


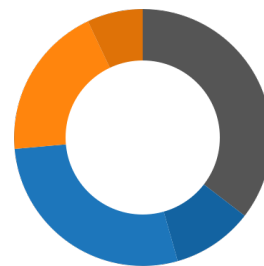
Meal Plan for

Beef Bibimbap

FOOD NAME:	QUANTITY:	DESCRIPTION:	CALORIES	CARBS	PROTEIN	FAT	
Beef Bibimbap							
Beef, eye fillet, separable lean, baked, roasted, fried	100g		178kcal	0g	31.9g	5.5g	
Cucumber, Lebanese, unpeeled, raw	35g	35g	3.9kcal	0.74g	0.18g	0.04g	
Carrot, mature, peeled or unpeeled, fresh or frozen,	70g	70g	16.8kcal	3.5g	0.56g	0.07g	
Rainbow slaw	45g	0.7x serving	18.5kcal	2g	0.95g	0.72g	
Sugar snap	45g	45g	14.9kcal	2.1g	1.4g	0.09g	
Egg, chicken	45g	45g	62kcal	0.32g	5.6g	4.3g	
Black rice, cooked	203g	1.2x cup	197kcal	39.6g	8.1g	0.69g	
Radish, red, raw, flesh and skin	20g	1x all sizes radish	3kcal	0.48g	0.16g	0.04g	
Tomatoes	40g	40g	6kcal	1.2g	0.2g	0.04g	
Spicy bibimbap dressing 	45g	2.6x One Serving	79kcal	5.2g	2.3g	5.5g	
			<i>Meal Total:</i>	579kcal	55g	51g	17g
			<i>Plan Total:</i>	579kcal	55g	51g	17g

Macronutrient Analysis


	CARBOHYDRATE	SUGARS	PROTEIN	FAT	SATFAT	ALCOHOL
Intake	55.2g	14.7g	51.2g	17g	4.5g	0g
g/kg body-weight	0.8	0.2	0.7	0.2	0.1	0
Kilocal	221	59	205	153	41	0
Kilocal %	38.2%	10.2%	35.4%	26.4%	7%	0%



38.2% Carbs
35.4% Protein
26.4% Fat

Meal Plan for

Chicken

FOOD NAME:	QUANTITY:	DESCRIPTION:	CALORIES	CARBS	PROTEIN	FAT
Chicken						
Quinoa, red and white, cooked	175g	0.5x Large Portion	181kcal	30.5g	8.2g	3g
Chicken sous vide	120g	1.2x small fillet	178kcal	0g	34.1g	4.7g
Beetroot, purple, peeled or unpeeled, fresh or froze	50g	6.3x all sizes piece/slice	51kcal	4.9g	1.1g	3.1g
Kale, cooked	20g	0.2x cup, chopped	4.4kcal	0.7g	0.32g	0.02g
Zucchini, green skin, fresh-noodles	85g	85g excl waste	11.1kcal	1.4g	0.77g	0.26g
Tomatoes	40g	40g excl waste	6kcal	1.2g	0.2g	0.04g
Avocado, raw	40g	40g excl waste	81kcal	0.16g	0.72g	8.6g
Coriander, fresh, leaves & stems	5g	5g excl waste	1.7kcal	0.19g	0.16g	0.04g
Seed, sesame, unsalted	5g	1.3x teaspoon	30.4kcal	0.31g	1.1g	2.8g
Syrup, maple	5g	0.3x tablespoon	11.5kcal	3g	0g	0.01g
Miso, soyabean paste	2g	0.1x tablespoon	3.5kcal	0.39g	0.26g	0.1g
Miso and sesame mayo 	45g	0.1x Recipe Total	32.5kcal	1.2g	1.7g	2.3g
<i>Meal Total:</i>			592kcal	44g	49g	24.9g
<i>Plan Total:</i>			592kcal	44g	49g	24.9g

Macronutrient Analysis


	CARBOHYDRATE	SUGARS	PROTEIN	FAT	SATFAT	ALCOHOL
Intake	43.9g	15.9g	48.7g	24.9g	6g	0g
g/kg body-weight	0.6	0.2	0.7	0.4	0.1	0
Kilocal	173	64	195	224	54	0
Kilocal %	29.3%	10.7%	32.9%	37.8%	9.1%	0%



