

Nourish Your Body

Healthy lifestyle handbook



FITBODY POWER
TRAINING



I first want to thank you for choosing me as your coach. I'm excited to embark on this stage of your fitness journey with you and will do everything I can to ensure that you succeed.

Not only do I want you to be proud of your accomplishments as we proceed, but I want you to enjoy the process. While remote coaching is a relatively new concept, I know that you'll enjoy it.

Before we begin, I'd like you to please read through this information package. In it is all of the information about your program and what you're about to get in the coming months.

Thank you again for choosing me to help you on your health and fitness journey. I'm here for you every step of the way.

Dragana

WELCOME

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MAIN NUTRITION AND DIETETITIAN GUIDELINES



Essential for maintaining a healthy and balanced diet to promote overall well-being and prevent chronic diseases.

Essential

Nutrition and dietitian guidelines are essential for promoting and maintaining good health. They serve as a roadmap for making informed food choices and developing healthy eating habits. Here are the main nutrition and dietitian guidelines to help you achieve and sustain optimal well-being:

1. **Balanced Diet:** Strive for a well-balanced diet that includes a variety of foods from all food groups. This typically includes fruits, vegetables, whole grains, lean proteins, and healthy fats. Balancing your intake of these food groups provides a wide range of essential nutrients.
2. **Portion Control:** Pay attention to portion sizes to prevent overeating. Use tools like measuring cups, food scales, and visual cues to estimate portion sizes accurately.
3. **Caloric Needs:** Understand your daily caloric needs based on factors like age, gender, activity level, and goals (e.g., weight loss, maintenance, or muscle gain). Ensure that your calorie intake aligns with your objectives.
4. **Nutrient Density:** Prioritize nutrient-dense foods that provide a high concentration of essential nutrients per calorie. Vegetables, fruits, lean proteins, and whole grains are excellent examples.
5. **Hydration:** Stay adequately hydrated by drinking plenty of water throughout the day. Limit sugary drinks, such as soda and fruit juices, and reduce caffeine and alcohol consumption.
6. **Limit Added Sugars:** Minimize the consumption of foods and beverages high in added sugars. This includes sugary snacks, soft drinks, and processed foods. Opt for natural sweeteners like honey or maple syrup when needed.
7. **Healthy Fats:** Choose sources of healthy fats, such as avocados, nuts, seeds and olive oil, while limiting saturated and trans fats found in fried and processed foods.
8. **Protein Sources:** Include a variety of protein sources in your diet, such as lean meats, poultry, fish, beans, lentils, tofu, and dairy products. Plant-based protein options are also valuable for those with vegetarian or vegan preferences.
9. **Fiber-Rich Foods:** Incorporate fiber-rich foods like whole grains, legumes, fruits, and vegetables into your meals. Fiber supports digestive health and helps control hunger.



Developing habits:

1. **Meal Timing:** Practice regular meal timing to maintain stable energy levels and prevent overeating. Aim for three balanced meals and, if necessary, healthy snacks throughout the day.
2. **Mindful Eating:** Pay attention to your body's hunger and fullness cues. Eat slowly and savor each bite. Avoid distractions like television or phones during meals.
3. **Personalization:** Tailor your diet to your specific needs and preferences. Consult with a registered dietitian or nutritionist for personalized guidance, especially if you have dietary restrictions or specific health concerns.
4. **Consistency:** Consistency is key to long-term success. Make gradual, sustainable changes to your eating habits rather than relying on short-term fad diets.
5. **Physical Activity:** Combine a healthy diet with regular physical activity to optimize overall health and maintain a healthy weight.
6. **Consult a Professional:** When in doubt or facing unique dietary challenges, seek advice from a registered dietitian or healthcare professional. They can provide evidence-based guidance tailored to your individual needs.

Remember that nutrition is a dynamic field, and guidelines may evolve over time based on ongoing research. Staying informed and adaptable is essential for making the best choices for your health.



Calories are units of measurement used to quantify the energy content of food and beverages. They represent the amount of energy that the human body can obtain from consuming a particular item. When we eat or drink, our bodies break down the nutrients in these items to release energy for various physiological functions, including maintaining body temperature, supporting physical activity, and sustaining vital processes like digestion and respiration.

The energy provided by calories comes from three main macronutrients found in food: carbohydrates, proteins and fats.

In addition to these three primary macronutrients, alcohol also contributes calories (approximately 7 calories per gram) when consumed. However, alcohol doesn't provide essential nutrients and should be consumed in moderation.

The total number of calories you consume in a day plays a crucial role in determining your body weight and overall health. If you consistently consume more calories than your body needs for its energy expenditure (through activities like resting metabolic rate and physical activity), the excess calories are stored as fat, leading to weight gain. Conversely, if you consume fewer calories than your body requires, you will lose weight as your body taps into stored fat for energy.

Therefore, understanding and managing calorie intake is a fundamental aspect of maintaining a healthy diet and body weight. However, it's essential to recognize that not all calories are equal in terms of nutrition and health. The source of calories, the quality of the nutrients, and the overall balance of your diet are important factors in determining your health outcomes. A diet rich in whole, nutrient-dense foods is generally considered more beneficial than one high in empty calories from sugary or highly processed items, even if the calorie counts are similar.

Macronutrients are the essential nutrients that make up the bulk of our daily calorie intake. These macronutrients provide the energy (calories) our bodies need to function and carry out various physiological processes. There are three primary macronutrients:

- **Carbohydrates:** body's primary source of energy. They are broken down into glucose (sugar) and used for immediate energy or stored as glycogen in the liver and muscles for later use. The main types of carbohydrates include Simple Carbohydrates (Sugars) and Complex Carbohydrates (Polysaccharides – starch, glycogen and fiber). Diets low in fiber can cause constipation and nutrient malabsorption.
 - Foods rich in carbohydrates include grains (such as rice, bread, and pasta), fruits, vegetables, legumes (beans and lentils), and sugary foods.
- **Proteins:** essential for building and repairing tissues in the body. They are made up of amino acids, which are the building blocks of the body's cells and various proteins.
 - Protein-rich foods include meat, poultry, fish, eggs, dairy products, tofu, tempeh, legumes, nuts, and seeds.
- **Fats:** serve as an energy store for the body, provide insulation, and support the absorption of fat-soluble vitamins (A, D, E, and K). They also play a role in cell structure and function.
 - Fat sources include oils, butter, nuts, seeds, avocados, fatty fish (like salmon), and fatty cuts of meat.

Each of these macronutrients contributes a specific number of calories per gram:

Carbohydrates: Approximately 4 calories per gram

Proteins: Approximately 4 calories per gram

Fats: Approximately 9 calories per gram

Balancing the intake of these macronutrients is an essential part of a healthy diet. The specific ratio of macronutrients that is ideal for an individual can vary based on factors like age, gender, activity level, and health goals.

Different dietary plans, such as low-carb, high-protein, or high-fat diets, emphasize different macronutrient proportions to achieve specific health outcomes.

When people talk about tracking their macros or following a macro-based diet, they are usually referring to monitoring and controlling the intake of these three macronutrients to meet their nutritional and fitness goals. This might involve counting the grams of carbohydrates, proteins, and fats they consume in a day and adjusting their intake to align with their desired dietary plan, whether it's for weight management or other health objectives.

Eating out

Eating out is a part of a healthy social life, and it shouldn't be avoided just because you are dieting.

- Order items with only a few ingredients, like a protein with a carb and/or veggie as sides. This is easier to visually quantify and log, as compared to pastas, casseroles, soups etc. that have many ingredients in quantities you can't easily guess.
- Order sauces and dressings on the side so that you can see and control the amount used.
- If possible, decide what you will have and log your meal out at the start of the day, planning your other meals around it.
- Limit meals out to 2-3 per week for best results, just because they are so difficult to accurately track.



Micronutrients are essential nutrients required by the body in relatively small quantities, but they are crucial for maintaining overall health and well-being. Unlike macronutrients, which are needed in larger amounts for energy, micronutrients are needed in trace or small amounts to support various physiological processes.

The primary micronutrients include vitamins and minerals:

1. **Vitamins:** Vitamins are organic compounds that play essential roles in various bodily functions. They are divided into two categories based on their solubility:

- Water-Soluble Vitamins: These vitamins dissolve in water and are not stored in the body to a significant extent. They include vitamin C and the B-complex vitamins, such as B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine), B7 (biotin), B9 (folate or folic acid), and B12 (cobalamin).
- Fat-Soluble Vitamins: These vitamins are soluble in fat and can be stored in the body's fatty tissues.

Fat-soluble vitamins include vitamins A, D, E, and K.

Each vitamin has specific functions in the body, and deficiencies can lead to various health issues. For example, vitamin C is essential for collagen production and immune function, while vitamin D is crucial for calcium absorption and bone health.

2. **Minerals:** Minerals are inorganic substances that play critical roles in a wide range of physiological processes. They are divided into two categories:

- Macro Minerals: These minerals are required in larger quantities and include calcium, phosphorus, magnesium, sodium, potassium, and chloride. They are essential for maintaining bone health, electrolyte balance, and nerve function.
- Trace Minerals: Trace minerals are needed in much smaller amounts but are still vital for health. Common trace minerals include iron (necessary for oxygen transport), zinc (involved in immune function and wound healing), copper, selenium, iodine (important for thyroid function), and chromium.

COUNTING MACROS

Tracking and managing your daily intake of carbohydrates, proteins, and fats to achieve specific dietary and fitness goals



Indulge



There is no single correct set of macronutrients for any given individual, there is a range of each macronutrient that is optimal for a particular goal.

1. **Set Your Goals:**

- Determine what your specific dietary or fitness goals are. Do you want to lose weight, gain muscle, maintain your current weight, or achieve other health objectives? Your goals will influence your macro targets.

2. **Calculate Your Total Daily Energy Expenditure (TDEE):**

- Your TDEE represents the total number of calories your body needs in a day to maintain your current weight. You can use an online TDEE calculator or consult a registered nutritionist / dietitian for a personalized estimate.

3. **Choose a Macro Ratio:**

- The macro ratio is the distribution of carbohydrates, proteins, and fats in your daily diet. This ratio can vary depending on your goals, but common macro ratios include:
 - Balanced Diet: Around 40–50% carbohydrates, 25–35% protein, 25–35% fat
 - Low-Carb Diet: Fewer carbohydrates (20–30%), higher protein (40–50%), and moderate fat (30–40%)
 - High-Carb Diet: More carbohydrates (50–60%), moderate protein (20–30%), and lower fat (10–20%)
- Adjust the ratio based on your goals, such as increasing protein for muscle gain or reducing carbohydrates for weight loss.

How

4. Calculate Your Macro Targets:

- Use your TDEE and chosen macro ratio to determine the number of grams of carbohydrates, proteins, and fats you should consume each day. For example, if your TDEE is 2,000 calories and you're following a balanced diet with 40% carbs, 30% protein, and 30% fat, you might aim for 200g of carbs, 150g of protein, and 67g of fat per day.

5. Track Your Food Intake:

- Utilize a food diary, mobile app, or online tool to record everything you eat and drink. Be meticulous about weighing or measuring your portions for accuracy.

6. Read Nutrition Labels:

- Examine nutrition labels on packaged foods to determine their macronutrient content. Labels provide information on the grams of carbs, proteins, and fats per serving.

7. Monitor Your Progress:

- Regularly check your progress and make adjustments to your macronutrient intake as needed to stay on track with your goals.

8. Consistency Is Key:

- Consistency is crucial when counting macros. Stick to your daily targets and make gradual adjustments when required.

9. Consider Micronutrients and Fiber:

- Don't neglect micronutrients (vitamins and minerals) and dietary fiber.

10. Stay Hydrated:

- Adequate hydration is essential. Keep track of your water intake and consume sufficient fluids throughout the day.



A food scale is an invaluable tool when it comes to tracking macros and managing your diet effectively.

When using a food scale, it's important to weigh your food items in their raw or uncooked state whenever possible, as cooking can change the weight due to water loss or absorption. Additionally, make sure to consider the weight of any containers or plates when measuring, and always tare (zero) the scale before adding your food. Even packaged foods need to be weighed for 100% accuracy.

The small discrepancies in tracking can add up over time, leading to frustration **when progress isn't happening but you feel you are “doing everything right”**.

RECIPES

Not only delicious but also nutritious, featuring a balance of carbohydrates, proteins, and healthy fats. Adjust the ingredients and seasonings to suit your taste preferences. Enjoy your healthy and homemade meals that I've collected.





