

EASY COOK PROTEINS - Lunch & Supper		
PROTEIN	RECIPE	NUTRITION INFO
Chinese Beef 130 g extra lean steak 20 g (1 heaped tsp) Sharwood hoisin sauce 1 tsp tamari 1 tbsp. rice wine or sherry 1/2 tsp grated ginger 50 ml water	<ul style="list-style-type: none"> • Cut steak into strips • Mix hoisin sauce, tamari, ginger, water and rice wine • Heat sauce mix in pan until slightly reduced and add beef • Cook until beef is how you like it (5 mins approx.) 	Calories 196 Protein 26.2g Carb 12.0 g Fat 4.8 g
Harissa Chicken 100 g chicken breast 25 g Alfez harissa paste 2 tsp (10 g) tomato paste 5 g agave syrup 2 tbsp. water	<ul style="list-style-type: none"> • Cut chicken breast into slices • Mix harissa paste, tomato paste, agave syrup and water • Put in pan with chicken • Simmer for approx. 5 to 10 mins until sauce thickens and chicken is cooked 	Calories 196 Protein 25.3 g Carb 14.7 g Fat 4.0 g
Thai Taste Cod 140 g Cod 50 ml coconut milk 1.5 tsp (15 g) Thai taste green curry paste 1/2 tsp chopped coriander	Mix coconut milk, curry paste Place cod in baking dish Pour over coconut milk mix Bake in oven Gas 5 (200C, fan 180C) for approx. 20 mins until fish is cooked Serve with chopped coriander	Calories 199 Protein 25.6 g Carb 5.0 g Fat 8.4 g
Cajun Turkey 150 g turkey breast 1 tsp tamari 1/2 tsp Cajun seasoning 5 tbsp. water 1/4 tsp olive oil	<ul style="list-style-type: none"> • Cut turkey into strips • Fry in olive oil until slightly browned • Mix tamari, Cajun seasoning and water • Add to turkey • Cook while stirring for approx. 5 mins until turkey is tender 	Calories 173 Protein 37.7 g Carb 1.5 g Fat 1.8 g

<p>Ginger Tofu 200 g fresh tofu (cauldron) 1 cm cube fresh ginger 2 tsp tamari 3 tbsp. water</p>	<ul style="list-style-type: none"> • Grate ginger • Cut tofu into cubes • Put ginger, tamari and water into frying pan • Add tofu and simmer for a couple of mins until tofu is hot 	<p>Calories 179 Protein 21.3 g Carb 4.5 g Fat 8.4 g</p>
<p>Cottage Cheese Frittata 2 eggs 60 g low fat cottage cheese 1/2 tsp Nando's Peri Peri Sauce (more if you like it hot) black pepper</p>	<ul style="list-style-type: none"> • Beat eggs with cottage cheese and Peri Peri sauce • Season with black pepper • Pour into lined baking dish • Bake gas 4 (180C, fan 160C) for 10 to 15 mins until egg is cooked 	<p>Calories 185 Protein 19.4 g Carb 5.0 g Fat 9.7 g</p>

EASY COOK CARBOHYDRATES - Lunch & Supper

RICE	RECIPE	NUTRITION INFO
Brown Basmati Rice 30 g brown basmati rice	<ul style="list-style-type: none"> Put in pan with twice quantity of water Bring to the boil and simmer until all water has been absorbed 	Calories 100 Protein 2.1 g Carb 20.6 g Fat 1.0 g
Quinoa 25 g quinoa 2.5 g (1/2 tsp) marigold bouillon (or stock of choice)	<ul style="list-style-type: none"> Put in pan with one and a half quantity of water and marigold Bring to the boil, turn down heat and simmer until all water has been absorbed 	Calories 100 Protein 3.9 g Carb 17.0 g Fat 1.8 g
Buckwheat (Soba) Noodles 30 g buckwheat noodles (either 100% buckwheat or mix of buckwheat and wheat)	<ul style="list-style-type: none"> Bring pan of water to the boil Add noodles and continue to boil until noodles are soft 	Calories 106 Protein 3.1 g Carb 22.2 g Fat 0.5 g
Spelt Pasta 30 g spelt pasta	<ul style="list-style-type: none"> Bring pan of water to the boil Add pasta and continue to boil until pasta is soft 	Calories 102 Protein 3.6 g Carb 20.8 g Fat 0.5 g
Chana Dal 25 g dried Chana lentils (or green lentils) 1/4 tsp ground cumin 1/4 tsp ground coriander 1/4 tsp chili powder (more or less as you like it!) salt to season	<ul style="list-style-type: none"> Put all ingredients in pan with water to just cover the lentils Simmer until lentils are completely soft and start to break down (approx. 20 mins) Final mix should not be too stiff so add more water if necessary Season with salt 	Calories 96 Protein 5.0 g Carb 14.9 g Fat 1.8 g

