	25	4
CALORIES	CARBS (g)	PROTEIN (g)	FATS (g)

MAKES 4 SERVINGS

INGREDIENTS

For the mango bowl:

- 7 oz. (200g) natural quark
- 1⁄4 mango, chopped
- 1 tbsp. granola

For the strawberry bowl:

- 7 oz. (200g) natural quark
- 5 strawberries, halved
- 1⁄2 banana, sliced
- 1 tbsp. coconut chips

INSTRUCTIONS

- Spoon the quark into serving bowls or glasses. Garnish with the toppings and serve.

SNACK

MATCHA CHIA PUDDING

275	19	23	9
CALORIES	CARBS (g)	PROTEIN (g)	FATS (g)

MAKES 2 SERVINGS

INGREDIENTS

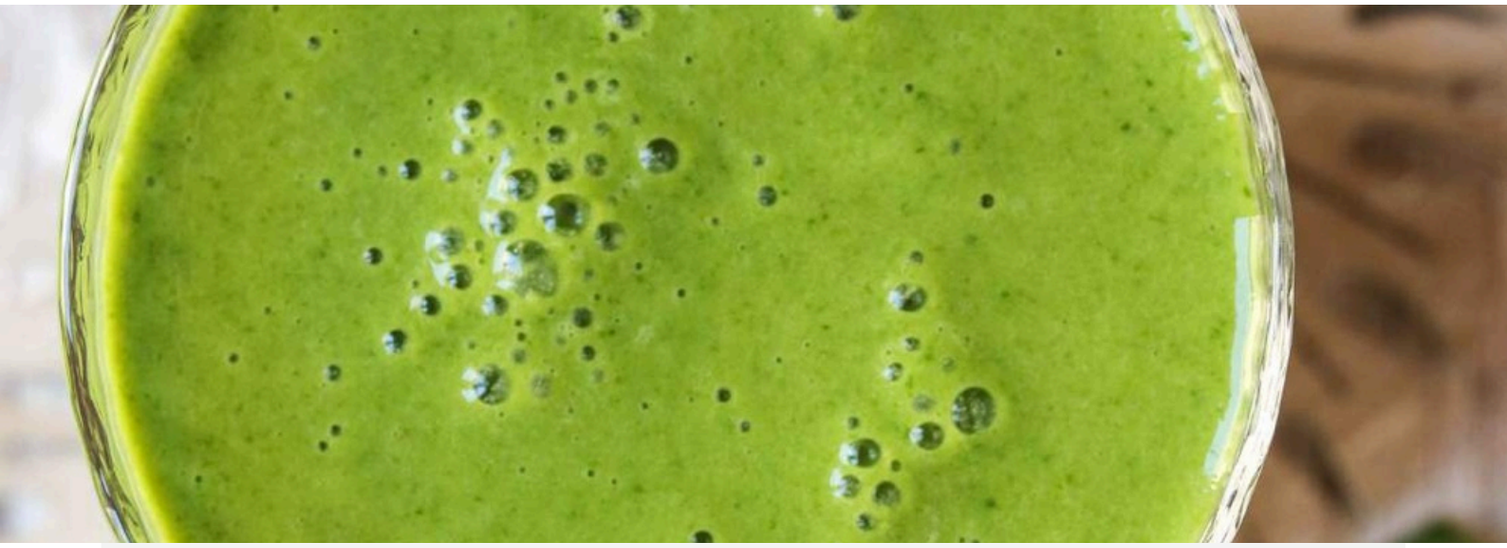
- 1/4 cup (30g) chia seeds
- 1 1/2 cup almond milk
- 2 tsp. maple syrup
- 3 tbsp. (40g) unflavoured soy protein isolate (or vanilla)
- 1 tsp. matcha
- 1 cup (100g) fresh or frozen berries, to serve

INSTRUCTIONS

- Mix the chia seeds and almond milk and place in the fridge. After an hour, mix again and place back in the refrigerator to chill overnight.
- The next morning, mix in the maple syrup, protein powder, and matcha.
- Divide between two bowls and serve with berries.

SNACK

GREEN GLOW PROTEIN SMOOTHIE



350	34	29	12
CALORIES	CARBS (g)	PROTEIN (g)	FATS (g)

MAKES 1 SERVING

INGREDIENTS

- 1 small banana
- 1 cup spinach
- 1 cup kale
- 1 tbsp. almond butter
- 2/3 cup (150ml) coconut water
- 1 scoop (25g) vanilla protein powder, optional

INSTRUCTIONS

- Place all ingredients into a high-speed blender and blitz until smooth.
- Serve immediately.