Whip up a Protein Packed Oatmeal with Egg Whites

SERVINGS: 1 PREPPING TIME: 15 MIN COOKING TIME: 5 MIN

INGREDIENTS

- 20 gr oats
- 100 ml egg whites
- 1 tsp cinnamon
- 1 scoop protein powder

DIRECTIONS

1. Pour enough water to cover the oats in a pot and make it boil
2. Remove from fire and pour in the egg whites, stirring the oatmeal consistently (otherwise you could end up with oats and scrambled egg whites)
3. Once mixed, put back on fire for 2 mins, and continue stirring
4. Let it sit for a minute, add cinnamon and scoop of protein powder of your favourite flavour
5. Mix well and enjoy!

p.s. Can always top up with some nut butter, sugar free syrups or fresh berries of your choice

NUTRITIONAL VALUE PER SERVING

Calories: 232

Carbs: 14

Protein: 35

Fat: 4



Get Ready to Savor: Chicken Zucchini Lasagna

SERVINGS: 1 PREPPING TIME: 10 MIN COOKING TIME: 25 MIN

INGREDIENTS

- 200 gr grilled chicken breast – minced
- 100 gr of tomato sauce
- 1 bigger zucchini
- 40gr non fat yogurt
- 20–30gr shredded mozzarella
- 50gr onion
- garlic
- dried herbs
- salt, pepper, cumin seeds, cayenne

DIRECTIONS

1. First grill chicken breast and then mince it with a food processor
2. Put it back in the pan, add onion, garlic, salt, pepper, cumin seeds and cayenne pepper and 100 gr of tomato sauce. Mix everything for 3 mins.
3. Slice 1 zucchini in strips and put one layer of it at the bottom of the tray
4. Add a bit of salt, layer with meat, then zucchini again and continue until you use all the ingredients
5. Cover with 40 gr of non fat yogurt, some dried herbs and 20 – 30 gr of shredded mozzarella.
6. Bake on 180° for 15 – 20 mins

NUTRITIONAL VALUE PER SERVING

Calories: 444

Carbs: 26

Protein: 58

Fat: 12



Get Your Crunch On with Oven-Baked Chicken Strips

SERVINGS: 1 PREPPING TIME: 30 MIN COOKING TIME: 25 MIN

INGREDIENTS

- 200 gr chicken breast
- 2 eggs
- breadcrumbs
- corn flour
- salt, pepper
- garlic powder
- paprika
- dried herbs
- turmeric
- cayenne pepper
- 5ml olive oil

DIRECTIONS

1. Preheat your oven to 190 degrees Celsius and set aside a sheet pan.
2. In a large bowl add the flour, breadcrumbs, paprika, seasoning salt, pepper, garlic powder, turmeric, cayenne pepper and dried herbs. Mix well.
3. Beat the eggs and add a pinch of salt.
4. Coat the meat piece by piece first with eggs and then with the flour mixture.
5. Place the meat on a sheet pan and drizzle with olive oil
6. Bake for another 20–25 minutes at 190 degrees or 20 minutes at 190 degrees and last 5 minutes lower the temperature and switch on the fan if you like it crispier

p.s. Eat with your favourite healthy sauce

NUTRITIONAL VALUE PER SERVING

Calories: 600

Carbs: 62

Protein: 61

Fat: 12



Wake up to a Feta, Tomatoes & Spinach Frittata

SERVINGS: 2 PREPPING TIME: 10 MIN COOKING TIME: 30 MIN

INGREDIENTS

- 1 tsp extra-virgin olive oil
- 7 large eggs, beaten
- 80 ml milk
- 50 gr low fat feta cheese, crumbled
- 60 gr onion
- 120 gr tomato, chopped
- 200 gr spinach, fresh
- salt, pepper

DIRECTIONS

1. Preheat your oven to 180°C
2. Heat the oil in a cast iron skillet over medium-low heat and saute the onion for 3-4 minutes, or until soft and translucent.
3. Add spinach and tomatoes and cook, stirring frequently, until soft, 3 to 5 minutes.
4. Beat the eggs with milk, salt and pepper in a bowl and pour it over the vegetables in the pan.
5. Add crumbled feta on top
6. Place in the oven and cook for 20 minutes, or until the middle has set and the edges are golden brown.
7. Broil for 1-2 minutes to brown the top (optional).
8. Let sit for 5 minutes prior to serving.

p.s. Don't overcook the frittata, will be dry and spongy

NUTRITIONAL VALUE PER SERVING

Calories: 230

Carbs: 14

Protein: 30

Fat: 6



Get Your Morning Fixed with Egg, Chicken and Avocado Toast

SERVINGS: 2 PREPPING TIME: 15 MIN COOKING TIME: 5 MIN

INGREDIENTS

- 220 gr roasted chicken breast, chopped
- 60 gr avocado
- 1 tbsp yogurt
- 1 egg, boiled & chopped
- salt, pepper
- dried herbs
- fresh lime juice to taste
- 2 slices toasted bread


DIRECTIONS

1. Mix chicken, avocado and yogurt together in a large bowl
2. Gradually fold in the remaining ingredients
3. Heat a skillet over medium to medium-high (nonstick, cast iron, or stainless steel). Add bread.
4. Cook for a couple of minutes until it's crispy and golden-brown. Flip and toast the other side
5. Spread the mixture over the warm toast and enjoy

p.s. For the lower carb option, use lettuce wraps instead of bread

NUTRITIONAL VALUE PER SERVING

Calories:	351	Carbs:	15
Protein:	39	Fat:	15



The Ultimate Veggie Bowl for a Healthy Boost

SERVINGS: 1 PREPPING TIME: 15 MIN COOKING TIME: 25 MIN

INGREDIENTS

- 200 gr extra-firm tofu, pressed and cubed
- 1 tbsp soy sauce
- 1 tsp olive oil
- 100gr broccoli florets
- 100gr cauliflower florets
- 20 gr quinoa, uncooked
- 100 gr mixed greens (spinach, kale, arugula)
- 2 tbsp tahini
- 1 clove garlic, minced
- 2 tbsp lemon juice
- 15 gr cashew nuts/almonds
- salt, pepper, garlic powder, paprika

DIRECTIONS

1. Preheat your oven to 200°C
2. In a mixing bowl, combine tofu with soy sauce, olive oil, paprika, salt, and pepper. Toss gently to coat and place it on a baking sheet lined with parchment paper.
3. In another bowl, combine broccoli and cauliflower florets with olive oil, garlic powder, salt, and pepper. Toss to coat the vegetables evenly. Spread them on a separate baking sheet.
4. Roast the tofu and vegetables in the preheated oven for 20–25 minutes or until the tofu is crispy and the vegetables are tender with slightly caramelized edges. Flip the tofu and stir the vegetables halfway through for even cooking.
5. In a small bowl, whisk together tahini, lemon juice, minced garlic, water, salt, and pepper. Add water to achieve your desired dressing consistency.
6. Assemble all the ingredients, cover with dressing and add nuts on top. Serve immediately.

NUTRITIONAL VALUE PER SERVING

Calories: 744

Carbs: 42

Protein: 36

Fat: 48



Indulge in Decadent Chocolate Cake Without the Guilt

SERVINGS: 10 PREPPING TIME: 10 MIN COOKING TIME: 30 MIN

INGREDIENTS

- 60 gr oats, blend
- 1 egg, room temperature
- 80 ml skim milk
- 180 gr plain yogurt
- 100 gr erythritol
- 50 gr cocoa powder
- 4 gr baking soda
- salt

GANACHE

- 70 gr dark chocolate, melted
- 45 gr milk
- 20 gr yogurt
- erythritol

DIRECTIONS

1. Add warm milk, yogurt and cocoa powder to a bowl
2. Add erythritol and mix well. Add egg.
3. Add the oat flour, baking soda and salt, and mix until combined.
4. Pour the batter into a 7 or 8 inch cake pan, lined with parchment paper.
5. Bake the cake in a preheated oven at 160 °C for 35 mins. Do not over bake and cool completely.

GANACHE

1. Mix yogurt and milk together. Add sweetener to taste.
2. Add melted chocolate and mix until combined.
3. Pour over the cake.
4. Cut the cake into 10 equal slices (10 servings)

NUTRITIONAL VALUE PER SERVING

Calories: 53 Carbs: 8
Protein: 3 Fat: 1

GANACHE PER SERVING

Calories: 46 Carbs: 4
Protein: 1 Fat: 3



Fuel Up with Protein-Packed Chicken Pizza

SERVINGS: 4 PREPPING TIME: 10 MIN COOKING TIME: 25 MIN

INGREDIENTS

- 350 gr shredded chicken breast, cooked
- 50 gr grated parmesan cheese
- 2 large eggs
- 3 tbsp tomato paste

TOPINGS

- 120 gr mozzarella cheese, shredded
- 100 gr shredded chicken breast, cooked
- 50 gr green pepper
- 150 gr sliced tomatoes
- salt, dried herbs

DIRECTIONS

1. Preheat the oven to 200 degrees C
2. Stir together the shredded chicken, grated parmesan cheese and salt.
3. Whisk the eggs lightly, then add in. Mix well.
4. Spread the chicken crust pizza “dough” onto the parchment paper
5. Bake for 20 mins
6. Let it rest for 10 mins
7. Add tomato paste and toppings.
8. Return to the oven for 10 to 15 mins, until the cheese is melted

NUTRITIONAL VALUE PER SERVING

Calories: 323

Carbs: 5

Protein: 51

Fat: 11



Get Your Breakfast Game Strong with Casein Protein Pancakes

SERVINGS: 1 PREPPING TIME: 5 MIN COOKING TIME: 15 MIN

INGREDIENTS

- 30gr oats, blended into flour
- 1 whole egg
- 1 scoop (30 gr) casein protein
- 1/2 tbsp olive oil
- 120ml unsweetened almond milk
- 1 tsp baking powder
- 1/2 tbsp cocoa powder
- sugar free syrup / nut butter / fresh berries

DIRECTIONS

1. Add oats to a blender and process until fine like flour
2. Add all the ingredients to a bowl and mix until the batter is somewhat chunky and somewhat runny.
3. Set a nonstick skillet on medium heat. Once hot lightly spray with olive oil.
4. Add the batter to the skillet, halfway cover and cook for about 2 – 3 minutes per side.
5. Top up with some nut butter, sugar free syrups or fresh berries of your choice

NUTRITIONAL VALUE PER SERVING

Calories: 344

Carbs: 24

Protein: 35

Fat: 12



Sizzle up a Mouthwatering Tuna Steak on the Grill

SERVINGS: 1 PREPPING TIME: 25 MIN COOKING TIME: 6–8 MIN

INGREDIENTS

- 1 tuna steak (140 gr)
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp lemon zest
- 1 tbsp lemon juice
- 1 tsp fresh thyme leaves (or 1/2 tsp dried thyme)
- salt and pepper
- chilli flakes
- lemon wedges and fresh herbs for garnish

DIRECTIONS

1. Preheat your grill to high heat
2. Combine olive oil, minced garlic, lemon zest, lemon juice, thyme, salt, pepper, and chilli flakes
3. Pat tuna steak dry with paper towels. Brush both sides of steak generously with the marinade mixture. Marinate for about 15–20 minutes at room temperature, not longer!
4. Once the grill is hot, oil it and place tuna steak to cook for 2–3 minutes on each side (for medium-rare)
5. Don't overcook, it can become dry and tough.
6. When steak is done, remove from the grill and let it rest for a few minutes before slicing

NUTRITIONAL VALUE PER SERVING

Calories: 279

Carbs: –

Protein: 36

Fat: 15



Zucchini noodles and prawns swimming in a luscious tomato sauce

SERVINGS: 2 PREPPING TIME: 15 MIN COOKING TIME: 15 MIN

INGREDIENTS

- 2 medium green zucchinis, spiralized into noodles or sliced into ribbons (~380 gr)
- 1 tbsp olive oil
- 400 g raw large shrimp or prawns, peeled
- 100 gr onion, finely diced
- salt, pepper, chilli flakes
- 3 cloves garlic, finely diced
- 400 gr chopped tomatoes / tomato sauce
- 30 gr grated parmesan
- freshly chopped basil

DIRECTIONS

1. Using a vegetable spiralizer or a peeler, cut zucchini into noodle ribbons. You can simply slice it as well. Set aside.
2. Heat a tablespoon of olive oil in a large frying pan over high heat. Add the prawns and pan fry for 2 minutes, stirring a few times. Remove to a bowl.
3. Turn the heat to medium and add 1 more tablespoon of olive oil to the pan. Add the diced onion and sauté for about 3 minutes, until lightly browned and softened.
4. Then add the salt, pepper, chilli and garlic and stir through. Pour in the tomatoes and mix well. Cook for a couple of minutes over medium heat, stirring a few times. You can add a little splash of water if the tomatoes start to dry up
5. Now add back the prawns. Stir together for a minute or two, until well heated through and combined.
6. Pour the sauce over zucchini noodles.
7. Serve in bowls with some grated parmesan or some fresh chopped basil.