<p>Baked Sweet Potato 1 medium sweet potato (120g) - please weigh</p>	<ul style="list-style-type: none"> • Put whole potato in oven gas 5 (200C fan 180C) and bake for approx. 30 mins until soft • Cook in microwave for approx. 10 mins 	<p>Calories 103 Protein 1.9 g Carb 23.6 g Fat 0.1 g</p>
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EASY COOK VEGETABLES - Lunch & Supper

VEGETABLES	RECIPE	NUTRITION INFO
Roast Vegetables 50 g red pepper 50 g courgette 50 g aubergine 50 g red onion 1/4 tsp olive oil pinch of cumin seeds	<ul style="list-style-type: none"> • Chop vegetables into chunks • Put in baking tray and toss in olive oil and cumin seeds • Bake gas 5 (190C fan 170C) for approx. 30 - 40 mins until vegetables are tender 	Calories 66 Protein 2.1 g Carb 11.0 g Fat 1.5 g
Mixed Vegetables 50 g carrots 50 g cauliflower 30 g frozen peas	<ul style="list-style-type: none"> • Cut carrot into sticks • Break up cauliflower • Bring pan of water to the boil and add vegetables • Simmer until tender 	Calories 57 Protein 3.1 g Carb 10.7 g Fat 0.2 g
Green Beans, Asparagus & Broccoli 50 g green beans 50 g asparagus 50 g tender stem broccoli	<ul style="list-style-type: none"> • Prepare vegetables • Bring pan of water to the boil and add beans first (which take the longest to cook) then asparagus and broccoli • Simmer until tender 	Calories 45 Protein 3.8 g Carb 6.3 g Fat 0.5 g
Stir Fry Vegetables 50 g Chinese cabbage 25 g mange tout 25 g mini corn 25 g bean sprouts 1/2 tsp sesame oil 2 tbsp. water	<ul style="list-style-type: none"> • Slice pak choi • Fry in sesame oil, adding mange-tout, mini corn and bean sprouts • Add water and fry/simmer until veg are tender but still crisp 	Calories 50 Protein 2.8 g Carb 3.8 g Fat 2.6 g
Tomato & Avocado Salsa 1/4 red onion (20g) chilli 50 g tomatoes juice 1/2 lime 1 tbsp. white wine vinegar 25 g avocado 1 clove garlic 1/2 tsp fresh coriander	<ul style="list-style-type: none"> • Dice onion • Finely chop chilli • Cut tomato and avocado into small cubes • Add lime juice, vinegar, crushed garlic and coriander 	Calories 68 Protein 1.3 g Carb 6.9 g Fat 3.9 g

<p>Watercress & Spinach Salad</p> <p>30 g watercress 30 g baby spinach 25 g sugar snap peas 50 g cucumber 1 spring onion 25 g broccoli 1 tsp lemon juice 1/4 tsp tamari 1 tbsp. balsamic vinegar</p>	<ul style="list-style-type: none"> • Slice cucumber and sugar snap peas • Finely chop spring onion • Break up broccoli • Mix lemon juice, tamari, balsamic vinegar and black pepper to make dressing • Toss salad ingredients together and pour over dressing 	<p>Calories 56</p> <p>Protein 4.0 g</p> <p>Carb 9.5 g</p> <p>Fat 0.2 g</p>
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READY PREPARED - NO COOK CARBOHYDRATES - Lunch & Supper