29.3% Carbs
32.9% Protein
37.8% Fat

Meal Plan for

Hot Smoked Salmon

FOOD NAME:	QUANTITY:	DESCRIPTION:	CALORIES	CARBS	PROTEIN	FAT
Summer menu-Hot smoked Salmon						
Salmon, smoked (hot-smoked)	80	1.4x Average Portion	138kcal	0g	18.4g	7.2g
Noodles, Soba, cooked	135		144kcal	28.9g	6.8g	0.14g
Broccoli rice	120	120g excl waste	26.4kcal	1.6g	4g	0.48g
Sugar snaps	45	45g excl waste	14.9kcal	2.1g	1.4g	0.09g
Carrot, mature	70	70g excl waste	16.8kcal	3.5g	0.56g	0.07g
Mint, raw	2	0.5x Average Portion	0.8kcal	0.09g	0.06g	0.02g
Lime	10	10g excl waste	2.1kcal	0.12g	0.08g	0.02g
Corn cobs	60	0.6x serving	66kcal	12g	2g	1.1g
Radish	20	1x all sizes radish	3kcal	0.48g	0.16g	0.04g
Coconut flakes	5	0.1x cup	30kcal	0.3g	0.24g	3.1g
Turmeric, cashew & Dill dressing 	45		43kcal	2.2g	2.1g	2.9g
<i>Meal Total:</i>			485kcal	51g	35.7g	15.2g
<i>Plan Total:</i>			485kcal	51g	35.7g	15.2g

Macronutrient Analysis

	CARBOHYDRATE	SUGARS	PROTEIN	FAT	SATFAT	ALCOHOL
Intake	51.2g	10.1g	35.7g	15.2g	4.8g	0g
g/kg body-weight	0.7	0.1	0.5	0.2	0.1	0
Kilocal	206	40	143	136	43	0
Kilocal %	42.5%	8.3%	29.4%	28.1%	8.9%	0%

42.5% Carbs
29.4% Protein
28.1% Fat

Notes & Instructions:

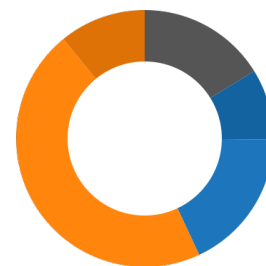
Meal Plan for

Salmon & Ancient grains

FOOD NAME:	QUANTITY:	DESCRIPTION:	CALORIES	CARBS	PROTEIN	FAT
Salmon and ancient grains						
Quinoa, red and white, cooked	175g	0.5x Large Portion	181kcal	30.5g	8.2g	3g
Salmon, sashimi style, raw	50g	8.3x small piece	105kcal	0g	11.2g	6.8g
Egg, chicken, whole,boiled	45g	45g excl waste	62kcal	0.32g	5.6g	4.3g
Kale	20g	0.2x cup, chopped	4.4kcal	0.7g	0.32g	0.02g
Avocado, raw	40g	40g excl waste	81kcal	0.16g	0.72g	8.6g
Raw kraut	20g	1x serving	5.7kcal	0.8g	0.4g	0.1g
Carrot, mature, peeled	70g	70g excl waste	16.8kcal	3.5g	0.56g	0.07g
Cranberries, dried	5g	0.1x 1/3 cup	7.9kcal	1.9g	0.01g	0.01g
Sunflower and pumpkin seed mix	5g	1.3x Average Portion	28.5kcal	0.78g	1.1g	2.3g
Papaya and lime vinaigrette	45g	1x One Serving	102kcal	2g	0.24g	10.5g
Miso sweet potato	90g	0.6x Recipe Total	133kcal	9g	1.2g	10.4g
<i>Meal Total:</i>			727kcal	50g	29.5g	46g
<i>Plan Total:</i>			727kcal	50g	29.5g	46g

Macronutrient Analysis



	CARBOHYDRATE	SUGARS	PROTEIN	FAT	SATFAT	ALCOHOL
Intake	49.6g	16.3g	29.5g	46g	8.8g	0g
g/kg body-weight	0.7	0.2	0.4	0.7	0.1	0
Kilocal	195	65	118	414	79	0
Kilocal %	26.8%	8.9%	16.2%	57%	10.9%	0%