NUTRITIONAL VALUE PER SERVING

Calories: 348

Carbs: 18

Protein: 39

Fat: 13



Indulge in a Heavenly Chocolate Tofu Cake

SERVINGS: 8 PREPPING TIME: 25 MIN COOKING TIME: 6–8 MIN

INGREDIENTS

- 140 gr almonds
- 340 gr dairy free dark chocolate
- 400 gr silken tofu

DIRECTIONS

1. Blend almonds and 140 gr of chocolate in a food processor until creamy.
2. Pour the batter into the greased cake tin, smooth out the surface and put it in the fridge until it's hard enough to pour other layer on top
3. In a food processor, blend tofu with the remaining chocolate until silky and creamy.
4. Pour it over the first layer and smooth out the surface
5. Leave in the fridge until it's easy to cut or overnight
6. Remove the cake from the tin and add some almond slices on top

NUTRITIONAL VALUE PER SERVING

Calories: 220

Carbs: 19

Protein: 9

Fat: 12



Get Ready to Devour: Crispy Spicy Salmon Cubes

SERVINGS: 2 PREPPING TIME: 10 MIN COOKING TIME: 10 MIN

INGREDIENTS

- 300 gr salmon fillets skin removed, sliced into bite-sized pieces
- 1 tbsp olive oil
- 2 tsp each: garlic powder, dried italian herbs, salt, sweet paprika
- 60 gr panko breadcrumbs
- 1 tsp honey
- 1 tbsp hot sauce
- lemon juice
- 50 gr plain non fat yogurt

DIRECTIONS

1. Combine the panko breadcrumbs and all seasonings into a large bowl. Add salmon cubes and toss to coat the salmon in the mixture.
2. Add to your air fryer and drizzle with the olive oil.
3. Bake at 190 degrees C for 8–10 minutes, until fully cooked and crispy, flipping halfway through.
4. In a small bowl, mix yogurt, honey, hot sauce and lemon juice together. Use it as a sauce to dip salmon cubes

p.s. if using the oven, bake at 220 degrees C for 10–15 minutes, until fully cooked and crispy, flipping halfway through.

NUTRITIONAL VALUE PER SERVING

Calories: 401

Carbs: 24

Protein: 38

Fat: 17



Indulge in Heavenly Greek Yogurt Bagels

SERVINGS: 4 PREPPING TIME: 10 MIN COOKING TIME: 10 MIN

INGREDIENTS

- 220 gr self rising flour
- 220 gr Greek yogurt
- 1 tbsp butter
- 1 tblsp sesame seeds

DIRECTIONS

1. Preheat the oven to 180 C. Line a baking tray with parchment paper and set aside.
 2. In a mixing bowl, combine flour and Greek yogurt and mix well, until fully combined and a ball of dough remains.
 3. Lightly grease a kitchen surface with extra flour. Place the ball of dough on top, and top with a little extra flour.
 4. Gently knead the dough on both sides, flattening it out into a circular shape. Slice into 4 even pieces.
 5. Use your hands to roll the dough into a thin, sausage shape. Join both ends of the dough to form a bagel shape. Lightly brush the tops of each bagel with butter and sprinkle sesame on top.
 6. Bake the bagels for 20–22 minutes, or until golden brown. Remove from the oven and allow to cool completely.
- p.s. Top up with cottage cheese, eggs, avocado, tomatoes...

NUTRITIONAL VALUE PER SERVING

Calories: 292

Carbs: 45

Protein: 10

Fat: 8



SUPPLEMENTS

Fill nutritional gaps, support specific health goals or address deficiencies.



Why supplementation can be important:

1. Meeting Nutritional Needs:

In some cases, individuals may have difficulty meeting their daily nutritional requirements through diet alone. Supplements can provide essential vitamins, minerals, and other nutrients that may be lacking in one's diet.

2. Preventing Deficiencies:

Supplements can help prevent or correct deficiencies in specific nutrients.

3. Special Dietary Requirements:

People with dietary restrictions, such as vegetarians or vegans, may have difficulty obtaining certain nutrients like vitamin B12 or iron from their diet. Supplements can help bridge these gaps.

4. Sports Nutrition:

Athletes and active individuals may use supplements to enhance their sports performance, aid in recovery, or support muscle growth. Common supplements in this category include protein, creatine, and branched-chain amino acids (BCAAs).

5. Pregnancy and Lactation:

During pregnancy and breastfeeding, women have increased nutrient needs. Prenatal vitamins are often recommended to ensure the mother and baby receive essential nutrients like folic acid, iron, and calcium.

6. Aging and Bone Health:

As people age, the risk of bone-related conditions like osteoporosis increases. Calcium and vitamin D supplements may be recommended to maintain bone health.

7. Medical Conditions:

Certain medical conditions or medications can interfere with nutrient absorption or increase nutrient requirements. In such cases, supplementation may be necessary to manage the condition and maintain health.

8. Supporting Immune Function:

Some supplements, like vitamin C, zinc, and probiotics, are often used to support the immune system, especially during cold and flu seasons.

9. Elevated Nutritional Needs:

Individuals with high activity levels, such as bodybuilders or endurance athletes, may require additional protein, amino acids, or other nutrients to support their training and recovery.

10. Cultural and Geographical Factors:

Geographic location, lifestyle, and cultural practices can impact nutrient intake. For example, people in regions with limited sun exposure may require vitamin D supplementation.

It's important to note that while supplementation can be beneficial in specific situations, it should not replace a balanced and varied diet rich in whole, nutrient-dense foods.





WATER

“Thousands have lived without love, not one without water.”

– H. AUDEN –

The importance of adequate water intake, also known as hydration, cannot be overstated. Water is vital for various bodily functions, and maintaining proper hydration is crucial for overall health and well-being. Here are some key reasons why water intake is essential:

- Cell Function and Structure
- Temperature Regulation
- Mental clarity and Focus
- Digestion and Nutrient Absorption
- Blood Circulation
- Joint Lubrication
- Detoxification
- Skin Health
- Weight Management
- Exercise Performance
- Preventing Health Issues
- Electrolyte balance, hormone production and regulation of blood pressure

A generic amount of daily water intake recommended is 35mL per kg of body weight but there is no amount of water intake that can be said to be best for everyone.

Monitoring the color of your urine is one of the easiest ways to know your hydration status. When you're staying hydrated, your urine will be a light yellow, close to clear color.

SLEEP

Quality sleep is a cornerstone of good health and taking steps to improve your sleep can have a profound impact on your overall well-being.



Sleep is a vital and complex physiological process that is essential for overall health and well-being. It plays a crucial role in various aspects of physical, mental, and emotional health.

Achieving high-quality sleep is essential for your overall health and well-being. Here are some tips and strategies to help you improve the quality of your sleep:

- Try to go to bed and wake up at the same time every day, even on weekends. This helps regulate your body's internal clock and improves the consistency of your sleep.
- Establish calming pre-sleep rituals, such as reading a book, taking a warm bath, or practicing relaxation exercises. Avoid stimulating activities or bright screens in the hour before bedtime.
- Ensure that your bedroom is conducive to sleep. Make it cool, dark, and quiet.
- Invest in a comfortable mattress and pillows that support your body and sleep position.
- Exposure to natural light during the day and darkness at night helps regulate your sleep-wake cycle. Avoid bright screens before bedtime, as the blue light emitted can disrupt your sleep.



-
- Avoid large meals, caffeine, and alcohol close to bedtime.
 - Engaging in regular physical activity can improve sleep quality. However, avoid strenuous exercise close to bedtime, as it may be too stimulating.
 - Stress and anxiety can disrupt sleep. Practice stress-reduction techniques such as meditation, deep breathing, or progressive muscle relaxation to calm your mind before bedtime.
 - While short power naps can be refreshing, long or irregular daytime naps can interfere with nighttime sleep.
 - Limit consumption of caffeine and alcohol, and avoid them close to bedtime.
 - To reduce nighttime awakenings to use the bathroom, consider limiting your fluid intake in the evening.
 - Electronic devices emit blue light that can suppress the production of melatonin, a hormone that regulates sleep. Reduce screen time before bedtime to improve your sleep quality.

Sleep is often underestimated and undervalued component of training. To maximize your fitness gains and overall well-being, prioritize sleep as an indispensable part of your training regimen. Aim for 7–9 hours of quality sleep per night, listen to your body's signals, and ensure you're well-rested and ready to tackle your training sessions.

During deep sleep stages, the body releases growth hormone, which is essential for muscle growth and repair.

Quality sleep supports cognitive function, enabling you to stay motivated and committed to your training plan.

Vigorous exercise can temporarily suppress the immune system. Consistent, high-quality sleep is crucial for a robust immune system, helping you avoid illness and stay on track with your training schedule.

Poor sleep can lead to fatigue, impaired coordination, and slower reaction times, increasing the risk of injuries during exercise.

During sleep, the body has an opportunity to repair micro-damage to muscles and tissues caused by exercise. Without adequate sleep, these tissues may not have time to fully recover before your next workout.

Improving sleep quality often requires making adjustments to your lifestyle, sleep environment, and daily routines. Experiment with these tips to find what works best for you, and be patient as you work to establish healthier sleep habits.

If you continue to struggle with sleep despite making these changes, consider consulting a healthcare professional.

Sleep isn't just a luxury; it's a fundamental key to your fitness success.

recovery

07 HABITS

1% worse every day for one year.
 $0.99 \times 365 = 00.03$

1% better every day for one year.
 $1.01 \times 365 = 37.78$



Quick fixes and temporary solutions rarely lead to lasting fitness results. Habit changes and lifestyle adjustments set the foundation for sustainable, long-term success. They help you build a consistent, health-focused routine that you can maintain over the years.

Establishing new habits involves changing your behavior. It requires self-awareness, goal setting and development of strategies to overcome challenges. This process promotes personal growth and self-discipline, which can extend to other areas of your life.

The main goal that needs our full attention is increasing physical activity and eat with more structure.

The LONG TERM goal is to be able to have a sustainable lifestyle.

The SHORT TERM goal is to track the number of steps a day for the first week, to establish the starting point. This requires planning when you can walk more. Go for a 10 mins walk every hour being seated, 20 mins if it was after a 2 hours etc.



I want you to plan for success. This might seem a bit premature, but start thinking about how achieving the results will change your life? What will you do differently to achieve your results? What does this mean to you?

Managing your daily routine will reduce stress, optimise sleep and improve the capacity to train.

Morning Routine Actions:

The goal of the morning routine is to set your day up for success and mitigate stress as much as possible, ideally by avoiding your phone for the first 20–30 minutes of your day.

- First thing you do – wake up and weigh yourself
- Refill a full glass of water and finish it

Evening Routine Actions:

The goal of the evening routine is maximising sleep quality to reduce chronic cortisol stress hormones

- Eat dinner
- Entertain
- 23.00h latest, no more electronics/lights off

Do it everyday. Build on it after.

An excellent routine to adopt is **10,3,2,1**

10 hours pre sleep– no caffeine

3 hours pre sleep– no food if possible

2 hours pre sleep– no work

1 hours pre sleep– no electronics

Daily sun 20–30 mins direct sun each day

Morning sun + blue blockers at night = better sleep

It can be common to screw up after tracking your food and daily habits after a long haul, just don't fall off track two days in a row.

Pick yourself up after a day of falling off the wagon.

Physical activity contributes to a healthy body by helping maintain a healthy weight, reducing the risk of chronic diseases and enhancing overall physical fitness.

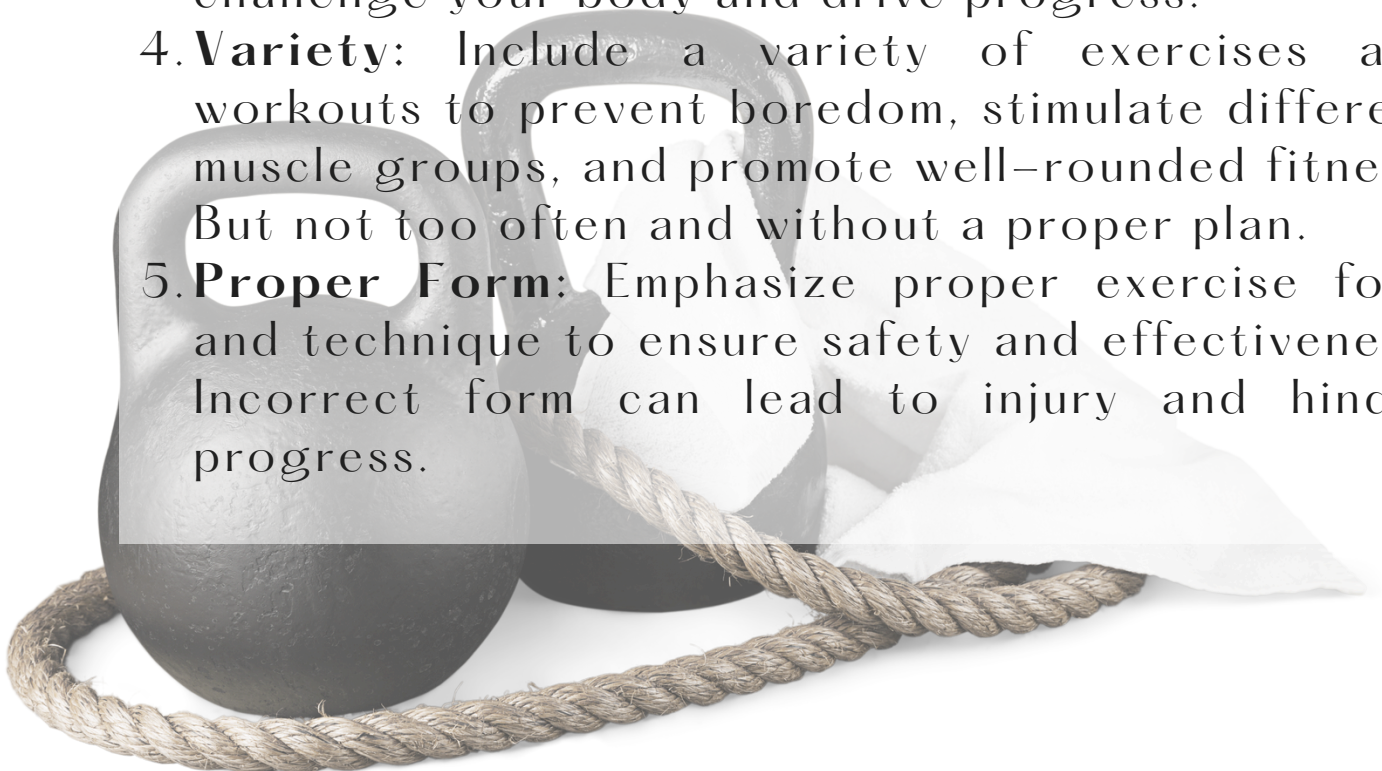


TRAINING

Physical activity is crucial for overall health and well-being, and its importance cannot be overstated. Engaging in regular physical activities offers a wide range of physical, mental, and emotional benefits.