Note: The protein powder is optional, but adds a boost of protein. You can use whey or any plant-based protein powder. You can also replace the protein powder with a few tablespoons of Greek yogurt (in that case reduce the amount of liquid).

GROCERY LIST

GROCERY LIST

BRING THIS GROCERY LIST ALONG

Note: These are **only** recommendations. It would be best to find foods that work best for your own tastes and preferably those that are easiest to cook, buy and enjoy often.

PROTEINS

- [ ] SKINLESS CHICKEN BREAST
- [ ] FISH (SALMON, TUNA, SHRIMP, TILAPIA)
- [ ] LEAN BEEF, STEAK
- [ ] EGG WHITES
- [ ] BEANS (KIDNEY, BLACK, CHICKPEAS)
- [ ] ALMOND MILK
- [ ] NUTS, PUMPKIN SEEDS, ALMOND BUTTER
- [ ] TOFU
- [ ] VEGAN MEAT SUBSTITUTES, LENTILS
- [ ] GREEK YOGURT
- [ ] PROTEIN POWDER

***A palm-size serving of most meat has about 25g of protein, but check food labels whenever possible.**

VEGETABLES

- [ ] ASPARAGUS
- [ ] BROCCOLI, CAULIFLOWER
- [ ] SPINACH, MIXED GREENS, ARUGULA
- [ ] TOMATOES
- [ ] CARROTS
- [ ] KALE
- [ ] EDAMAME
- [ ] RED PEPPERS
- [ ] ZUCCHINI
- [ ] GREEN BEANS
- [ ] ONION

Tip: Buy these in the frozen section OR in canned good form, for easy meal prep.

FATS

- [ ] AVOCADOES
- [ ] COCONUT OIL, OLIVE OIL
- [ ] NUTS
- [ ] ALMOND/ PEANUT BUTTER

COMPLEX CARBS

- [ ] BROWN RICE
- [ ] JASMINE RICE
- [ ] QUINOA
- [ ] SWEET POTATO
- [ ] OATS, CREAM OF RICE
- [ ] WHOLE GRAIN/ GLUTEN FREE PASTA

