

Fats, Oils, Nuts + Seeds

Fats and Oils	Serving Size	Calories (kCal)	Protein (g)	Fat (g)	Carbohydrate (g)
Avocado	100g	102	1	10.6	0.3
Coconut Milk	100ml	20	0.1	0.9	2.7
Olives	100g	155	1.3	14.5	3.3
Olive Oil	1 Tbsp (15g)	135	0	15	0
Almond Oil	1 Tbsp (15g)	135	0	15	0
Flaxseed Oil	1 Tbsp (15g)	125	0.1	13.3	1
Sesame Oil	1 Tbsp (15g)	135	0	15	0
Walnut Oil	1 Tbsp (15g)	135	0	15	0
Butter	10g	74	0	8.2	0
Nuts and Seeds					
Almonds	25g	147	5.3	12.3	2.4
Brazil Nuts	25g	173	3.6	16.8	2.1
Cashews	25g	145	4.6	11	6.7
Coconut (unsweetened)	50g	185	1.9	18	1.25
Flaxseed	30g	86	6.63	12	0.9
Hazelnuts	25g	164	3.8	15.2	1.8
Pine Nuts	25g	179	3.4	17.1	2.4
Pistachios	25g	146	5.3	11.2	4.9
Pumpkin Seeds	25g	154	7.6	12.3	2.7
Sesame Seeds	15g	93	2.7	8.7	0.1
Walnut Halves	25g	174	3.7	17.1	0.8
Peanuts	30g	171	7.5	15	5.4
Nut Butters					
Peanut butter	1 Tbsp (15g)	87	4.4	6.9	1.7
Almond butter	1 Tbsp (15g)	90	3.5	8	3
Cashew nut butter	1 Tbsp (15g)	93	3	7.6	2.8
Macadamia nut butter	1 Tbsp (15g)	119	1.3	12	1.1
Nut Oils					
Coconut oil	10g	78	0	9.1	0
Peanut oil	15ml	123	0	13.7	0
Hemp seed oil	10g	90	0	10	0

PROTEIN

Protein

Fish	Serving Size	Calories (kCal)	Protein (g)	Fat (g)	Carbohydrate (g)
Mackerel	100 grams	245	23.2	6.3	0
Salmon	100 grams	164	21.3	8.8	0
Tuna Steak	100 grams	106	23.7	1.1	0
Tinned Tuna (John West in Spring Water, drained)	100 grams	113	27	0.5	0
Herring	100 grams	215	18	16.0	0
Cod	100 grams	82	17.8	0.7	0
Haddock	100 grams	69	15	0.7	0
Sardines	100 grams	223	22.3	15.0	0
Shellfish					
Crab	100 grams	86	16.7	1.5	0
Crayfish	100 grams	81	17	1.3	1.2
Prawns	100 grams	93	21	1.0	0
Lobster	100 grams	77	16.5	1	0
Meat					
Buffalo Steak	100 grams	106	23.5	1.8	0.0
Venison Burger	100 grams	147	18.1	6.1	1.8
Venison Steak	100 grams	149	29.9	2.3	0.0
Venison Sausage	100 grams	183	14.5	9.7	8.0
Lamb Steak	100 grams	229	34.1	10.2	0.0
Lean Beef Mince (5%)	100 grams	167	20.2	10.0	0.0
Steak burger	100 grams	219.0	17.4	15.1	3.3
Fillet Steak	100 grams	154.0	21.8	7.4	0.0
Rump Steak	100 grams	155.0	26.0	6.0	0.0
Beef Sausage	100 grams	225.0	14.6	15.9	5.7
Chicken Fillet	100 grams	92	18.9	1.3	1.1
Duck Fillet	100 grams	92	20.1	1.3	0.0
Turkey Fillet	100 grams	108.0	19.1	3.5	0.0
Pork Fillet	100 grams	210	28.3	4.2	0.0
Bacon Medallion	100 grams	194.0	31.5	7.5	0.0
Egg	1x Large	72	6.3	4.8	0.4