To ensure that a training program is efficient and effective, several key components should be in place. Here's what you need for a training program to be efficient:

1. **Clear Goals:** Define specific, measurable, and realistic fitness goals.
2. **Personalization:** Tailor the training program to your individual needs, preferences, and limitations. Consider factors such as your current fitness level, age, and any medical conditions.
3. **Progressive Overload:** Implement the principle of progressive overload, gradually increasing the intensity, duration, or resistance of exercises to challenge your body and drive progress.
4. **Variety:** Include a variety of exercises and workouts to prevent boredom, stimulate different muscle groups, and promote well-rounded fitness. But not too often and without a proper plan.
5. **Proper Form:** Emphasize proper exercise form and technique to ensure safety and effectiveness. Incorrect form can lead to injury and hinder progress.



6. Balanced Approach: Develop a balanced program that incorporates cardiovascular exercise, strength training, flexibility work, and rest and recovery. A well-rounded approach ensures overall fitness.

7. Consistency: Commit to a regular training schedule and make exercise a habit. Consistency is essential for achieving long-term results.

8. Recovery: Allow adequate time for recovery between workouts.

9. Monitoring and Tracking: Keep a training journal or use fitness apps to record your workouts, progress, and any challenges you encounter.

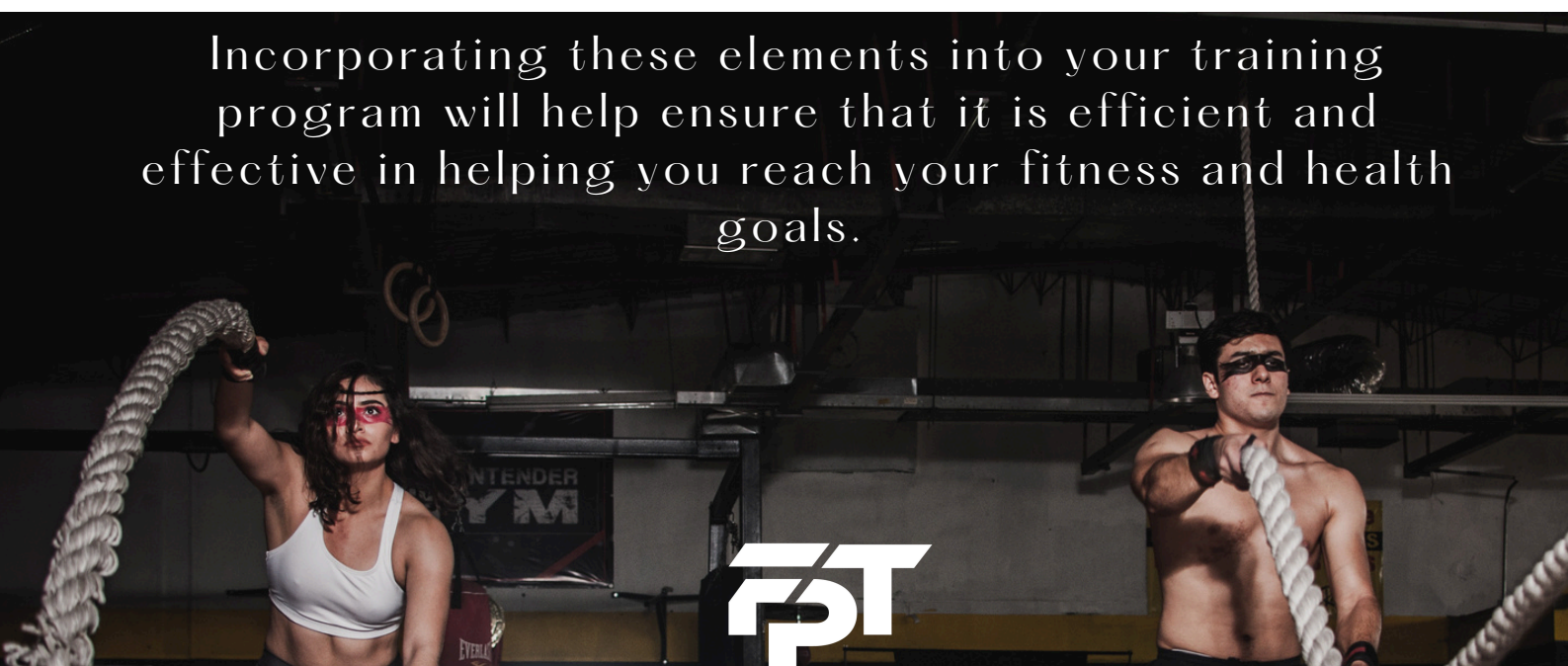
10. Accountability: Consider seeking the support of a trainer who can provide motivation and hold you accountable.

11. Adaptability: Be prepared to adapt your training program as needed, especially in response to injuries, changes in goals, or variations in life circumstances.

12. Rest Days: Include rest days in your program to allow your body to recover. Overtraining can lead to burnout and injury.

13. Professional Guidance: Consider working with a qualified personal trainer who can create a structured program and provide expert guidance.

Incorporating these elements into your training program will help ensure that it is efficient and effective in helping you reach your fitness and health goals.



TERMS IN TRAINING YOU SHOULD GET FAMILIAR WITH :

REPS – number of repetitions of the same exercise

SET – a specific number of reps performed consecutively without rest

SUPERSET – performing two different exercises back-to-back without rest

LARGE SET – A giant set is similar to a superset but includes three or more exercises performed consecutively without rest

AMRAP (As Many Reps (or Rounds) As Possible) – complete as many reps or rounds of a specific exercise or series of exercises within a set time limit

TEMPO – speed or timing at which you perform each phase of an exercise (For example, "3-1-2" indicates a tempo of 3 seconds for the eccentric /lowering/ phase, 1 second for the isometric /pause/ phase, and 2 seconds for the concentric /lifting/ phase)


RPE (Rate of Perceived Exertion) – subjective measure of how hard you feel you are working during an exercise or workout. It's often rated on a scale of 1 to 10, with 1 being very easy and 10 being maximum effort.

CIRCUIT – a sequence of exercises performed in succession with little to no rest in between. Circuits are often used in high-intensity interval training (HIIT) and provide a full-body workout.

TIPS FOR TAKING PROGRESS PICTURES:

- Ensure that the lighting is consistent in your pictures. Natural daylight is usually best for capturing accurate images.
- Take photos from the front, side, and back to get a comprehensive view of your body.
- Use a plain or neutral background that won't distract from your body's changes.
- Choose minimal clothing that allows you to clearly see your body. For example, swimwear or athletic attire works well.
- Try to take your check-in photos at the same time of day to minimize variations due to factors like meal consumption or daily hydration.
- In addition to photos, consider taking measurements (e.g., waist, hips, chest, arms) to track changes in your body's dimensions.



A person is working out in a gym, using a thick rope for exercise. The person is shirtless and wearing dark shorts, and is captured in a dynamic pose, possibly performing a pull-up or a similar exercise. The background is slightly blurred, showing other gym equipment and a bright, airy atmosphere. The text is overlaid on the image in a clean, sans-serif font.

It's important to note that fitness progress is a journey, not a destination, can be slow and may not always be linear.

It's not solely about aesthetic changes or reaching specific numbers; it's about embracing a holistic, healthy lifestyle.

Focus on your overall well-being and how you feel, not just the visual changes.

Progress may come in small, incremental steps, and there may be periods of plateau or setbacks.

**THE KEY IS TO STAY
COMMITTED, BE PATIENT AND
FOCUS ON THE LONG-TERM
BENEFITS OF A HEALTHIER, MORE
ACTIVE LIFE.**

TOOLS



*Track
your
progress*

SET SMART *goals*



Goal setting is the backbone of any successful business venture. Without clear goals, you'll find it challenging to measure progress or stay motivated. SMART goals are Specific, Measurable, Achievable, Relevant, and Time-bound.

Specific goals are crystal clear and leave no room for uncertainty. Measurable goals allow you to track your progress objectively. Achievable goals are realistic given your resources and constraints. Relevant goals are aligned with your broader mission and purpose. Time-bound goals have a set deadline.

By setting SMART goals, you turn abstract aspirations into concrete plans. You'll know exactly what you're working towards and when you intend to achieve it. This clarity can help you stay on track and adapt your strategies as needed.

SMART GOALS

Instructions: For each goal, fill in the details according to the SMART criteria. This will help ensure that your goals are clear, focused, and actionable.

S	SPECIFIC	<p>A. What exactly do you want to achieve?</p> <p>B. Who is involved or responsible?</p> <p>C. Where will it take place (if applicable)?</p> <p>D. Why is this goal important?</p>
M	MEASURABLE	<p>A. How will you track progress?</p> <p>B. What are the key performance indicators (KPIs)?</p> <p>C. How will you know when the goal is accomplished?</p>
A	ACHIEVABLE	<p>A. Is the goal realistic given your resources and constraints?</p> <p>B. What steps or actions will you take to reach the goal?</p> <p>C. Do you have the necessary skills and support?</p>
R	RELEVANT	<p>A. Does the goal align with your objectives?</p> <p>B. Will it contribute to your long-term success and growth?</p> <p>C. Is now the right time to pursue this goal?</p>
T	TIME-BOUND	<p>A. When will you start working on the goal?</p> <p>B. What is the target completion date?</p> <p>C. Are there any milestones or checkpoints along the way?</p>

S	SPECIFIC	
M	MEASURABLE	
A	ACHIEVABLE	
R	RELEVANT	
T	TIME-BOUND	

7 day HABIT TRACKER

To stay on track, make a habit of tracking your progress toward your goals. Fill out the following chart, marking each goal you accomplish.