***A fist-size portion of rice or potatoes has about 40g of carbs.**

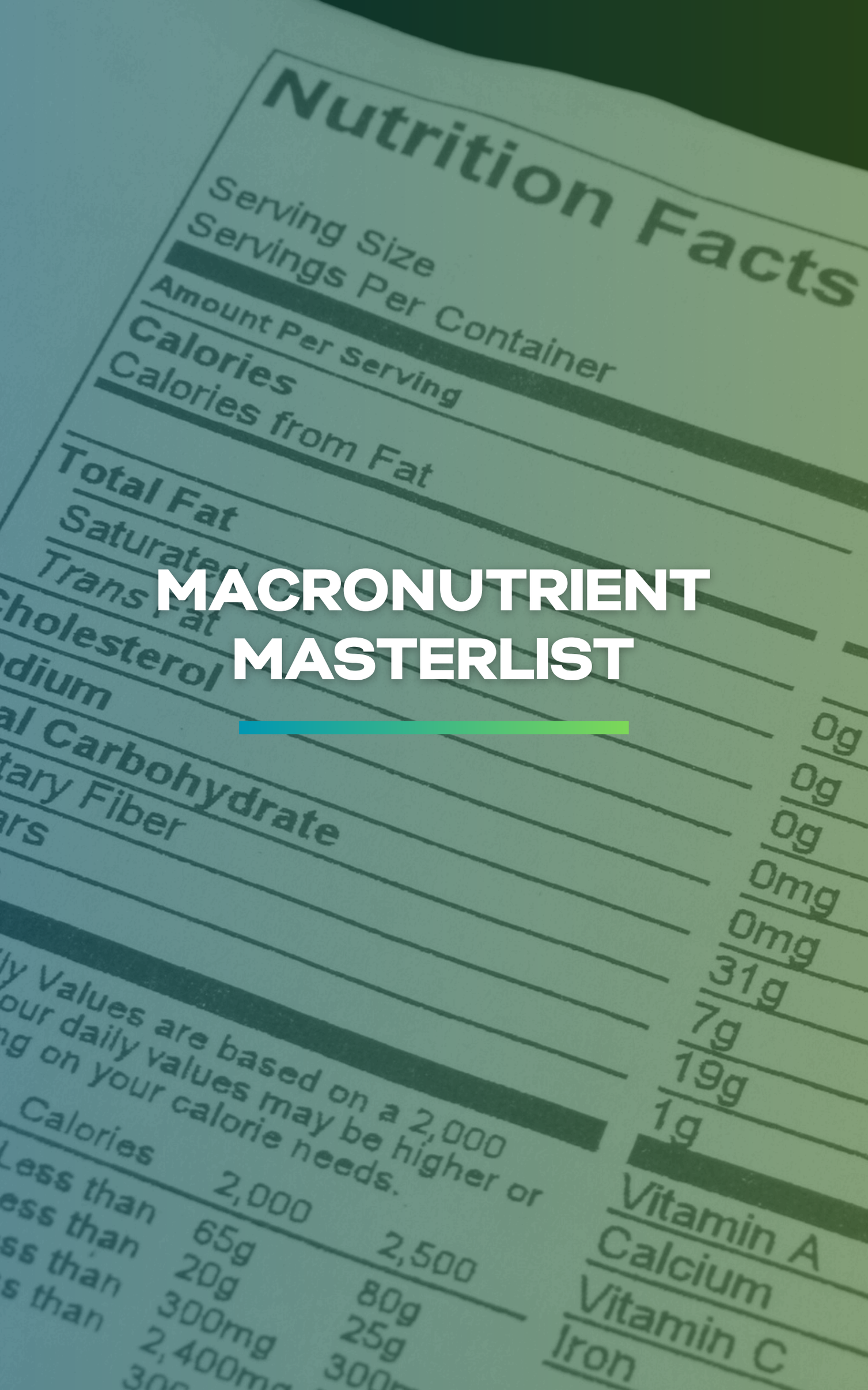
CONDIMENTS & SAUCES

- [ ] APPLE CIDER VINEGAR
- [ ] BALSAMIC VINEGAR
- [ ] HERBS
- [ ] HOT SAUCE
- [ ] MUSTARD
- [ ] SPICES
- [ ] LEMON JUICE
- [ ] FRESH SALSA WITH LITTLE/ NO ADDED SUGAR
- [ ] LOW SODIUM SOY SAUCE

FRUITS

- [ ] BANANAS
- [ ] BLUEBERRIES
- [ ] STRAWBERRIES
- [ ] ORANGES
- [ ] GRAPEFRUIT, TANGERINES
- [ ] APPLES
- [ ] KIWI
- [ ] FROZEN MIXED BERRIES (SMOOTHIES)

BEFORE YOU CHECKOUT...



MACRONUTRIENT MASTERLIST

MASTERLIST

MACRONUTRIENT MASTERLIST

FOOD	QTY	CALORIE	PROTEIN	CARB	FAT
ARTICHOKE	1 ARTICHOKE	64	3.5	14	0.5
ASPARAGU	1/2 CUP	20	2	4	0.2
BEETS	1/2 CUP	37	1.5	8.5	0.2
BOK CHOY	1 CUP	10	1	2	0
BROCCOLI	1/2 CUP	27	2	5.5	0.3
BRUSSEL SPROUTS	1/2 CUP	28	2	5.5	0.4
CABBAGE	1 CUP	22	1	1	0
CABBAGE, RED	1 CUP	28	1	7	0
CARROTS	1 CARROT	25	0.5	6	0
CAULIFLOWER	1/2 CUP	14	1	2.5	0.3
CELERY	1 STALK	6	0.3	1.2	0.1
COLLARD GREENS	1 CUP	49	4	9.3	0.7
EGGPLANT	1 CUP	21	0.8	4.8	0.1
KALE	1 CUP	33	2	7	0
KALE, BABY	1 CUP	23	1.5	4.5	0.25
LETTUCE, ROMAINE	1 CUP	7	0.3	1.6	0.1
MUSHROOM	1 CUP	15	2.2	2.3	0.2
ONION	1 ONION	40	1	9	0
SAUERKRAUT	1/2 CUP	25	2	4	0
SPINACH	1 CUP	7	1	1.1	0.1
SPINACH, BABY	1 CUP	10	1	1.5	0
TURNIP	1 CUP	36	1.2	8.4	0.1
ZUCCHINI SQUASH	1 CUP	20	1.5	4.2	0.2
PICKLE - KOSHER DILL	1 PICKLE	5	0	1	0
BANANA PEPPER	1 PEPPER	9	0.5	1.8	0.1
BELL PEPPER, GREEN	1 PEPPER	30	1	8	0
BELL PEPPER, ORANGE	1 PEPPER	31	1.2	7	0.2
BELL PEPPER, RED	1 PEPPER	15	0.5	4	0
JALAPENO, GREEN	1 PEPPER	4	0.2	0.8	0.1