26.8% Carbs
16.2% Protein
57% Fat

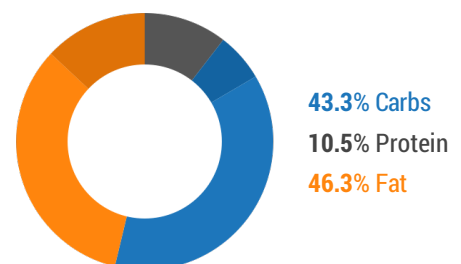
Meal Plan for

Kingfish Island

FOOD NAME:	QUANTITY:	DESCRIPTION:	CALORIES	CARBS	PROTEIN	FAT
Kingfish Island						
White rice, basmati, boiled	203g	2.5x Small portion	240kcal	54g	5.1g	0.41g
Coconut milk	15g	1x tablespoon	27kcal	0.51g	0.17g	2.7g
Kingfish sashimi	40g		44kcal	0g	8.4g	1.1g
Corn	60g	0.6x serving	66kcal	12g	2g	1.1g
Miso sweet potato 	90g	0.6x Recipe Total	133kcal	9g	1.2g	10.4g
Avocado, raw	40g	40g	81kcal	0.16g	0.72g	8.6g
Zucchini, green skin, fresh -noodles	85g	85g	11.1kcal	1.4g	0.77g	0.26g
Cucumber, Lebanese, unpeeled, raw	35g	35g	3.9kcal	0.74g	0.18g	0.04g
Raw kraut	20g	1x serving	5.7kcal	0.8g	0.4g	0.1g
Lime	10g	10g	2.1kcal	0.12g	0.08g	0.02g
Coriander, fresh, leaves & stems	5g	5g excl waste	1.7kcal	0.19g	0.16g	0.04g
Coconut flakes	5g	0.1x cup	30kcal	0.3g	0.24g	3.1g
Papaya and lime vinaigrette 	45g	1x One Serving	102kcal	2g	0.24g	10.5g
<i>Meal Total:</i>			747kcal	81g	19.5g	38.4g
<i>Plan Total:</i>			747kcal	81g	19.5g	38.4g


Macronutrient Analysis

	CARBOHYDRATE	SUGARS	PROTEIN	FAT	SATFAT	ALCOHOL
Intake	81.3g	11.4g	19.5g	38.4g	10.8g	0g
g/kg body-weight	1.2	0.2	0.3	0.5	0.2	0
Kilocal	323	46	78	346	97	0
Kilocal %	43.3%	6.1%	10.5%	46.3%	13%	0%



Meal Plan for

Tuna Poke

FOOD NAME:	QUANTITY:	DESCRIPTION:	CALORIES	CARBS	PROTEIN	FAT
Tuna Poke						
Tuna, sashimi style, raw	40g		49kcal	0g	10.5g	0.72g
White rice, basmati, boiled	203g		240kcal	54g	5.1g	0.41g
Coconut, milk, canned	15g	0.5x dash or splash	18.8kcal	0.26g	0.2g	1.9g
Edamame beans, boiled without salt	40g	0.5x serving (1/2 cup)	52kcal	4g	4.4g	2.1g
Rainbow slaw	45g	0.7x serving	18.5kcal	2g	0.95g	0.72g
Cucumber, unpeeled, raw	35g	35g excl waste	3.9kcal	0.74g	0.18g	0.04g
Avocado, raw	40g	40g	81kcal	0.16g	0.72g	8.6g
Radish	20g	1x all sizes radish	3kcal	0.48g	0.16g	0.04g
Seaweed, nori, dried	5g	2x sheet	11.9kcal	0.12g	2.3g	0.22g
Ginger, pickled, drained	5g	2.5x piece	0.75kcal	0.14g	0.03g	0.01g
Rice seasoning	5g	1x tsp	27.2kcal	1.4g	0.9g	2g
Wasabi Mayo 	45g	1x One Serving	26.8kcal	2.5g	1.7g	1.1g
<i>Meal Total:</i>			533kcal	66g	27.1g	17.9g
<i>Plan Total:</i>			533kcal	66g	27.1g	17.9g

Macronutrient Analysis



	CARBOHYDRATE	SUGARS	PROTEIN	FAT	SATFAT	ALCOHOL
Intake	65.8g	6.3g	27.1g	17.9g	5.4g	0g
g/kg body-weight	0.9	0.1	0.4	0.3	0.1	0
Kilocal	263	25	108	161	49	0
Kilocal %	49.4%	4.7%	20.3%	30.2%	9.1%	0%



49.4% Carbs
20.3% Protein
30.2% Fat

Meal Plan for

Tofu

FOOD NAME:	QUANTITY:	DESCRIPTION:	CALORIES	CARBS	PROTEIN	FAT
Tofu						
Noodles, Soba, cooked	135g		144kcal	28.9g	6.8g	0.14g
Tofu , fried, stir-fried	100g	1x medium/regular patty/ris:	176kcal	0g	16.1g	12.5g
Rainbow slaw	45g	0.7x serving	18.5kcal	2g	0.95g	0.72g
Cucumber, Lebanese, unpeeled, raw	35g	35g excl waste	3.9kcal	0.74g	0.18g	0.04g
Kale, cooked	20g	0.2x cup, chopped	4.4kcal	0.7g	0.32g	0.02g
Beetroot, purple, peeled or unpeeled, fresh	50g	6.3x all sizes piece/slice	51kcal	4.9g	1.1g	3.1g
Miso sweet potato 	90g	0.6x Recipe Total	133kcal	9g	1.2g	10.4g
Coriander, fresh, leaves & stems	5g	5g	1.7kcal	0.19g	0.16g	0.04g
Lime	10g	10g	2.1kcal	0.12g	0.08g	0.02g
Cranberries, dried	5g	0.1x 1/3 cup	7.9kcal	1.9g	0.01g	0.01g
Sunflower and pumpkin seed mix	5g	1.3x Average Portion	28.5kcal	0.78g	1.1g	2.3g
Miso and sesame mayo 	45g	0.1x Recipe Total	32.5kcal	1.2g	1.7g	2.3g
<i>Meal Total:</i>			603kcal	50g	29.7g	31.6g
<i>Plan Total:</i>			603kcal	50g	29.7g	31.6g