WEEK OF: _____

HABIT / SELF-CARE STEP	(S)	(M)	(T)	(W)	(T)	(F)	(S)
01	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

REFLECTION NOTES

workout completion TRACKER

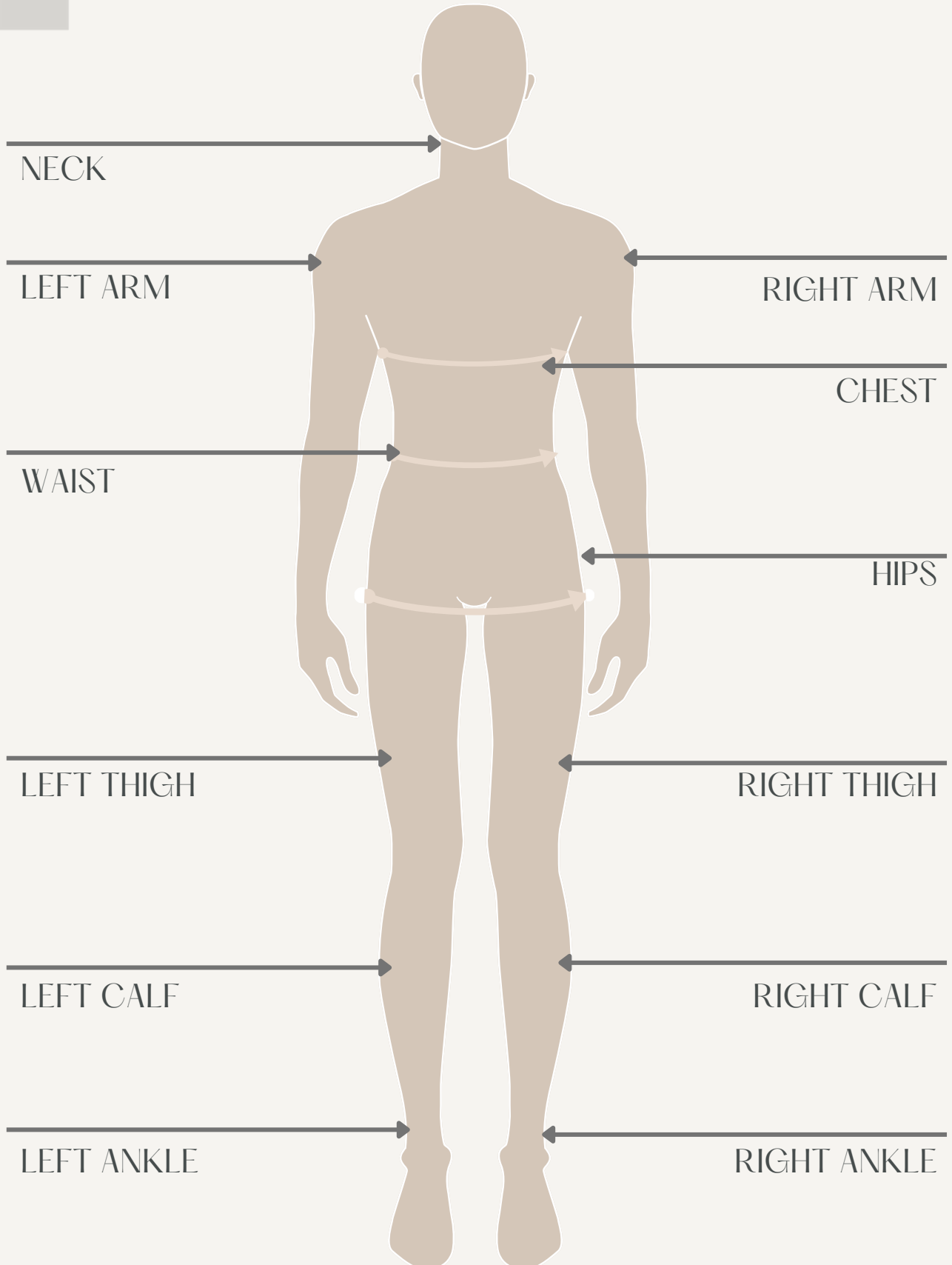
Use this page to track your progress throughout your workouts.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK ONE							
WEEK TWO							
WEEK THREE							
WEEK FOUR							
WEEK FIVE							
WEEK SIX							
WEEK SEVEN							
WEEK EIGHT							

REFLECTION NOTES

BODY MEASUREMENTS CHART

Date: _____



Hours

	1	2	3	4	5	6	7	8	9	10	11	12
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Sleep Tracker

Month

WEIGHT TRACKER

Month:

WEEK	M	T	W	T	F	S	S
01							
02							
03							
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05							
06							
07							
08							
09							
10							
11							
12							

Food swap table

PROTEIN

You may swap anything within the same column, same shaded, as these foods closely match each other.

CHICKEN THIGH (COOKED)	58g 14P 5.0F 0C	70g 17P 6.1F 0C	91g 22P 7.9F 0C	99g 24P 8.6F 0C	113.5g 27.5P 9.9F 0C	140g 34P 12F 0C	161g 39P 14F 0C	202g 49P 17.6F 0C	227g 55P 19.7F 0C
CHICKEN MINCED (COOKED)	55g 14P 4.4F 0C	66g 17P 5.3F 0C	86g 22P 6.9F 0C	98g 25P 7.8F 0C	105g 27P 8.4F 0C	131g 33.5P 10.5F 0C	152g 39P 12.2F 0C	195g 50P 15.6F 0C	230g 59P 18.4F 0C
BEEF FLANK STEAK	50g 14P 4.2F 0C	70g 20P 6F 0C	80g 22P 6.6F 0C	86g 24P 7F 0C	100g 28P 8.4F 0C	108g 30P 9F 0C	122g 34P 10F 0C	130g 36P 10.8F 0C	140g 39P 11.7F 0C
BEEF (COOKED)	50g 14P 6F 0C	57g 17P 6.2F 0C	74g 22P 8.1F 0C	80g 24P 8.7F 0C	94g 28P 10.2F 0C	114g 34P 12.4F 0C	130g 39P 14.1F 0C	161g 48P 17.5F 0C	197g 59P 21.2F 0C
LEAN BEEF (COOKED)	54g 14P 4.5F 0C	66g 17P 5.5F 0C	86g 22P 7.1F 0C	95g 24.5P 7.9F 0C	111g 28.5P 9.2F 0C	134g 34.5P 11.1F 0C	154g 39.5P 12.8F 0C	156g 40P 12.9F 0C	230g 59P 19.1F 0C
PORK TENDERLOIN	50g 14P 2F 0C	60g 17P 3F 0C	80g 22P 4F 0C	85g 24P 4F 0C	100g 28P 5F 0C	110g 30P 5F 0C	120g 34P 6F 0C	130g 36P 6F 0C	140g 39P 6.5F 0C
SALMON (COOKED)	44g 14P 5.7F 0C	53g 17P 6.9F 0C	70g 22.5P 9.1F 0C	80g 25.5P 10.4F 0C	88g 28P 11.4F 0C	105g 33.5P 13.6F 0C	122g 39P 15.9F 0C	159g 51P 20.7F 0C	184g 59P 23.9F 0C
SALMON SMOKED	61g 14P 5.5F 0C	74g 17P 6.7F 0C	98g 22.5P 8.8F 0C	109g 25P 9.8F 0C	124g 28.5P 11.2F 0C	150g 33.5P 13.5F 0C	172g 39P 15.5F 0C	217g 50P 19.5F 0C	257g 59P 23.1F 0C
TURKEY MINCED (COOKED)	67g 14P 9.2F 0C	81g 17P 11.2F 0C	105g 22P 14.5F 0C	119g 25P 16.4F 0C	129g 27P 17.8F 0C	160g 33.5P 22.1F 0C	186g 39P 25.7F 0C	238g 50P 32.8F 0C	281g 59P 38.8F 0C
TURKEY SLICES	90g 14P 7.8F 0.6C	110g 17P 9.6F 0.8C	145g 22.5P 12.6F 1.0C	161g 25P 14F 1.1C	181g 28P 15.7F 1.3C	213g 33P 18.5F 1.5C	252g 39P 21.9F 1.8C	323g 50P 28.1F 2.3C	381g 59P 33.1F 2.7C
TUNA (IN OIL)	57g 14P 7.8F 0C	70g 17P 9.6F 0C	92g 22.5P 12.6F 0C	105g 25.5P 14.4F 0C	115g 28P 15.8F 0C	137g 33.5P 18.8F 0C	160g 39P 21.9F 0C	209g 51P 28.6F 0C	242g 59P 31.2F 0C
OILY FISH (MACKEREL) (COOKED)	67g 14P 10.5F 0C	81g 17P 12.7F 0C	110g 23P 17.3F 0C	119g 25P 18.7F 0C	136g 28.5P 21.3F 0C	160g 33.5P 25.1F 0C	186g 39P 29.2F 0C	238g 50P 37.4F 0C	281g 59P 44.1F 0C
TUNA (SPRINGWATER)	56g 14P 1.5F 0C	69g 17P 1.8F 0C	91g 22.5P 2.4F 0C	103g 25.5P 2.7F 0C	113g 28P 2.9F 0C	135g 33.5P 3.5F 0C	157g 39P 4.1F 0C	206g 51P 5.4F 0C	238g 59P 6.2F 0C

CHOBANI GREEK YOGHURT (NO FAT)	150g 14P 6.3C 0.3F	175g 17P 7.3C 0.3F	206g 20P 8.6C 0.4F	230g 22.5P 9.6C 0.4F	263g 25.5P 11C 0.5F	290g 28P 12 0.5F	325g 31P 13.5C 0.6F	345g 33.5P 14.4C 0.6F	375g 36.5P 15.6C 0.7F	400g 39P 16.7C 0.7F	515g 50P 21.5C 0.9F	580g 56P 22C 0F
LOW FAT COTTAGE CHEESE (3% FAT)	102g 14P 2.9F 5.6C	125g 17P 3.5F 6.9C	146g 20P 4F 8C	160g 22P 4.5F 8.8C	182g 25P 5F 10C	204g 28P 5.7F 11.2C	226g 31P 6.3F 12.4C	241g 33P 6.7F 13.2C	263g 36P 7.3F 14.5C	285g 39P 8F 15.7C	365g 50P 10.2F 20.1C	409g 56P 11.5F 22.5C
FAGE LOW FAT GREEK YOGHURT (2%)	141g 14P 2.9F 4.2C	172g 17P 2.8F 4.2C	202g 20P 4F 6C	222g 22P 4.4F 6.7C	253g 25P 5F 7.6C	282g 28P 5.6F 8.5C	313g 31P 6.3F 9.4C	333g 33P 6.7F 10C	364g 36P 7.3F 11C	394g 39P 7.9F 11.8C	505g 50P 10.1F 15.2C	566g 56P 11.3F 17C
RICOTTA (LOW FAT)	140g 14P 2.8F 8.4C	170g 17P 3.4F 10.2C	200g 20P 4F 12C	220g 22P 4.4F 13.2C	250g 25P 5F 15C	280g 28P 5.6F 16.8C	310g 31P 6.2F 18.6C	330g 33P 6.6F 19.8C	360g 36P 7.2F 21.6C	390g 39P 7.8F 23.4C	500g 50P 10F 30C	560g 56P 11.2F 33.6C

Food swap table

FATS

You may swap anything within the same column, same shaded, as these foods closely match each other.

COCONUT OIL	5g 5F 0P 0C	10g 10F 0P 0C	15g 15F 0P 0C	20g 20F 0P 0C	25g 25F 0P 0C	30g 30F 0P 0C	35g 35F 0P 0C	40g 40F 0P 0C
MACADAMIA OIL	6g 5F 0P 0C	13g 10F 1P 0C	20g 15F 1P 0C	26g 20F 2P 0C	33g 25F 2P 0C	39g 30F 3P 0C	46g 35F 3P 0C	53g 40F 4P 0C
FLAXSEED OIL	5g 5F 0P 0C	11g 10F 0P 0C	16g 15F 0P 0C	22g 20F 0P 0C	27g 25F 0P 0C	33g 30F 0P 0C	38g 35F 0P 0C	43g 40F 0P 0C
RICE BRAN OIL	5g 5F 0P 0C	11g 10F 0P 0C	16g 15F 0P 0C	22g 20F 0P 0C	27g 25F 0P 0C	33g 30F 0P 0C	38g 35F 0P 0C	43g 40F 0P 0C
OLIVE OIL	5g 5F 0P 0C	11g 10F 0P 0C	16g 15F 0P 0C	21g 20F 0P 0C	26g 25F 0P 0C	32g 30F 0P 0C	37g 35F 0P 0C	42g 40F 0P 0C
HEMP SEED OIL	5g 5F 0P 0C	11g 10F 0P 0C	16g 15F 0P 0C	21g 20F 0P 0C	27g 25F 0P 0C	32g 30F 0P 0C	37g 35F 0P 0C	43g 40F 0P 0C
ORGANIC BUTTER (DAIRY FREE)	8g 5F 0P 0C	16g 10F 0P 0C	25g 15F 0P 0C	33g 20F 0P 0C	41g 25F 0P 0C	49g 30F 0P 0C	57g 35F 0P 0C	65g 40F 0P 0C
ORGANIC BUTTER	7g 5F 0P 0C	13g 10F 0P 0C	20g 15F 0P 0C	27g 20F 0P 0C	34g 25F 0P 0C	40g 30F 0P 0C	47g 35F 0P 0C	54g 40F 0P 0C
COCONUT YOGURT (NATURAL)	35g 5F 0.5P 1.7C	70g 10F 1P 3.4C	105g 15F 1.6P 5.1C	140g 20F 2P 6.8C	175g 25.5F 2.7P 8.4C	210g 30F 3P 10C	240g 35F 3.7P 11.6C	275g 40F 4P 13C
AVOCADO	24g 5F 0.7P 2.9C	48g 10F 1.4P 5.8C	72g 15F 2.1P 8.6C	95g 20F 2.8P 11.4C	120g 25F 3.5P 14.4C	144g 30F 4.2P 17.3C	166g 35F 4.8P 19.9C	190g 40F 5.5P 22.8C
CASHEWS	11g 5F 2P 3.3C	23g 10F 4.2P 6.9C	34g 15F 6.2P 10.3C	46g 20F 8.4P 13.9C	57g 25F 10.4P 17.2C	68g 30F 12.4P 20.5C	80g 35F 14.6P 24.2C	91g 40F 16.6P 27.5C
ALMONDS	10g 5F 2.1P 2.2C	20g 10F 4.2P 4.3C	30g 15F 6.3P 6.5C	40g 20F 8.5P 8.6C	50g 25F 10.6P 10.8C	60g 30F 12.7P 12.9C	70g 35F 14.8P 15.4C	80g 40F 16.9P 17.2C