MASTERLIST

MACRONUTRIENT MASTERLIST

FOOD	QTY	CALORIE	PROTEIN	CARB	FAT
FINGERLING POTATO	1/2 CUP	70	2	15	0
JEWEL SWEET POTATO	1 MEDIUM	100	2	23	0
RED POTATO	1 MEDIUM	154	4	34	0.3
RUSSET POTATO	1 MEDIUM	110	3	25	0
WHITE POTATO	1 MEDIUM	147	3.6	33.5	0.2
YELLOW POTATO	1 MEDIUM	120	2	26	0
AIR POPPED POPCORN	3 CUPS	150	2	15	10
APPLE	1 APPLE	80	0	21.7	0
APRICOT	1 APRICOT	17	0.5	3.8	0.2
AVOCADO	1/2 MEDIUM	140	3	8	13
BANANA	1 BANANA	105	1.3	27	0.4
BLACKBERRIES	1 CUP	62	2	13.8	0.7
BLUEBERRIES	1 CUP	83	1.1	21	0.5
CANTALOUPE	1 CUP	60	1.5	14.5	0.3
CHERRIES	1 CUP	90	4	22	0.5
CRANBERRIES	1 CUP	51	0.4	13.4	0.1
CUCUMBER	1/2 CUP	8	0.3	1.9	0.1
DATES	1 DATE	23	0.2	6.2	0
BERRY MEDLEY MIX	1/2 CUP	60	1	10	1
ASSORTED NUTS	1/4 CUP	180	2	10	15
COCONUT OIL	1 TBSP	120	0	0	14
GRASS-FED BUTTER	1 TBSP	50	0	0	5.45
OLIVE OIL	1 TBSP	120	0	0	14
FIG	1 LARGE	47	0.5	12.3	0.2
GRAPEFRUIT	1 GRAPEFRUIT	100	2	26.2	0.4
GRAPES	1 CUP	62	0.6	15.8	0.3
HONEYDEW	1/10 SLICE	50	1	12	0
KIWI	1 KIWI	46	1	11.1	0.4
MANGO	1 MANGO	145	1	35.2	0.6

MASTERLIST

MACRONUTRIENT MASTERLIST

FOOD	QTY	CALORIE	PROTEIN	CARB	FAT
ORANGE	1 ORANGE	62	1.2	15.4	0.2
PEACH	1 PEACH	38	1	9.3	0.2
PEAR	1 PEAR	96	0.6	25.7	0.2
PINEAPPLE	1 CUP	82	1	21.6	0.2
POMEGRANATE	1 POM.	127	2.6	28.8	1.8
RASPBERRIES	1 CUP	64	1.5	14.7	0.8
STRAWBERRIES	1 CUP	46	1	11.1	0.4
TANGERINE	1 TANGERINE	37	0.6	9.3	0.2
TOMATO	1 TOMATO	16	0.8	3.5	0.2
WATERMELON	1 CUP	46	1	11.6	0.2
ALMOND BUTTER	1 TBSP	102	3.4	2.8	9
PEANUT BUTTER	1 TBSP	94	4	3.1	8
PISTACHIO BUTTER	1 TBSP	78	3	4	6
SUNFLOWER BUTTER	1 TBSP	93	3.1	4.4	7.6
CASHEW BUTTER	1 TBSP	94	2.8	4.4	7.9
GREEK YOGURT	1 CUP	130	22	11	0
GRASS-FED MILK (2%)	1 CUP	130	8	12	5
GOAT CHEESE	1 OZ	76	5.2	0.3	6
SWISS CHEESE	1 OZ	106	7.5	1.5	7.8
CHEDDAR CHEESE	1 OZ	113	7	0.4	9.3
COTTAGE CHEESE	1 CUP	160	24	12	0
APPLE CIDER VINEGAR	-	0	0	0	0
BALSAMIC VINAIGRETTE	1 TBSP	10	0	2	0
CHIA SEED	1 TBSP	60	3	5	3
FLAX SEED	1 TBSP	47	2	3	3
GREEN TEA	-	0	0	0	0
HEMP HEARTS	1 TBSP	57	3.33	1	4.3
HEMP POWDER	1 TBSP	37	5.3	2.3	1
HONEY	1 TBSP	64	0.1	17.3	0