Prepared Salads	Portion	Nutrition Information
Mixed Bean Salad Nutrition info will vary depending on exact ingredients	100 g	Calories 93 Protein 7.5 g Carb 5.7 g Fat 2.0 g
Breads	Portion	Nutrition Information
Wholemeal Pitta Bread	Per pitta bread (58 g)	Calories 139 Protein 5.5 g Carb 25.8 g Fat 0.7 g
Village Bakery Organic Seeded Rye Bread 400 g	Per 40 g slice	Calories 76 Protein 2.8 g Carb 13.9 g Fat 1.0 g
Schneider Brot Volkornbrot Sliced Rye Bread 500 g	Per 50 g slice	Calories 100 Protein 2.6 g Carb 19.4 g Fat 0.5 g
Prepared Grains	Portion	Nutrition Information
Merchant Gourmet Ready to Eat Quinoa Red & White 250 g	62 g (1/4 pack)	Calories 115 Protein 3.1 g Carb 17.7 g Fat 3.3 g
Tilda Steamed Brown Basmati Rice 250 g	62 g (1/4 pack)	Calories 84 Protein 2.2 g Carb 15.9 g Fat 1.3 g
Tilda Steamed Brown Basmati & Wild Rice 250 g	62 g (1/4 pack)	Calories 79 Protein 1.9 g Carb 14.5 g Fat 1.3 g

READY PREPARED - NO COOK PROTEINS - Lunch & Supper

Fish and Meat	Portion	Nutrition Information
Smoked Salmon Nutrition info will vary depending on place of purchase	100 g	Calories 184 Protein 23.3 g Carb 0.3 g Fat 9.9 g
Steamed Salmon Nutrition info will vary depending on place of purchase	100 g	Calories 193 Protein 24.5 g Carb 1.0 g Fat 10.0 g
Smoked Mackerel Nutrition info will vary depending on place of purchase	65 g	Calories 200 Protein 12.3 g Carb 0.4 g Fat 16.5 g
Mackerel Fillets in Olive Oil Nutrition info will vary depending on place of purchase	75 g	Calories 203 Protein 14.8 g Carb 0.1 g Fat 16.0 g
Boneless Sardines in Olive Oil Nutrition info will vary depending on place of purchase	100 g	Calories 198 Protein 22.8 g Carb 0.0 g Fat 11.9 g
Tuna Steak in Spring Water	200 g	Calories 198 Protein 47.0 g Carb 0.0 g Fat 1.0 g
Cooked Chicken Breasts Nutrition info will vary depending on place of purchase	150 g	Calories 195 Protein 41.2 g Carb 0.3 g Fat 3.0 g
Roast Turkey Breast Nutrition info will vary depending on place of purchase	150 g	Calories 204 Protein 44.7 g Carb 0.8 g Fat 2.4 g

Vegetarian	Portion	Nutrition Information
Reduced Fat Hummus Nutrition info will vary depending on place of purchase	100 g	Calories 216 Protein 7.0 g Carb 9.3 g Fat 15.0 g
Natural Cottage Cheese 1.5% fat	250g	Calories 183 Protein 26.8 g Carb 10.6 g Fat 3.7 g
Whole Earth Crunchy Peanut Butter 340 g	30 g (approx. 2 heaped tsp)	calories 181 Protein 7.5 g Carb 3.0 g Fat 15.0 g
Biona Mixed Nut Butter 170 g	30 g (approx. 2 heaped tsp)	Calories 193 Protein 6.5 g Carb 5.8 g Fat 15.5 g
Munchy Seeds Omega Sprinkles 125 g	30 g	Calories 183 Protein 8.1 g Carb 4.7 g Fat 15.4 g
Mixed Nuts Nutrition info will vary depending on exact mix	30 g	Calories 194 Protein 5.5 g Carb 3.7 g Fat 17.5 g

READY PREPARED NO COOK SALADS, VEGETABLES, FRUIT - Lunch & Supper

Salad Bags & Raw Vegetables	Portion	Nutrition Information
Watercress, Rocket & Spinach Nutrition info will vary depending on place of purchase	100 g	Calories 24 Protein 2.2 g Carb 1.2 g Fat 0.8 g
Trimmed Sugar Snap Peas Nutrition info will vary depending on place of purchase	25 g	Calories 23 Protein 1.7 g Carb 3.1 g Fat 0.4 g
Beetroot Salad Nutrition info will vary depending on place of purchase	100 g	Calories 28 Protein 1.5 g Carb 3.6 g Fat 0.4 g
Cherry Vine Tomatoes Nutrition info will vary depending on place of purchase	100g	Calories 20 Protein 0.7 g Carb 3.1 g Fat 0.3 g
Carrot Batons Nutrition info will vary depending on place of purchase	80 g	Calories 30 Protein 0.6 g Carb 4.7 g Fat 0.4 g
Avocado Nutrition info will vary depending on weight	80 g (1/2 medium)	Calories 158 Protein 1.5 g Carb 1.5 g Fat 15.6 g