PROTEIN

Protein

Plant Protein	Serving Size	Calories (kCal)	Protein (g)	Fat (g)	Carbohydrate (g)
Chia	25 gram	125	4.2	8.3	8.3
Hempseed	30 grams	174	10	14	2
Chickpeas	1x tbsp	46	2.4	0.8	8.0
Soy Beans	1x cup	200	16.0	18.0	6.0
Quinoa	100 grams	374	13.1	68.9	5.8
Lentils	1 cup	230	18	40	0.8
Protein Powder					
Whey	25g	98	19.6	1.7	1.5
Rice	25g	100	20.0	0.0	3.3
Pea	25g	91	18.2	1.5	0.8
Soy	25g	97	9.0	2.1	11.8
Hemp	25g	92	21.7	3.2	5.8
Vegan	25g	110	20	2	3
Protein Bars *Can vary depending on flavour					
Fulfil Bar	1x bar	195	19.9	6.2	11.5
Grenade Carb Killa	1x bar	214	23.2	7.9	13.5

CARBS

Carbohydrates

Fruits	Serving Size	Calories (kCal)	Protein (g)	Fat (g)	Carbohydrate (g)
Apple	1 medium	80	0	0	22
Apricots	100g	42	1.2	0.2	9.8
Banana	1 medium	90	1.2	0.3	20
Blackberries	1 cup	62	2	0.7	13.8
Blueberries	100g	57	0.7	0.3	14
Cherries	100g	60	1.3	0	14.7
Dates or Figs	40g	118	1.5	0	28
Pineapple	100g	50	0.5	0.1	13
Plums	1 medium	76	1	0	19
Pomegranate	1/2	80	1	1	18
Prunes	5 prunes	100	1	0	26
Raisins	1 mini pack	42	0.5	0.4	10
Raspberries	100g	64	1.5	0.8	14.7
Tangerines	1 small	40	0.6	0.2	10
Dried Fruit	40g	110	1	0	25
Grape	15	45	0	0	11
Mango	100g	60	0	1	15
Melon	1 cup = 20 melon balls	61	0.9	0.2	15.5
Orange	1 medium	62	1.2	0.2	15.4
Peach	1 medium	60	1.4	0.4	14.7
Pear	1 large	80	0.5	0.2	21.3
Fruit Juice	1 cup (240ml)	130	2	0	31
Grains					
Basmati Rice	62.5g dry = 1 boil in the bag	170	4	0.5	37
Quinoa	100g	374	13.1	5.8	68.9
Rice, brown, white, wholegrain	100g	161	3.8	1	34.2
Buckwheat	1/2 cup	123	3.9	2.6	22.8
Porridge Oats	40g	150	5	2.5	27
Cereals (list a few)	Fruit&Fibre (40g)	152	3.2	2.4	27.6
	Cornflakes 30g	110	2.3	0.1	23.1
	Coco Pops 30g	116	1.5	0.8	25
	Alpen Muesli 45g	170	5	2.6	30.1

CARBS

Carbohydrates

Grains continued	Serving Size	Calories (kCal)	Protein (g)	Fat (g)	Carbohydrate (g)
	Frosties 30g	113	1.4	0.2	27
	Cheerios 40g	126	2.9	1.2	24.5
	Country Store 45g	166	4.1	2.3	31
	Special K 40g	141	5.4	0.2	26
	Cookie Crisp 30g	128	2.3	1.2	26.2
Rice Cakes	1 cake	50	1	0	11
Pasta	1/2 cup dry	190	7	1	41
Starchy Vegetables					
Butternut Squash	85g	40	1	0	10
Sweetcorn	100g	110	4.2	2.3	19.4
Sweet Potato	100g raw	86	1.6	0.1	20.1
White Potato	100g raw	85	2	0	19
Baked Potato	1 large with skin	115	2.5	0.1	26.7
Non-Starchy Vegetables					
The following do not need to be tracked					
Asparagus					
Aubergine					
Broccoli					
Brussel Sprouts					
Cabbage					
Cauliflower					
Celery					
Cucumbers					
Green Beans					
Leeks					
Kale					
Lettuce					
Mushrooms					
Onions					
Peppers					
Radishes					
Spinach					
Tomato					