MASTERLIST

MACRONUTRIENT MASTERLIST

FOOD	QTY	CALORIE	PROTEIN	CARB	FAT
MAPLE SYRUP	1/4 CUP	50	0	13.25	0
HUMMUS	2 TBSP	60	1	4	4
BLACK BEANS	1/2 CUP	120	7	23	0.5
GREEN BEANS	1 CUP	44	2.4	9.8	0.3
BLACK-EYE PEAS	1/2 CUP	80	4	14	1
CHICKPEAS	1 CUP	286	12	54.3	2.1
KIDNEY BEANS	1 CUP	215	13.5	40	1
LENTILS	1 CUP	230	18	40	0.8
MUNG BEANS	1/2 CUP	300	26	55	0.5
PINTO BEANS	1 CUP	245	15.5	44.8	1.1
PEAS	1/2 CUP	62	4.1	11.4	0.2
SOYBEANS	1 CUP	298	28.6	17.1	15.4
EDAMAME	1/2 CUP	120	11	13	2.5
PEANUT	1/2 CUP	428	17.3	15.7	36.4
ALMOND	1/2 CUP	411	15	15	35.6
PISTACHIO	1/2 CUP	340	6	8	14
CASHEW	1/2 CUP	320	10	16	26
BRAZIL NUT	6 WHOLE	47	4.3	3.7	19.9
WALNUT	1/2 CUP	92	2.15	2	9.15
PECAN	1/2 CUP	511	7.8	10.4	52
ROLLED OATS	1 CUP	150	6	27	2.5
STEEL-CUT OATS	1/2 CUP	314	12	54	5
BROWN RICE	1 CUP	200	4	42.6	1.3
BARLEY	1 CUP	193	3.5	44.3	0.7
BUCKWHEAT	1 CUP	155	5.7	33.5	1
QUINOA	1/2 CUP	313	12	54.5	5.15
RICE CAKES (CHOCO.)	1 CAKE	6080	1	12	1
WHOLE WHEAT TORTILLA	1 TORT	80	3	15	2
EZEKIEL 4:9 BREAD	1 SLICE	80	4	15	0.5

MASTERLIST

MACRONUTRIENT MASTERLIST

FOOD	QTY	CALORIE	PROTEIN	CARB	FAT
ALMOND CRACKERS	1 CUP	130	3	24	2.5
ENGLISH MUFFIN	1 MUFFIN	130	4	24	1
BASS	3 OZ	106	19.3	0	2.5
BLUEFISH	3 OZ	135	21.8	0	4.6
CATFISH	3 OZ	89	15.7	0	2.5
CLAMS	3 OZ	63	10.9	2.2	0.8
COD	3 OZ	89	19.4	0	0.7
CRAYFISH	3 OZ	70	14.3	0	1
FLOUNDER	3 OZ	100	20.5	0	1.2
HALIBUT	3 OZ	88	19.6	0	1.9
LOBSTER	3 OZ	76	16.2	0	0.7
MACKEREL	3 OZ	223	20.3	0	15.1
MUSSELS	3 OZ	146	20.2	6.3	3.8
OCTOPUS	3 OZ	69	14.4	0	0.9
OYSTERS	3 OZ	44	1.4	2.3	2.3
RAINBOW TROUT	3 OZ	133	18.2	0	6.7
SALMON	3 OZ	155	21.6	0	6.7
SARDINE	3 OZ	140	13	0	10
SCALLOPS	3 OZ	74	14	1.9	0.5
SEAWEED	1 OZ	14	.85	2.55	0.28
SHRIMP	3 OZ	101	19.4	1.3	1.4
SQUID	3 OZ	69	12.6	0.9	0.9
SWORDFISH	3 OZ	132	21.5	0	4.3
TILAPIA	3 OZ	110	21.9	0	2.5
TUNA	3 OZ	98	21.7	0	0.7
WHITEFISH	3 OZ	105	18	0	3
CHICKEN	3 OZ	122	24	0	3
EGG WHITES	1/2 CUP	66.4	12.8	0	0
EGG	1 LARGE	72	6.3	0.4	4.8

MASTERLIST

MACRONUTRIENT MASTERLIST

FOOD	QTY	CALORIE	PROTEIN	CARB	FAT
LAMB, LOIN CHOP	3 OZ	240	14.25	0	19.5
LAMB, SHOULDER	3 OZ	128	16.5	0	6.75
PORK, LOIN CHOP	3 OZ	164	26.5	0	5.7
PORK, SHOULDER	3 OZ	180	15	0	13.5
ROAST BEEF	3 OZ	90	18	0	2.25
STEAK, FLANK	3 OZ	180	23	0	9
STEAK, PORTERHOUSE	3 OZ	210	15.75	0	16.5
STEAK, SIRLOIN	3 OZ	180	15.75	0	12.4
STEAK, T-BONE	3 OZ	188	16.5	0	12.75
STEAK, TENDERLOIN	3 OZ	240	22	0	16
TURKEY	3 OZ	177	23.7	0	8.4
VEAL, BREAST	3 OZ	185	25.8	0	8.3
VEAL, CUTLET	3 OZ	90	17.25	0	2.25

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