ALMOND BUTTER	10g 5F 2.8P 0.9C	20g 10F 5.6P 1.8C	30g 15F 8.4P 2.7C	39g 20F 10.9P 3.5C	49g 25F 13.7P 4.4C	59g 30F 16.5P 5.3C	69g 35F 19.3P 6.2C	78g 40F 21.8P 7C
PUMPKIN SEED SPREAD	10g 5F 2.5P 1C	18g 10F 5P 2C	28g 15F 7P 2.5C	36g 20F 9.5P 3C	46g 25F 12P 4C	55g 30F 14P 5C	64g 35F 16.5P 6C	74g 40F 19P 7C
CASHEW BUTTER	10g 5F 2.2P 2.2C	20g 10F 4.4P 4.4C	30g 15F 6.6P 6.6C	40g 20F 8.8P 8.8C	50g 25F 11P 11C	60g 30F 13.2P 13.2C	70g 35F 15.4P 15.4C	80g 40F 17.6P 17.6C
SUNFLOWER SEED BUTTER	10g 5F 2.3P 0.2C	20g 10F 4.5P 0.4C	29g 15F 6.6P 0.6C	39g 20F 8.8P 0.8C	49g 25F 11.1P 1C	58g 30F 13.4P 1.2C	68g 35F 15.4P 1.4C	78g 40F 17.7P 1.6C
PEANUT BUTTER	10g 5F 2.5P 1.5C	20g 10F 5P 3C	30g 15F 7.5P 4.5C	40g 20F 10P 6C	50g 25F 12.5P 7.5C	60g 30F 15P 9C	70g 35F 17.5P 10.5C	80g 40F 20P 12C
PEANUTS	10g 5F 2.6P 1.6C	20g 10F 5.2P 3.2C	30g 15F 7.7P 4.8C	41g 20F 10.6P 6.6C	51g 25F 13.2P 8.2C	61g 30F 15.7P 9.8C	71g 35F 18.3P 11.5C	81g 40F 20.9P 13.1C
MACADAMIAS	7g 5F 0.6P 1C	13g 10F 1P 1.8C	20g 15F 1.6P 2.8C	26g 20F 2.1P 3.6C	33g 25F 2.6P 4.6C	40g 30F 3.2P 5.5C	46g 35F 3.6P 6.4C	53g 40F 4.2P 7.3C
PECANS	7g 5F 0.8P 1C	14g 10F 1.5P 2C	21g 15F 2.3P 3C	28g 20F 3P 4C	35g 25F 3.8P 5C	42g 30F 4.5P 6C	49g 35F 5.3P 7C	56g 40F 6P 8C
BRAZIL NUTS	7g 5F 1P 1C	15g 10F 2.1P 2.1C	22g 15F 3.1P 3.1C	29g 20F 4.1P 4.1C	37g 25F 5.3P 5.3C	44g 30F 6.3P 6.3C	52g 35F 7.4P 7.4C	59g 40F 8.4P 8.4C
HEMP SEEDS	9g 5F 2.7P 0.3C	18g 10F 5.5P 0.6C	27g 15F 8.2P 0.9C	36g 20F 10.9P 1.2C	45g 25F 13.6P 1.5C	54g 30F 16.4P 1.7C	63g 35F 19.1P 2C	73g 40F 22.1P 2.4C
PUMPKIN SEEDS	10g 5F 3.2P 1.4C	20g 10F 6.4P 2.9C	30g 15F 9.6P 4.3C	40g 20F 12.9P 5.7C	50g 25F 16.1P 7.1C	60g 30F 19.3P 8.6C	70g 35F 22.5P 10C	80g 40F 25.7P 11.4C
SEED MIX	10g 5F 2.5P 0.5C	20g 10F 5P 1C	30g 15F 7.5P 2C	40g 20F 10P 3C	51g 25F 13P 3.5C	61g 30F 16P 4C	72g 35F 18.5P 5C	82g 40F 21P 5.5C
FLAXSEED	12g 5F 2.2P 3.5C	24g 10F 4.4P 7C	36g 15F 6.7P 10.4C	48g 20F 8.9P 13.9C	60g 25F 11.1P 17.4C	72g 30F 13.3P 20.9C	83g 35F 15.4P 24.1C	95g 40F 17.6P 27.6C
CHIA SEEDS	17g 5F 3.4P 1.2C	34g 10F 6.8P 2.5C	52g 15F 10.4P 3.8C	70g 20F 14P 5.1C	87g 25F 17.4P 6.4C	105g 30F 21.0P 7.7C	122g 35F 24.4P 8.9C	140g 40F 28P 10.3C

VEGAN MOZZARELLA SHREDS	22g 5F OP 4.4C	44g 10F OP 8.8C	66g 15F OP 13.2C	88g 20F OP 17.6C	110g 25F OP 22C	130g 30F OP 26C	153g 35F OP 30.6C	175g 40F OP 35C
COCONUT YOGHURT	46g 5F 0.3P 2.3C	91g 10F 0.6P 4.6C	136g 15F 1P 6.9C	182g 20F 1.3P 9.3C	227g 25F 1.6P 11.6C	273g 30F 1.9P 13.9C	318g 35F 2.2P 16.2C	364g 40F 2.5P 18.6C
GUACAMOLE	40g 5F 1P 3.4C	80g 10F 2P 6.8C	120g 15F 3P 10.2C	160g 20F 4P 13.6C	200g 25F 5P 17C	240g 30F 6P 20.4C	280g 35F 7P 23.8C	320g 40F 8P 27.2C
LARGE EGG(S)	1 Egg 5F 6P OC	2 Eggs 10F 12P OC	3 Eggs 15F 18P OC	4 Eggs 20F 24P OC	5 Eggs 25F 30P OC	6 Eggs 30F 36P OC	7 Eggs 35F 42P OC	8 Eggs 40F 48P OC
LIGHT TASTY CHEDDAR	21g 5F 6.5P OC	42g 10F 13P OC	63g 15F 19.5P OC	83g 20F 26P OC	104g 25F 32P OC	125g 30F 39P OC	146g 35F 45P OC	167g 40F 52P OC
PARMESAN CHEESE	19g 5F 6P OC	38g 10F 12P OC	57g 15F 18P OC	76g 20F 24P OC	95g 25F 30P OC	114g 30F 36P OC	133g 35F 42P OC	152g 40F 48P OC

Food swap table

COMPLEX CARBS

You may swap anything within the same column, same shaded, as these foods closely match each other.

RICE CAKES	15g 12C 1.4P 0.4F	20g 15C 1.8P 0.6F	25g 20C 2.3P 0.7F	31g 25C 2.9P 0.9F	40g 32C 3.7P 1.1F	45g 36C 4P 1.3F	55g 44C 5P 1.5F	63g 50C 5.8P 1.8F	70g 56C 6.4P 2F	78g 62C 7.2P 2.2F	87g 69C 8P 2.4F	95g 75C 8.7P 2.7F	110g 88C 10P 3F
WHITE POTATO (COOKED)	38g 12.2C 0.2P 0.2F	47g 15C 0.2P 0.2F	63g 20C 0.3P 0.3F	78g 25C 0.3P 0.3F	97g 31C 0.4P 0.4F	116g 37C 0.5P 0.5F	138g 44C 0.6P 0.6F	156g 50C 0.6P 0.6F	175g 56C 0.6P 0.6F	194g 62C 0.8P 0.8F	216g 69C 0.9P 0.9F	234g 75C 0.9P 0.9F	275g 88C 1.1P 1.1F
SWEET POTATO (COOKED)	60g 12C 1P 0F	75g 15C 1.5P 0F	100g 20C 2P 0F	120g 25C 2.5P 0F	150g 31C 3P 0F	175g 37C 3.5P 0F	210g 44C 4P 0F	250g 50C 5P 0F	275g 56C 5.5P 0F	300g 62C 6P 0F	330g 69C 7P 0F	360g 75C 7P 0F	420g 88C 8P 0F
BUTTERNUT PUMPKIN (COOKED)	115g 12C 1P 0F	145g 15C 1.3P 0F	190g 20C 1.7P 0F	235g 25C 2P 0F	295g 31C 2.7P 0F	355g 37C 3.2P 0F	420g 44C 3.8P 0F	480g 50C 4.3P 0F	535g 56C 4.8P 0F	N/A	N/A	N/A	N/A
WHITE BASMATI RICE (COOKED)	52g 12C 1.5P 0.2F	60g 15C 1.8P 0.2F	86g 20C 2.4P 0.3F	108g 25C 3.1P 0.4F	134g 31C 3.8P 0.4F	160g 37C 4.5P 0.5F	190g 44C 5.4P 0.6F	216g 50C 6.1P 0.7F	242g 56C 6.9P 0.8F	268g 62C 7.6P 0.9F	298g 69C 8.4P 1F	324g 75C 9.2P 1.1F	380g 88C 10.8P 1.3F
BROWN BASMATI RICE (COOKED)	47g 12C 1.7P 1F	58g 15C 2.1P 1.2F	78g 20C 2.8P 1.6F	97g 25C 3.5P 2.0F	121g 31C 4.4P 2.5F	144g 37C 5.2P 3.0F	171g 44C 6.2P 3.6F	195g 50C 7P 4.1F	218g 56C 7.8P 4.5F	241g 62C 8.7P 5F	269g 69C 9.7P 5.6F	292g 75C 10.5P 6.1F	343g 88C 12.3P 7.1F
WHITE RICE (COOKED)	36g 12C 1P 0.9F	45g 15C 1.3P 1.1F	60g 20C 1.7P 1.5F	75g 25C 2.1P 1.9F	93g 31C 2.7P 2.3F	110g 37C 3.1P 2.8F	131g 44C 3.7P 3.3F	150g 50C 4.3P 3.8F	167g 56C 4.8P 4.2F	185g 62C 5.3P 4.6F	206g 69C 5.9P 5.2F	224g 75C 6.4P 5.6F	263g 88C 7.5P 6.6F
BROWN RICE (COOKED)	35g 12C 1.6P 1.0F	44g 15C 2P 1.2F	59g 20C 2.7P 1.6F	74g 25C 3.4P 2.0F	91g 31C 4.2P 2.5F	109g 37C 5.1P 3.0F	130g 44C 6.0P 3.5F	147g 50C 6.8P 4.0F	165g 56C 7.7P 4.5F	183g 62C 8.5P 5.0F	203g 69C 9.4P 5.5F	221g 75C 10.3P 6.0F	260g 88C 12.1P 7.1F
RICE NOODLES (COOKED)	30g 12C 1P 0.9F	38g 15C 1P 1F	50g 20C 1.5P 1.5F	63g 25C 2P 1.9F	78g 31C 2.4P 2.4F	92g 37C 3P 2.5F	110g 44C 3.5P 3F	125g 50C 4P 3.5F	140g 56C 4.5P 4F	155g 62C 5P 4.5F	172g 69C 5.5P 5F	188g 75C 6P 5.5F	220g 88C 7P 6.5F
PASTA (COOKED)	40g 12C 2.3P 0.5F	50g 15C 3P 0.5F	65g 20C 3.8P 0.6F	80g 25C 4.6P 0.7F	100g 31C 5.8P 1F	120g 37C 7P 1F	142g 44C 8.2P 1.3F	160g 50C 9.3P 1.5F	180g 56C 10.4P 1.7F	200g 62C 11.6P 2F	225g 69C 13P 2F	245g 75C 14.2P 2.3F	285g 88C 16.5P 2.6F
COUSCOUS (COOKED)	55g 12C 2.1P 0.4F	69g 15C 2.6P 0.4F	92g 20C 3.5P 0.2F	115g 25C 4.4P 0.2F	142g 31C 5.4P 0.3F	170g 37C 6.5P 0.3F	202g 44C 7.7P 0.4F	229g 50C 8.7P 0.5F	257g 56C 9.8P 0.5F	284g 62C 10.8P 0.6F	317g 69C 12P 0.6F	344g 75C 13.1P 0.7F	404g 88C 15.4P 0.8F