DAIRY

Dairy

	Serving Size	Calories (kCal)	Protein (g)	Fat (g)	Carbohydrate (g)
Semi Skimmed Milk	150ml	74	5.4	2.7	7.5
Skimmed Milk	150ml	52	5.1	0.2	7.5
Full Fat Milk	150ml	98	4.8	5.4	7.0
Cottage Cheese (Low Fat)	100g	80	12.4	2.2	3.5
Natural Yoghurt	100g	83	6.0	1.9	9.6
0% Fat Free Greek Yoghurt	100g	57	10.1	0.0	4.0
Feta Cheese	100g	250	17.9	17.9	3.6
Cheddar Cheese	100g	406	24.0	33.8	1.3

TREATS, CHEATS + ALCOHOL

Treats, Cheats + Alcohol

	Serving Size	Calories (kCal)	Protein (g)	Fat (g)	Carbohydrate (g)
Haribo	45g	155	3	0.1	35.5
Skittles	55g (1 packet)	222	0	2.3	49.9
Jaffa Cakes	3 biscuits	138	1.8	3	25.8
Dominos Pepperoni Large Slice	1 slice	300	12	12.5	34
Ben and Jerrys					
Nutella	15g	81	0.9	4.7	8.6
Galaxy	42g (1bar)	250	3	14.9	25
85% Dark Choc	10g (1 square)	60	1.1	5.1	1.8
Kinder Bueno	19.5g (1bar)	123	2	8	10.6
Mars bar	52.7g (1 Bar)	260	2.5	9.9	40
Snickers	52.7g (1 Bar)	250	4	12	33
Cadburys cream egg	34g	150	2	6	25
Fruit pastels	52.5g (1 tube)	185	2.2	0	44
Dominos garlic bread	1 slice	82	1.6	4.1	9.8
Dominos boneless chicken wings	3 pieces	150	12	6	14
Gold Magnum	1 stick	290	3	20	25
KitKat	2 Sticks	107	1.3	5.3	13.3
M&Ms	47.9g (1bag)	250	5	13	30
Maltesers	37g (1bag)	187	3	9.3	22.9
Cadburys cream egg	34g (1 egg)	150	2	6	24
Pringles	30g	152	1.2	9.3	16
Jelly Tots	42g (1 pack)	144	0	0	36.2
Terrys Chocolate Orange	31.4g (4 segments)	164	1.8	8.8	18.5
McDonalds Ice cream cone	1 cone	170	5	4.5	27
McDonalds 10 piece nuggets	10pieces	470	22	30	30
McDonalds small fries	Small	230	3	11	29
Biscoff Spread	1tbsp	89	0.5	6	8
Oreo	3 cookies	160	1	7	25
Reese's Peanut butter cup	2 peanut butter cups	210	5	13	24
Nestle Smarties	38g (1 tube)	176	1.8	7	26.2

TREATS, CHEATS + ALCOHOL

Treats, Cheats + Alcohol

	Serving Size	Calories (kCal)	Protein (g)	Fat (g)	Carbohydrate (g)
Starbucks Chocolate chip cookie	1 cookie	320	4	16	42
Subway Cookie	1 cookie	220	2	10	30
Dominos Cookies	2 cookies	166	2.1	6.8	25.3
Smirnoff Vodka	1.5 ounce (Standard shot)	97			
Table Red Wine	3.5fl oz	74			
Pure Gin	1.5 ounces (standard shot)	97			
Table White Wine	3.5fl oz	70			
Moser Roth Sea Salt Dark Choc (Aldi)	25g (1 bar)	130	1.5	7.6	13

