

● **25-30 g carbohydrate**

40 g oats
2 Weetabix
40 g no added sugar muesli
40-45 g bran flakes
100 g cooked quinoa/couscous
85 g cooked brown rice
85 g wholemeal pasta
80/100 g egg/rice noodles
1 wholemeal wrap
½ bagel
2 slices medium wholemeal bread

● **25-30 g carbohydrate**

½ tin baked beans
1 medium banana
1 small sweet/normal potato (120 g)
5-6 new potatoes
400 g butternut squash
30-50 g dried fruit
150 g/1 cup fruit salad
4 rice/oat cakes or 3 Ryvita
2 tbsp honey
2 Nakd bars
2 Nature valley (1 packet)
1 pint milk

● **Approx. 20 g protein**

300 g Greek yoghurt
150 g Skyr yoghurt
1 pint milk
3 eggs
80 g cheddar cheese (NR)
90 g cooked chicken (small breast)
100 g (uncooked) beef steak
150 g Quorn
125 g tofu
½ tin tuna
100 g prawns
80-100 g fresh fish
1 scoop whey protein powder

● **Approx. 10 g protein**

½ pint milk
200g baked beans
120-130 g chick peas/kidney beans/lentils
50 g smoked salmon
2 slices ham
100 g 0% cottage cheese
40 g cheddar cheese
175 g quinoa
45 g seeds (NR-4.5 tbsp!)
70 g nuts (NR-8 tbsp!)



Fruits

1 medium:

Orange
Apple
Pear
Nectarine/peach

2 small:

Satsumas/mandarins
Plums
Kiwis
apricots

1 slice:

Melon
Pineapple
Mango
Grapefruit

1 handful:

Grapes
Berries



Vegetables

Kale
Spinach
Broccoli
Beetroot
Chard
Pak choi
Carrots
Peppers
Peas
Courgette
Mushrooms
Sweetcorn
Cauliflower
Okra
Cabbage
Aubergine
Asparagus
Salad veg & leaves