EASY COOK BREAKFASTS

INGREDIENTS	RECIPE	NUTRITION INFO
<p>English Breakfast 100 g Village Bakery Rye Bread 2 eggs 2 tomatoes 60 g mushrooms 100 g red pepper 1/4 tsp tamari (wheat free soya sauce) 1/4 tsp black pepper 1 tsp olive oil 140 g baked beans in tomato sauce</p>	<ul style="list-style-type: none"> • Toss tomato, mushrooms and red pepper in olive oil and bake in oven • Sprinkle veg with tamari & black pepper • Serve with poached eggs, rye bread and baked beans <p><i>If you cannot get Village Bakery rye bread (from Waitrose) use equivalent to 190 calories of 100% rye bread</i></p>	<p>Calories 602 Protein 30.2 g Carb 80.7 g Fat 17.6 g</p>
<p>Porridge with Fresh Fruit & Seeds 60 g oats 2 tbsp. ground flaxseed 1 pear 1 apple 50 g fresh blueberries 2 tbsp. soya yoghurt</p>	<ul style="list-style-type: none"> • Simmer oats with water until desired consistency is reached • Grind linseed in coffee grinder • Stir linseed into porridge • Serve porridge with fresh fruit and yoghurt <p><i>Try stewing apple and pear in water the night before for speed in the morning</i></p>	<p>Calories 604 Protein 15.2 g Carb 114.6 g Fat 9.4 g</p>
<p>Ultra Berry Smoothie 150 g mixed frozen berries 50 g dried prunes 1 banana 50 g Yeo Valley yoghurt 25 g oats 10 g (2 tsp) honey 250 ml semi-skimmed milk pinch ground cinnamon</p>	<ul style="list-style-type: none"> • Blend all ingredients 	<p>Calories 601 Protein 18.1 g Carb 112.4 g Fat 8.8 g</p>

SUPER QUICK BREAKFASTS

Cereals	Portion	Nutrition Information
EAT NATURAL Gluten Free Toasted Muesli with Buckwheat	Per 50 g serving (221 calories) with 150 ml semi-skimmed milk (73 calories)	Calories 294 Protein 10.3g Carb 31.5 g Fat 12.6 g
RUDE HEALTH The Ultimate Muesli	Per 70 g serving (228 calories) with 150 ml semi-skimmed milk (73 calories)	Calories 301 Protein 12.7 g Carb 42.9 g Fat 8.8 g
FOOD DOCTOR Fig & Cranberry Granola	Per 50 g serving (233 calories) with 150 ml semi-skimmed milk (73 calories)	Calories 306 Protein 12.0 g Carb 30.9 g Fat 13.9 g

EASY COOK SNACKS

INGREDIENTS	RECIPE	NUTRITION INFO
<p>Toasted Seeds 15 g sunflower seeds 15 g pumpkin seeds 1/2 tsp tamari Can be toasted in dry frying pan or oven</p>	<ul style="list-style-type: none"> • Spread seeds on baking tray • Sprinkle with 1 tsp of tamari and stir until seeds are well covered • Toast under grill for a couple of mins, stirring occasionally until seeds are completely dry and browned 	<p>Calories 193 Protein 7.5 g Carb 5.9 g Fat 15.5 g</p>
<p>Devilled Eggs & Oatcakes 1 egg ¼ tsp paprika ¼ tsp ground black pepper 1 tsp dairy free mayonnaise 2 oatcakes</p>	<ul style="list-style-type: none"> • Hard boil egg and mash with spices and mayonnaise • Serve with oatcakes 	<p>Calories 187 Protein 8.4 g Carb 13.1 g Fat 11.2 g</p>
<p>Banana & Molasses Bar 150 g rye flour 1 tsp baking powder 2 tsp ground ginger 2 tsp mixed spice 2 tsp cinnamon 75 g ground almonds 25 g pumpkin seeds 25 g sunflower seeds 100 g cranberries 50 g goji berries 3 bananas 2 eggs 100 ml olive oil 2 tsp vanilla extract 120 g molasses</p>	<ul style="list-style-type: none"> • Mash bananas • Mix all ingredients • Spoon into baking tray • Bake gas 4 (180c, fan 160c) for 40 mins until risen and browned 	<p>18 servings Calories per serving 193 Protein 3.6 g Carb 23.0 g Fat 9.6 g</p>

