

PROTEIN SOURCES					
Source	Average Serving	Protein / Avg.Serving (g)	Fat / Avg.Serving (g)	Carb / Avg.Serving (g)	Available At...
Pea Protein	50g	40	3	-	Bulk Powders (Online)
Whey Protein Shake	50g	40	-	-	Bulk Powders (Online)
Casein Protein Shake	50g	40	-	-	Bulk Powders (Online)
Whole Eggs	4 eggs	24 (6 per egg)	24 (6 per egg)	-	Supermarket
Liquid Egg Whites	200ml	22	-	-	Supermarket
Tempeh	100g	20	11	10	Planet Organic (Online)
Almonds	50g	10	25	10	Supermarket
Soy Beans	50g	18	10	15	Supermarket
Halloumi Cheese	50g	12	9	-	Supermarket
Goats Cheese	50g	11	15	-	Supermarket
Brie Cheese	50g	10	14	-	Supermarket
Parmesan Cheese	50g	18	15	-	Supermarket
Cottage Cheese	100g	12	4	2	Supermarket
Total 0% Fat Greek Yoghurt	170g	17	-	7	Supermarket
Lentils	100g	10	-	20	Supermarket
CARBOHYDRATE SOURCES					
Source	Average Serving Uncooked	Carb / Avg.Serving (g)	Available At...		
Sweet Potato	250g	50g	Supermarket		
Quinoa	65g	50g	Supermarket		
Gluten Free Oats	80g	50g	Supermarket		
Buckwheat Pasta	70g	50g	Supermarket		
Rice (White/Brown/Basmati)	65g	50g	Supermarket		
Blueberries	50g	7g	Supermarket		
Raspberries	50g	7g	Supermarket		
Apple	1 medium sized	20g	Supermarket		
Banana	1 medium sized	25g	Supermarket		
Water Melon	200g	15g	Supermarket		
FAT SOURCES					
	Average Serving Uncooked	Fat / Avg.Serving (g)	Protein /Avg. Serving (g)	Carb / Avg.Serving (g)	Available At...
Cashews	20g	10g	5g	5g	Supermarket
Almonds	20g	10g	5g	-	Supermarket
Brazil Nuts	20g	15g	-	-	Supermarket
Walnuts	20g	15g	5g	-	Supermarket
Hazelnuts	20g	10g	-	5g	Supermarket
Coconut oil	1 tsp	5g	-	-	Supermarket
Olive oil (dressing only)	1 tsp	5g	-	-	Supermarket
Avocado	1/2 medium sized	10g	-	5	Supermarket
Nut Butter	30g	15g	8	-	Supermarket
Butter	2 tsp	8g	-	-	Supermarket