

FOOD CHART

Protein Source	Grams of Protein	Uncooked weight (g)	Fat	Grams of Protein	Uncooked weight (g)	Fat
Chicken	20	100		40	200	
	30	150		50	250	
Turkey	20	125		40	250	
	30	185		50	300	
Beef steak (sirloin)	20	100	13	40	200	26
	30	150	19	50	250	32
Beef mince (extra lean)	20	100	5	40	200	10
	30	150	7.5	50	250	12.5
Buffalo mince (laverstoke)	20	100	2.3	40	200	4.4
	30	150	3.2	50	250	5.6
Scallops	20	185		40	350	
	30	280		50	400	
Haddock	20	125		40	245	
	30	185		50	300	
Cod	20	125		40	235	
	30	185		50	275	
Squid	20	125		40	250	
	30	175		50	325	
Prawns	20	110		40	200	
	30	155		50	255	
Salmon	20	100	13	40	200	26
	30	150	19.5	50	255	31
Mackerel	20	100	9.3	40	210	20
	30	150	14	50	255	25

Carb source	Grams of carbs	Grams in weight (uncooked)	Grams of carbs	Grams in weight (uncooked)	Grams of carbs	Grams in weight (uncooked)
Brown Rice	20	30	40	50	60	80
	30	40	50	65	70	90
Sweet potato	20	100	40	200	60	300
	30	150	50	250	70	350
Jasmine Rice	20	30	40	50	60	80
	30	40	50	65	70	90
Gluten Free oats	20	30	40	60	60	90
	30	45	50	75	70	105

Fat Source	Scale weight	Grams of total fat	Fat Source	Scale weight	Grams of total fat
Omega 3 rich Free range	1 whole egg	6 g fat 6 g protein	Avocado	1 whole (200g)	30 g fat 15 g carbs
Olive / rapeseed oil	12.5 g	11.5 g fat	85 % Cocoa Dark chocolate	25 g	5 g carbs 13 g fat
Organic butter	14 g	10 g fat	Ground flaxseeds	30 g	14 g fat
Walnut oil	15 g	15 g fat	Almond Nut Butter	50 g	22.5 g of fat
Coconut oil	15 g	15 g fat			