PASTA (GLUTEN FREE) (COOKED)	35g 12C 0.9P 0.4F	43g 15C 1.2P 0.2F	52g 18C 1.4P 0.2F	58g 20C 1.6P 0.2F	72g 25C 1.9P 0.3F	90g 31C 2.4P 0.4F	107g 37C 2.9P 0.4F	128g 44C 3.5P 0.5F	145g 50C 2.9P 0.6F	162g 56C 4.4P 0.6F	180g 62C 4.9P 0.7F	200g 69C 5.4P 0.8F	255g 88C 6.9P 1.0F
QUINOA (COOKED)	55g 12C 2.5P 0.5F	70g 15C 3P 1F	85g 18C 3.5P 1.5F	90g 20C 4P 2F	110g 25C 5P 2.5F	150g 31C 6.5P 3F	175g 37C 7.5P 3.5F	200g 44C 8.5P 4F	230g 50C 10P 4.5F	260g 56C 12P 5F	290g 62C 13P 5.5F	325g 69C 14P 6F	400g 88C 19P 8F
ROLLED OATS (GLUTEN FREE OPTIONAL)	21g 12C 2.8P 2.2F	26g 15C 3.5P 2.7F	31g 18C 4.1P 3.2F	35g 20C 4.7P 3.6F	44g 25C 5.9P 4.5F	54g 31C 7.2P 5.6F	65g 37C 8.7P 6.7F	77g 44C 10.3P 8.0F	87g 50C 11.6P 9.0F	98g 56C 13.1P 10.1F	108g 62C 14.4P 11.2F	120g 69C 16P 12.4F	154g 88C 20.5P 15.9F
MISSION YELLOW CORN TORTILLAS	24g (1 tortilla) 10.2C 4P 0.8F	N/A	N/A	47g (2 tortillas) 20C 2P 1.5F	N/A	74g (3 tortillas) 30.2C 3P 2.3F	N/A	94g (4 tortillas) 40C 4P 3F	118g (5 tortillas) 50C 5P 3.8F	N/A	144g (6 tortillas) 60C 6P 4.5F	N/A	N/A
MISSION MULTI-GRAIN WRAPS	N/A	N/A	N/A	N/A	N/A	70g (1 wrap) 33C 6P 6F	N/A	N/A	N/A	N/A	140g (2 wraps) 66C 12P 12F	N/A	N/A
PRESIDENT'S CHOICE BLUE MENU 100% WHOLE GRAIN TORTILLAS	N/A	N/A	N/A	N/A	N/A	65g (1 wrap) 32C 6P 4.5F	N/A	N/A	N/A	N/A	130g (2 wraps) 64C 12P 9F	N/A	N/A
EZEKIEL BREAD	27g 12C 3P 0F	34g 15C 4P 1F	44g 20C 5P 1.5F	56g 25C 7P 1.5F	69g 31C 8P 1.5F	117g 37C 10P 1.5F	132g 44C 12P 1.5F	159g 56C 15P 2F	175g 62C 17P 2F	190g 69C 18P 2.5F	204g 75C 20P 3F	264g 88C 24P 3F	294g 100C 26P 4F
TESCO FINEST FREE FROM OAT AND RAISIN COOKIES	19g 12C 1.2P 2.9F	24g 15C 1.5P 3.7F	29g 18C 1.8P 4.4F	32g 20C 2P 4F	39g 25C 2.6P 5.7F	49g 31C 3.4P 7.5F	59g 37C 3.7P 9F	70g 44C 4.4P 10.7F	79g 50C 5P 12.1F	98g 62C 6.2P 15F	110g 69C 6.9P 16.8F	120g 75P 18.1F 75C	140g 88C 9P 22F
NATURE VALLEY CRUNCHY OAT & HONEY BARS	N/A	25g (1/2pack = 1 bar) 15C 2P 3F	N/A	N/A	N/A	50g (1 pack = 2 bars) 29C 4P 6F	N/A	71g (1.5packs = 3 bars) 44C 6P 9F	N/A	N/A	N/A	N/A	142g (3 packs = 6 bars) 88C 12P 18F
FREEDOM FOODS COCO CRUNCH BAR	17g 12C 4P 1F	22g (1 bar) 15C 4P 2F	26g 18C 1.5P 2F	29g 20C 1.5P 2F	36g 25C 2P 3F	45g (2 bars) 31C 2P 4F	53g 37C 2.5P 4F	63g 44C 3P 5F	72g 50C 3.5P 6F	89g 62C 4P 7F	99g 69C 5P 8F	108g 75C 5P 9F	126g 88C 6P 10F
SPECIAL K FIBRE ONE BAR	16g 12C 1.5P 2F	21g 15C 2P 2F	25g (1 bar) 18C 2P 2.5F	34g 25C 3P 4F	42.5g 31C 3.5P 4.5F	51g (2 bars) 37C 4P 5.5F	60g 44C 5P 6.5F	68g 50C 6P 7F	84g 62C 7P 9F	95g 69C 8P 10F	101g (4 bars) 75C 8P 10.5F	119g 88C 10P 13F	
ALPEN LIGHT BARS	19g (1 bar) 11C 4P 1.2F	24g 14C 1.3P 1.4F	31g 18C 1.6P 1.8F	34g 20C 1.8P 2F	43g 25C 2.3P 2.5F	53g 31C 2.8P 3.1F	64g 37C 3.4P 3.7F	76g 44C 4P 4.4F	86g 50C 4.5P 5F	107g 62C 5.7P 6.2F	120g 69C 6.3P 7F	130g 75C 6.8P 7.5F	152g 88C 8P 9F
GLUTEN FREE BREAD	26g 12C 0.8P 1.1F	33g 15C 1.1P 1.4F	39g 18C 1.3P 1.7F	44g 20C 1.4P 1.9F	55g 25C 1.8P 2.3F	68g 31C 2.2P 2.9F	81g 37C 2.6P 3.4F	96g 44C 3.1P 4.1F	109g 50C 3.5P 4.6F	135g 62C 4.3P 5.7F	151g 69C 4.8P 6.4F	164g 75C 5.3P 6.9F	192g 88C 6.2P 8.1F
SOUR-DOUGH BREAD	30g 12.6C 2.8P 1.2F	36g 15C 3.3P 1.5F	42g 17.6C 3.9P 1.7F	50g 21C 4.6P 2F	61g 25.6C 5.6P 2.5F	75g 31.5C 6.9P 3F	90g 38C 8P 3.6F	108g 45.3C 9.9P 4.4F	120g 50C 11P 4.8F	150g 63C 13.8P 6F	165g 69C 15.1P 6.6F	180g 75.5C 16.5P 7.3F	210g 88C 19.3P 8.5F

Food swap table

SIMPLE CARBS

You may swap anything within the same column, same shaded, as these foods closely match each other.

MIXED BERRIES	95g 7C 0P 0F	125g 9C 0P 0F	150g 11C 0.5P 0F	170g 13C 0.5P 0F	200g 15C 0.5P 0F	245g 18C 0.5P 0F	265g 20C 1P 0F	290g 21C 1P 0.5F	350g 25C 1.5P 0.5F	380g 27C 2P 0.5F	410g 29C 2P 0.5F	430g 31C 2P 0.5F	460g 33C 2P 0.5F
RASPBERRIES	60g 7C 0P 0F	80g 9C 0P 0F	100g 11C 1P 0F	115g 13C 1P 0F	135g 15C 1.5P 0F	160g 18C 2P 0F	180g 20C 2P 1F	190g 21C 2P 1F	225g 25C 2.5P 1.5F	240g 27C 3P 1.5F	260g 29C 3P 1.5F	280g 31C 3P 1.5F	295g 33C 3P 2F
STRAWBERRIES	90g 7C 0.5P 0F	120g 9C 1P 0.5F	140g 11C 1P 0.5F	160g 13C 1P 0.5F	185g 15C 1.5P 0.5F	235g 18C 1.5P 0.5F	260g 20C 2P 1F	275g 21C 2P 1F	325g 25C 2P 1F	352g 27C 2.5P 1F	380g 29C 2.5P 1F	410g 31C 2.5P 1F	430g 33C 3P 1F
BLUEBERRIES	50g 7.2C 0.4P 0.2F	60g 8.7C 0.4P 0.2F	75g 10.9C 0.6P 0.2F	90g 13C 0.7P 0.3F	105g 15.2C 0.8P 0.3F	125g 18.4C 0.9P 0.4F	140g 20.3C 1P 0.5F	145g 21C 1.1P 0.5F	170g 24.6C 1.3P 0.6F	185g 26.8C 1.4P 0.6F	200g 29C 1.5P 0.7F	215g 31.2C 1.6P 0.7F	230g 33.3C 1.7P 0.8F
APPLE	50g 7C 0P 0F	65g 9C 0P 0F	80g 11C 0P 0F	95g 13C 0P 0F	112g 15C 0.5P 0F	130g 18C 0.5P 0F	150g 20C 0.5P 0F	155g 21C 1P 0.5F	185g 25C 1P 0.5F	200g 27C 1P 0.5F	210g 29C 1P 0.5F	225g 31C 1P 0.5F	240g 33C 1P 1F
ORANGE	55g 7C 1P 0F	75g 9C 1P 0F	95g 11C 1P 0F	110g 13C 1P 0F	130g 15C 1.5P 0F	155g 18C 1.5P 0F	170g 20C 1.5P 0F	180g 21C 1.5P 0F	215g 25C 2P 0F	230g 27C 2P 0F	250g 29C 2P 0F	265g 31C 2P 0F	285g 33C 2.5P 0F
PEACH	70g 7C 0.5P 0F	90g 9C 1P 0F	115g 11C 1P 0F	135g 13C 1.5P 0F	155g 15C 1.5P 0F	185g 18C 2P 0F	205g 20C 2P 0F	220g 21C 2.5P 0.5F	265g 25C 2.5P 1F	280g 27C 3P 1F	300g 29C 3P 1F	325g 31C 3.5P 1.5F	350g 33C 3.5P 1.5F
PINEAPPLE	55g 7C 0P 0F	70g 9C 0P 0F	85g 11C 0P 0F	100g 13C 0P 0F	120g 15C 0.5P 0F	140g 18C 0.5P 0F	155g 20C 0.5P 0F	160g 21C 1P 0F	195g 25C 1P 0F	210g 27C 1P 0F	220g 29C 1.5P 0F	240g 31C 1.5P 0F	255g 33C 1.5P 1F
KIWI FRUIT	71g 7C 1P 0F	85g 9C 1P 1F	105g 11C 1.5P 1F	125g 13C 1.5P 1F	145g 15C 2P 1F	170g 18C 2P 1.5F	190g 20C 2.5P 1.5F	205g 21C 2.5P 1.5F	240g 25C 3P 1.5F	260g 27C 3P 2F	275g 29C 3.5P 2F	295g 31C 3.5P 2F	320g 33C 4P 2F
WATERMELON	90g 7C 1P 0F	120g 9C 1P 0F	140g 11C 2P 0F	170g 13C 1.5P 0F	195g 15C 1.5P 0F	235g 18C 1.5P 0.5F	260g 20C 2P 0.5F	275g 21C 2P 0.5F	325g 25C 2.5P 0.5F	355g 27C 2.5P 1F	380g 29C 2.5P 1F	410g 31C 3P 1F	435g 33C 3P 1F
HONEY	8.5g 7C 0P 0F	11g 9C 0P 0F	13g 11C 0P 0F	16g 13C 0P 0F	18g 15C 0P 0F	22g 18C 0P 0F	24g 20C 0P 0F	26g 21C 0P 0F	30g 25C 0P 0F	33g 27C 0P 0F	35g 29C 0P 0F	39g 32C 0P 0F	40g 33C 0P 0F

BANANA	30g 6C 0P 0F	45g 9C 0P 0F	55g 11C 0P 0F	70g 13C 0P 0F	75g 15C 0.5P 0F	95g 18C 0.5P 0F	110g 21C 1P 0.5F	130g 25C 1P 0.5F	140g 27C 1P 0.5F	150g 29C 1P 0.5F	170g 33C 1P 1F
MANGO	50g 7C 0P 0F	60g 9C 0P 0F	75g 11C 1P 0F	85g 13C 1P 0F	100g 15C 1P 0.5F	120g 18C 1P 0.5F	140g 21C 1.5P 1F	165g 25C 1.5P 1F	180g 27C 1.5P 1F	195g 29C 2P 1F	220g 33C 2P 1F
DATES (PITTED)	10g 7C 0P 0F	13g 9C 0P 0F	16g 11C 0P 0F	19g 13C 0.5P 0F	22g 15C 0.5P 0F	26g 18C 1P 0F	32g 21C 1P 0F	36g 25C 1P 0F	39g 27C 1P 0F	42g 29C 1P 0F	48g 33C 1.5P 0F

Food swap table

VEGAN/VEGETARIAN

You may swap anything within the same column, same shaded, as these foods closely match each other.