<p>Ultra Chocolate & Apricot Truffles 250 g ground almonds 75 g ground pumpkins 175 g dates 200 g apricots 50 g coconut oil 50 g dark chocolate (70%) 50 g honey</p>	<ul style="list-style-type: none"> • Grind pumpkin seeds and mix all ingredients • Form into balls and roll in cocoa just before serving 	<p>20 servings Calories per serving 192 Protein 4.3 g Carb 17.3 g Fat 1.7 g</p>
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NO COOK SNACKS TO BUY

Mix carbohydrate foods (breads, crackers, fruit, veg) with protein to create a balanced snack and reach your target macronutrients

Breads, Crackers, Cereals	Portion	Nutrition Information
Ryvita Pumpkin Seeds & Oats 200g	Per slice	Calories 44 Protein 1.3g Carb 7.7 g Fat 0.9 g
Nairn's Rough Oat Cakes 291 g	Per oat cake	Calories 45 Protein 1.1 g Carb 6.1 g Fat 1.8 g
FOOD DOCTOR Fig & Cranberry Granola	20g	Calories 92 Protein 2.8 g Carb 9.6 g Fat 4.4 g
RUDE HEALTH The Granola	20g	Calories 96 Protein 2.2 g Carb 10.6 g Fat 5.0 g
Fruit & Vegetables	Portion	Nutrition Information (will vary depending on place of purchase)
Pineapple Pieces	200 g	Calories 90 Protein 0.8 g Carb 19.6 g Fat 0.4 g
Mango Slices	150 g	Calories 97 Protein 1.0 g Carb 21.1 g Fat 0.3 g
Banana	1 (120 g) medium	Calories 108 Protein 1.3 g Carb 24.8 g Fat 0.4 g

Apple	1 (130 g) medium	Calories 68 Protein 0.4 g Carb 16.2 g Fat 0.2 g
Pear	1 (130 g) medium	Calories 60 Protein 0.4 g Carb 14.4 g Fat 0.1 g
Orange	1 (150 g) medium	Calories 66 Protein 1.7 g Carb 13.2 g Fat 0.2 g
Carrot Sticks	100 g	Calories 42 Protein 0.6 g Carb 9.2 g Fat 2.7 g
Sugar Snap	50 g	Calories 21 Protein 1.4 g Carb 3.6 g Fat 0.1 g
Broccoli Florets	50 g	Calories 20 Protein 2.2 g Carb 1.9 g Fat 0.4 g
Protein Foods	Portion	Nutrition Information (will vary depending on place of purchase)
Reduced Fat Hummus	50 g	Calories 108 Protein 4.5 g Carb 4.6 g Fat 7.5 g
Natural Cottage Cheese 1.5% fat	150g	Calories 109 Protein 16.0 g Carb 6.4 g Fat 2.2 g
Whole Earth Crunchy Peanut Butter	15 g (approx. 1 tsp)	Calories 90 Protein 3.7 g Carb 1.5 g Fat 7.5 g

Meridian Crunchy Almond Butter	15 g (approx. 1 tsp)	Calories 97 Protein 3.8 g Carb 1.0 g Fat 8.3 g
Mixed Nuts	15g	Calories 97 Protein 2.7 g Carb 1.9 g Fat 8.7 g
Food Doctor Savoury Seed Blend	15 g	Calories 91 Protein 3.8 g Carb 0.4 g Fat 7.9g
Yeo Valley yoghurt	150g	Calories 82 Protein 4.6 g Carb 6.5 g Fat 4.2 g
Yeo Valley fruit yoghurts e.g. Mango, Lime & Lemon Grass	150g pot	Calories 129 Protein 8.1 g Carb 23.5 g Fat 0.0 g
Alpro Simply Plain Soya Yoghurt	200g	Calories 100 Protein 8.0 g Carb 4.2 g Fat 4.6 g
Alpro fruit yoghurts e.g. Raspberry & Blackberry	125 g pot	Calories 91 Protein 4.6 g Carb 11.5 g Fat 2.6 g

