

Food	Portion Size	Protein (g)	Carbs (g)	Fat (g)	Calories
Chicken Breast	100 grams	23.2	0	1.1	103
5% Lean Beef Mince	100 grams	31	0.5	4.7	168
2% Lean Turkey Mince	100 grams	25.4	0.2	1.3	114
Wild Alaskan Salmon	100 grams	19.4	0	13.1	196
Tinned Tuna In Brine	100 grams	27	0	0.5	113
Large Whole Egg	1 Egg	6	0	5	69
Egg Whites	100 grams	10.9	0.8	0	47
Porky Lights Sausage	1 Sausage	11	3.8	4.7	108
Heck Chicken Sausages	1 Sausage	6.3	0.4	1	37
Bacon Medallion	1 Medallion	4.3	0.1	0.4	21
Tinned Cannellini Beans	100 grams drained	7	15.2	0.4	108
Tinned Butter Beans	100 grams drained	7.2	15.6	0.5	109
Porridge Oats	100 grams	12.1	56.1	8.4	348
Warburtons Thin Bagels (plain)	1 Bagel	5	25	0.7	130
Warburtons Thin Bagels (cinnamon&raisin)	1 Bagel	4.9	25.9	0.6	130
Crumpet	1 Crumpet	2.9	18.7	0.4	95
Wholemeal Bread	1 Slice	4.2	15.1	1.5	96
White Bread	1 Slice	4	16.5	0.9	94
Sweet Potato	100 grams	1.2	21.3	0	98
White Potato baked	1 large	7	63	0.4	278
McCains 5% Oven Chips	100 grams (frozen)	2.1	22.3	3.3	132
Warburtons Sandwich Thins	1 Thin	4	18.1	1.1	100
Tesco Microwave Jasmine Rice	1 Pack	9	89.8	4.6	437
Tilda Microwave Basmati Rice	1 Pack	9	64.2	5.2	340
Coco Pops	100 grams	6.1	81	3	385
Crunchy Nut Cornflakes	100 grams	5.9	82.5	4.9	398
Curly Wurly Chocolate Bar	1 Bar	0.9	18	4.5	116

Alpro Unsweetened Almond Milk	100 ml	0.1	2.7	0.9	19
Alpro Coconut Milk	100 ml	0.1	2.7	0.9	20
Tesco Reduced Sugar Strawberry Jam	30 grams	0.1	13.3	0	55
Medium Banana	1 Banana	1.1	20.6	0.3	90
Strawberries	100 grams	0.8	6	0.1	30
Blueberries	100 grams	0.6	6.9	0.2	35
Watermelon	100 grams	0.4	6.9	0.3	32
Pitted Cherries	100 grams	0.9	11.5	0.1	51
Asparagus	100 grams	2.9	4.1	0.6	33
Romaine Lettuce Leaves	100 grams	0.8	0.8	1	16
Grenade Protein Bar	1 Bar	20	19	12	242
Whey Protein	1 Scoop	25	0.5	1	120
Peppers	100 grams	1	4.8	0.3	29
Onion	100 grams	1.3	7.8	0.2	38
Kelloggs Rice Crispy Square Bar (marshmallow)	1 Bar	0.8	21	3	118
Peanut Hottie Peanut Butter Powder	12 grams	4.9	4.7	1.3	51
Lindt 70% Dark Chocolate	1 Square	0.8	3.4	4.1	56
Cashew Nuts	10 grams	2	2.2	5	59
Avacado	100 grams	1.9	1.9	19.5	198
Chocolate Snack A Jack	1 Rice Cake	0.9	12.2	1.1	62
Pink Lady Apple	1 Apple	0.4	19.1	0.2	72
Spinach	25 grams	0.7	0.4	0.2	6
Fage Total 0% Yoghurt	100 grams	10.3	3	0	54
Mission Deli Wrap	1 Wrap	5.1	25.5	5.1	179
Spaghetti	75 grams	9.4	54.8	1.1	270
Green beans	100 grams	2	7	0	27
SkyR Yoghurt	100	11	4	0.2	65
Whole earth Peanut Butter	100 grams	27.7	7.4	54.3	643
	0	0	0	0	0

Bagel	1 bagel	8.5	39.2	1.4	203
Rasberries	100	1.4	4.6	0.3	27
Sirloin steak Grilled	100	31	0.5	4.7	168
Whole milk	250ml	10.5	12	11.1	190
Impact whey	1 scoop	21	1	1.9	105
Oh so simple porridge	1 Sachet	3	15.9	2.1	95
Salad	100g	2.2	11.7	0.2	57
Honey	1TBS	0	16	0	64
Mayo	1TBS	0	2	10	98
Tesco fresh turkey burgers	1 Burger	20.7	7.4	4.2	150
Cheerios	30 grams	3	27	1.5	134
Broccoli	100g	3	7	0.4	44
Cottage cheese	100g	11	3	4	92
Mozzarella Cheese	100g	25	2.5	21	299
Protein Pouch Yoghurt	1 Pouch	25	9.9	0.9	148
Cooked meat Turkey	100g	20	1	2	102
Bran Flakes	30g	3.2	19.3	0.7	96
Cooked Meat Ham	100g	19	1.8	3	110
Mushy peas	0.5 Small tin	2.2	4.7	3.5	59
Biscoff Spread	1 Flat TBSP	0.5	8	6	88
Dairy Milk Bar	45G bar	3.3	26	14	243
Bolognese Sauce Dolmio	200g	2.6	15.2	2.6	95
Nutella	15g	0.9	8.8	4.6	80
Ice cream Ben and Jerry's Cookie Dough	100ml	4	30	15	271
Total Greek Yoghurt 0%	100g	10.3	4	0	57
Prawns	100g	14.1	0.1	0.9	65
Red wine	250ml	0	0	0	190
White wine	250ml	0	0	0	175
Gin and Slim line tonic	250ml	0	0	0	70

Vodka Lime soda	250ml	0	0	0	76
Lager	1 Pint	0	0	0	195
Cider	1 Pint	0	0	0	205
Baked beans	Half tin	9.7	26	0.7	149
Budweiser	300ml Bottle				116
Takeaway of choice	1 of choice				1000
Roast beef joint	250g	60	2.3	7.8	319
Roast potatos	3	2.4	23	6.1	157
Yorkshie pudding	1	1.6	6.9	1.9	51
Potato	100g	1.8	17.5	0.1	78
Gravy	100ml	1	4	1	29
Gousto	Per meal	35	75	20	620