PROTEIN PASTA (COOKED)	40g 4.9P 10C 0.5F	50g 6.7P 12C 0.6F	70g 9.2P 17C 0.8F	90g 11P 22C 1F	110g 13.5P 28C 1.2F	120g 15P 30C 1.3F	150g 18.4P 38C 1.7F	160g 20P 40C 1.8F	180g 22P 44C 2F	200g 24P 50F 2.4F	210g 26P 53C 2.3F	230g 28P 58C 2.5F
BLACK BEANS	60g 4.5P 9C 0.4F	95g 7P 14C 0.6F	120g 9P 18C 0.8F	150g 11.2P 22.6C 1F	180g 13.5P 27C 1.2F	200g 15P 30C 1.3F	240g 18P 36C 1.6F	275g 20.5P 44C 1.8F	300g 22.2P 45.2C 2F	320g 24P 48C 2.1F	360g 27P 54C 2.4F	390g 29P 59C 2.6F
LENTILS	65g 4.5P 9.4C 0.3F	95g 6.8P 13.7C 0.6F	125g 9P 18C 0.8F	155g 11P 22C 1F	190g 13.5P 27C 1.3F	210g 15P 30C 1.4F	250g 18P 36C 1.7F	280g 20.2P 40C 1.9F	305g 22P 44C 2F	350g 25P 50C 2.3F	380g 27P 55C 2.5F	405g 29P 58C 2.7F
HEINZ BAKED BEANS (BBQ SAUCE)	91g 4.5P 14C 0.8F	143g 7P 22C 1.3F	184g 9P 29C 1.7F	224g 11P 35C 2F	286g 14P 44C 2.6F	306g 15P 47C 2.7F	408g 20P 63C 3.7F	428g 21P 66C 3.9F	449g 22P 69C 4F	489g 24P 76C 4F	551g 27P 85C 5F	592g 29P 92C 5.3F
PINTO BEANS	82g 4.5P 12.7C 1.1F	127g 7P 49.7C 1.7F	169g 9.3P 26.2C 2.2F	200g 11P 31C 2.6F	255g 14P 39.5C 3.3F	273g 15P 42.3C 3.5F	364g 20P 56.4C 4.7F	382g 21P 59.2C 5.0F	400g 22P 62C 5.2F	436g 24P 67.6C 5.7F	491g 27P 76C 6.4F	527g 29P 82C 6.9F
BUTTER BEANS	70g 4.5P 7.1C 0.2F	109g 7P 11C 0.3F	141g 9P 14C 0.4F	172g 11P 18C 0.5F	219g 14P 22C 0.7F	234g 15P 24C 0.7F	281g 18P 29C 0.8F	313g 20P 32C 0.9F	344g 22P 35C 1F	391g 25P 40C 1.2F	422g 27P 43C 1.3F	453g 29P 46C 1.4F
KIDNEY BEANS	58g 4.5P 7.5C 0.3F	90g 7P 11.6C 0.5F	115g 9P 14.8C 0.6F	141g 11P 18.1C 0.7F	179g 14P 23C 0.9F	192g 15P 24.8C 1.0F	231g 18P 29.8C 1.2F	256g 20P 33.0C 1.3F	282g 22P 36.4C 1.4F	321g 25P 41.4C 1.6F	346g 27P 44.6C 1.7F	372g 29P 48C 1.9F
CANNELINI BEANS	107g 4.5P 8.2C 0.2F	167g 7P 12.9C 0.3F	214g 9P 16C 0.4F	262g 11P 20C 0.5F	333g 14P 25C 0.7F	357g 15P 27C 0.7F	429g 18P 33C 0.9F	476g 20P 37C 1F	524g 22P 40C 1.1F	595g 25P 46C 1.2F	643g 27P 49C 1.3F	690g 29P 53C 1.4F
THREE BEAN MIX	58g 4.5P 7.6C 0.4F	90g 7P 11.8C 0.6F	115g 9P 15C 0.8F	141g 11P 18C 1F	179g 14P 23C 1.3F	192g 15P 25C 1.3F	231g 18P 29C 1.4F	256g 20P 34C 1.8F	282g 22P 37C 2F	321g 25P 42C 2.2F	346g 27P 45C 2.4F	372g 29P 49C 2.6F
FALAFEL MIX	23g 4.5P 8.4C 0.9F	35g 7P 13C 1.4F	45g 9P 17C 1.8F	55g 11P 20C 2.2F	70g 14P 26C 2.8F	75g 15P 28C 3F	90g 18P 33C 3.6F	100g 20P 37C 4F	110g 22P 40C 4.4F	125g 25P 46C 5F	135g 27P 50C 5.4F	145g 29P 53C 5.8
CHICKPEAS	65g 4.3P 9.8C 1.4F	95g 6.5P 14.3C 2.1F	130g 8.7P 19.5C 2.8F	160g 10.9P 24C 3.5F	190g 13P 28.5C 4.1F	225g 15.2P 33.8C 4.9F	260g 17.4P 39C 5.6F	295g 19.6P 44.3C 6.4F	320g 21P 48C 6.9F	365g 24.4P 54.8C 7.9F	395g 26.6P 59.3C 8.6F	430g 28.8P 64.5C 9.3F

BLACK BEAN PASTA (SLENDER) (RAW WEIGHT)	50g 7.4P 1.7C 1.6F	75g 11.1P 2.6C 2.4F	100g 14.8P 3.4C 3.2F	125g 18.5P 4.3C 4F	150g 22.2P 5.1C 4.8F	175g 25.9P 6C 5.6F	200g 29.6P 6.8C 6.4F	225g 33.3P 7.7C 7.2F
SOYBEAN ORGANIC SPAGHETTI (SLENDER) (RAW)	50g 7.5P 1.7C 1.4F	75g 11.3P 2.6C 2.4F	100g 15P 3.4C 2.8F	125g 19P 4.3C 3.5F	150g 22.5P 5.1C 4.2F	175g 26.3P 6C 4.9F	200g 30P 6.8C 5.6F	225g 33.8P 7.7C 6.3F
SOYBEAN ORGANIC FETTUCINE (SLENDER) (RAW)	50g 7.5P 1.7C 1.4F	75g 11.3P 2.6C 2.4F	100g 15P 3.4C 2.8F	125g 19P 4.3C 3.5F	150g 22.5P 5.1C 4.2F	175g 26.3P 6C 4.9F	200g 30P 6.8C 5.6F	225g 33.8P 7.7C 6.3F
RED LENTIL FUSILLI (KEEP IT CLEANER) (RAW)	50g 13P 30C 0.7F	75g 19.5P 45C 1F	100g 26P 60C 1.3F	125g 33P 75C 1.6F	150g 39P 90C 2F	175g 45P 105C 2.3F	200g 52P 120C 2.6F	225g 58P 135C 2.9F
GREEN PEAS PENNE PASTA (PULSE) (RAW)	50g 11.5P 29C 0.9F	75g 17.3P 43.5C 1.4F	100g 23P 58C 1.8F	125g 28.8P 72.5C 2.3F	150g 34.5P 87C 2.8F	175g 40.3P 101.5C 3.2F	200g 46P 116C 3.7F	225g 51.8P 131C 4.1F
RED LENTIL PASTA (PULSE) (RAW WEIGHT)	50g 11.5P 28C 1F	75g 17.3P 42C 1.5F	100g 23P 56C 2F	125g 28.8P 70C 2.5F	150g 34.5P 84C 3F	175g 40.3P 98C 3.5F	200g 46P 112C 4F	225g 51.2P 126C 4.5F
CHICKPEA PASTA (PULSE) (RAW WEIGHT)	50g 9P 28.5C 1.8F	75g 13.5P 42.8C 2.7F	100g 18P 57C 3.6F	125g 22.5P 71.3C 4.5F	150g 27P 85.5C 5.4F	175g 31.5P 99.8C 6.3F	200g 36P 114C 7.2F	225g 40.5P 128.3C 8.1F

Food swap table

VEGAN PROTEIN

You may swap anything within the same column, same shaded, as these foods closely match each other.

QUORN VEGETARIAN MINCE (RAW)	94g 14P 1.8F 1.5C	114g 17P 2.2F 1.8C	134g 20P 2.5F 2.4C	155g 23P 2.9F 2.5C	168g 25P 3.2F 2.7C	188g 28P 3.6F 3.0C	201g 30P 3.8F 3.2C	228g 34P 4.3F 3.6C	242g 36P 4.6F 3.9C	262g 39P 5.0F 4.2C
QUORN VEGAN CHICKEN PIECES (RAW)	100g 14P 2.2F 2.8C	122g 17P 2.7F 3.4C	144g 20P 3.2F 4.0C	165g 23P 3.6F 4.6C	180g 25P 4.0F 5.0C	201g 28P 4.4F 5.6C	215g 30.5P 4.7F 6C	245g 34P 5.4F 6.9C	260g 36P 5.7F 7.3C	280g 39P 6.2F 7.8C
BOCA BURGERS (RAW)	77g 14P 1F 7.5C	91g 17.5P 1.2F 8C	105g 20.5P 1.3F 9C	126g 23P 1.4F 11C	133g 25.5P 1.4F 11.5C	150g 28P 1.5F 13C	164g 30.5P 1.6F 14C	175g 33.5P 1.7F 15C	196g 36.5P 1.8F 17C	210g 39P 2F 18.5C
BEYOND MEAT BEEF CRUMBLES (RAW)	60g 14P 3.3F 3.3C	75g 17.7P 4F 4C	85g 20P 4.6F 4.6C	95g 22.5P 5.2F 5.2C	105g 25P 5.7F 5.7C	120g 28P 6.5F 6.5C	130g 30P 7F 7C	145g 34P 8F 8C	152g 36P 8.3F 8.3C	165g 39P 9F 9C
QUORN BURGERS (RAW)	87g 14P 7F 9C	106g 17P 8.6F 10.9C	128g 20.5P 10.4F 13.2C	144g 23P 11.7F 14.8C	156g 25P 12.6F 16C	175g 28P 14.2F 18C	190g 30.5P 15.3F 19.6C	213g 34P 17.2F 22C	225g 36P 18F 23C	244g 39P 19.8F 25.4C
VEGIE DELIGHTS HOT DOGS (RAW)	75g 14P 6F 8C	90g 17P 7.2F 9.6C	109g 20.5P 8.7F 11.7C	122g 23P 9.8F 13C	133g 25P 10.6F 14.2C	149g 28P 11.9F 15.9C	162g 30.5P 13F 17C	181g 34P 14.5F 19.3C	191g 36P 15.3F 20.4C	207g 39P 16.6F 22.4C
SEITAN (RAW)	77g 14P 0.3F 3C	93g 17P 0.4F 3.6C	110g 20P 0.4F 4.3C	125g 23P 0.5F 4.9C	137g 25P 0.5F 5.3C	153g 28P 0.6F 6.0C	165g 30P 0.7F 6.4C	185g 34P 0.7F 7.2C	197g 36P 0.8F 7.7C	213g 39P 0.9F 8.3C
QUORN MINCE (RAW)	94g 14P 1.8F 1.5C	114g 17P 2.4F 1.8C	134g 20P 2.5F 2.4C	154g 23P 2.9F 2.5C	168g 25P 3.2F 2.7C	188g 28P 3.6F 3C	201g 30P 3.8F 3.2C	228g 34P 4.3F 3.6C	242g 36P 4.6F 3.9C	262g 39P 4.9F 4.2C
QUORN STRIPS (RAW)	97g 14P 1.6F 2.8C	118g 17P 2F 3.4C	139g 20P 2.4F 4C	160g 23P 2.7F 4.6C	174g 25P 3F 5C	194g 28P 3.3F 5.6C	208g 30P 3.5F 6C	236g 34P 4F 6.8C	250g 36P 4.2F 7.3C	271g 39P 4.6F 7.9C
TEMPEH (RAW)	48g 9P 4.3F 0.8C	74g 14P 6.6F 1.2C	95g 18P 8.4F 1.5C	122g 23P 11F 2C	132g 25P 11.7F 2.4C	164g 31P 15F 2.6C	190g 36P 17F 3C	212g 40P 19F 3.4C	243g 46P 22F 3.9C	270g 51P 24F 4.3C
TOFU (RAW)	71g 9P 5F 0.7C	111g 14P 7.9F 1.1C	143g 18P 10.2F 1.4C	183g 23P 13F 1.8C	215g 27P 15.3F 2C	245g 31P 17.4F 2.5C	286g 36P 20.3F 2.9C	317g 40P 23F 3.2C	365g 46P 26F 3.7C	405g 51P 29F 4C
SILKEN TOFU (RAW)	167g 9P 4F 2C	259g 14P 6F 3C	333g 17P 8F 4C	426g 23P 10F 5C	500g 27P 12.5F 6.5C	574g 31P 14.4F 7C	667g 36P 16.7F 8.7C	741g 40P 18.5F 9.6C	852g 46P 21F 11C	944g 51P 24F 12C
VEGIE DELIGHTS VEGETARIAN SAUSAGES (RAW)	54g 9P 4F 0.3C	84g 14P 6F 0.4C	108g 18P 8.3F 0.5C	139g 23P 11F 0.7C	163g 27P 13F 0.8C	187g 31P 14.4F 0.9C	217g 36P 16.7F 1.2C	241g 40P 16.7F 1.2C	277g 46P 21F 1.4C	307g 51P 24F 1.5C

As you close this handbook, I encourage you to reflect on what you've learned and to use this knowledge as a foundation for your journey toward a healthier, more fulfilling life.

Take action, set goals, and make gradual, sustainable changes. Surround yourself with a supportive community and never forget that you're worth the effort.

You are the author of your own healthy lifestyle story. Your choices today will determine the quality of your tomorrows.

So, embrace this opportunity to live your best life, to thrive in every way possible.

Thank you for joining me on this journey to a healthier you. I believe in your potential, and I'm excited to see the amazing transformations that lie ahead.

Stay committed, stay inspired, and never stop striving for the vibrant, balanced life you deserve.

Wishing you a future filled with health, happiness, and endless possibilities.



Dragana

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Thank You!