NO COOK CEREAL BARS & BISCUITS TO BUY

Avoid bars high in sugar and vegetable oils
Chose bars with nuts and seeds

Snack	Portion	Nutrition Information
Food Doctor Bars e.g. Get Set Bar - oats, dates, bananas, seeds (pumpkin, sesame, quinoa, spirulina)	1 bar 40 g	Calories 147 Protein 3.9 g Carb 22.1 g Fat 4.8 g
9 Bars e.g. Pumpkin 9 Bar - seeds (sunflower, sesame, poppy, hemp, pumpkin), honey	1 bar 40 g	Calories 204 Protein 8.6 g Carb 11.4 g Fat 13.8 g
Nakd Bars e.g. Apple Crunch Fruit & Nut Bar - Soya protein, cashew, raisins, apple	1 bar 30 g	Calories 107 Protein 5.5 g Carb 15.2 g Fat 2.4 g
Pulsin Almond & Raisin Raw Choc Brownie	1 bar 50 g	Calories 207 Protein 5.0 g Carb 23.2 g Fat 10.8 g
Nairns Biscuits e.g. Dark Chocolate Chip Oat Biscuit	1 biscuit	Calories 45 Protein 0.8 g Carb 6.4 g Fat 1.7 g

MEAL PLAN SAMPLE ONE

Total Calories: 2448
 Total Protein: 95.8 g
 Total Carbs: 354.9 g
 Total Fat: 70.5 g

MEAL	DISHES	NUTRITION INFO
Breakfast	Porridge	Calories 604 Protein 15.2 g Carb 114.6 g Fat 9.4 g
Recovery Snack	3 x Ryvita sunflower seeds & oats 100 g humus 100 g carrot sticks	Calories 396 Protein 11.2 g Carb 42.5 g Fat 21.0 g
Lunch (No Cook)	Smoked Mackerel 65 g Tilda Steamed Brown Basmati Rice 124 g (1/2 pack) Watercress, rocket & spinach salad 100g Cherry tomatoes 100 g	Calories 412 Protein 19.6 g Carb 37.5 g Fat 20.2 g
Afternoon Snack	5 x Nairns chocolate oat biscuits 1 orange	Calories 291 Protein 5.7 g Carb 45.2 g Fat 8.7 g
Supper (Easy Cook)	Chinese Beef 60 g Buckwheat noodles Stir Fry Veg	Calories 458 Protein 37.2 g Carb 62.7 g Fat 6.3 g
Evening Snack	Yoghurt 150 g 1 banana 150 g mango slices	Calories 287 Protein 6.9 g Carb 52.4 g Fat 4.9 g

MEAL PLAN SAMPLE TWO

Total Calories: 2960
 Total Protein: 127.4 g
 Total Carbs: 388.9 g
 Total Fat: 97.2 g

MEAL	DISHES	NUTRITION INFO
Breakfast	Ultra Berry Smoothie	Calories 601 Protein 18.1 g Carb 112.4 g Fat 8.8 g
Morning Snack	5 oat cakes 150 g cottage cheese 1 apple	Calories 402 Protein 21.9 g Carb 53.1 g Fat 11.4 g
Lunch (No Cook)	Smoked Salmon 100 g Village Bakery Rye Bread 3 x 40 g slices Sugar snap 25 g 1/2 avocado (80 g)	Calories 593 Protein 34.9 g Carb 46.6 g Fat 28.9 g
Recovery Snack	Ultra Chocolate & Apricot Truffles	Calories 384 Protein 8.7 g Carb 34.7 g Fat 23.4 g
Supper (Easy Cook)	Ginger Tofu 50 g quinoa Roast Veg x 2 portions	Calories 511 Protein 33.3 g Carb 60.5 g Fat 15.0 g
Evening Snack	Yoghurt 150 g 1 banana 150 g mango slices 200 g pineapple Food Doctor Fig & Cranberry Granola 20 g	Calories 469 Protein 10.5 g Carb 81.6 g Fat 9.7 g