Macronutrient Analysis



	CARBOHYDRATE	SUGARS	PROTEIN	FAT	SATFAT	ALCOHOL
Intake	50.4g	14.7g	29.7g	31.6g	6.3g	0g
g/kg body-weight	0.7	0.2	0.4	0.5	0.1	0
Kilocal	200	59	119	284	57	0
Kilocal %	33.1%	9.7%	19.7%	47.1%	9.4%	0%



33.1% Carbs
19.7% Protein
47.1% Fat

Meal Plan for

Macro

FOOD NAME:	QUANTITY:	DESCRIPTION:	CALORIES	CARBS	PROTEIN	FAT
Meal 1						
Broccoli, fresh, boiled, microwaved or steamed, dra	120g	120g excl waste	26.4kcal	1.6g	4g	0.48g
Zucchini, green skin, fresh-noodles	85g	85g excl waste	11.1kcal	1.4g	0.77g	0.26g
Edamame beans, boiled without salt	40g	0.5x serving (1/2 cup)	52kcal	4g	4.4g	2.1g
Raw kraut	20g	1x serving	5.7kcal	0.8g	0.4g	0.1g
Miso sweet potato 	90g	0.6x Recipe Total	133kcal	9g	1.2g	10.4g
Carrot, mature, peeled	70g	70g excl waste	16.8kcal	3.5g	0.56g	0.07g
Beetroot, purple, peeled	50g	6.3x all sizes piece/slice	51kcal	4.9g	1.1g	3.1g
Coconut flakes	5g	0.1x cup	30kcal	0.3g	0.24g	3.1g
Kale, cooked	20g	0.2x cup, chopped	4.4kcal	0.7g	0.32g	0.02g
Avocado & pepita dressing 	45g	0x Recipe Total	55kcal	1.6g	2.6g	4.3g
<i>Meal Total:</i>			385kcal	27.7g	15.4g	23.8g
<i>Plan Total:</i>			385kcal	27.7g	15.4g	23.8g

Macronutrient Analysis







	CARBOHYDRATE	SUGARS	PROTEIN	FAT	SATFAT	ALCOHOL
Intake	27.7g	18.3g	15.4g	23.8g	6.2g	0g
g/kg body-weight	0.4	0.3	0.2	0.3	0.1	0
Kilocal	109	73	62	215	56	0
Kilocal %	28.2%	19%	16%	55.7%	14.5%	0%



28.2% Carbs
16% Protein
55.7% Fat

Meal Plan for

Kefir Sweet Bowl

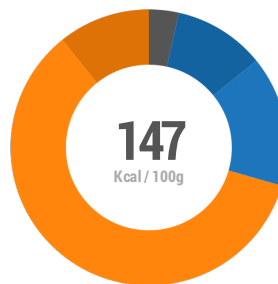
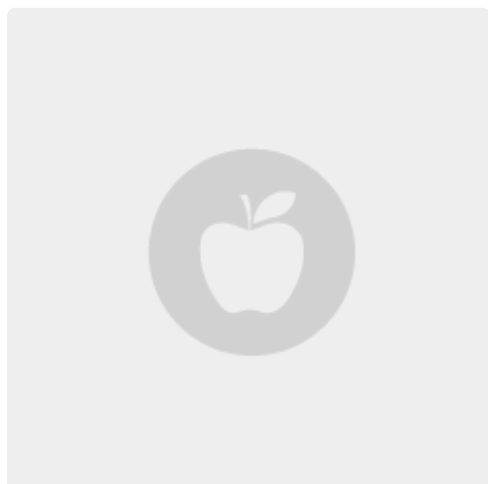
FOOD NAME:	QUANTITY:	DESCRIPTION:	CALORIES	CARBS	PROTEIN	FAT	SUGARS
Kefir sweet bowl							
Frozen Kefir base	160g		45kcal	0g	0g	5g	0g
Frozen chocolate base	160g		296kcal	0g	9.1g	28.8g	0g
sunflower, cacao & cranberry crunch 	30g	0.2x Recipe Total	127kcal	11.5g	3.5g	7.5g	9.1g
Toasted Muslie 	18g	0x Recipe Total	92kcal	5.5g	3g	6.5g	1.3g
Goji berries, dried	8g	0.7x tablespoon	27.6kcal	5.2g	1.1g	0.25g	3g
Hemp seeds, shelled, linwoods	10g	2.5xteaspoon (whole)	61kcal	0.71g	3.5g	5g	0.17g
Coconut flakes	5g	0.1x cup	30kcal	0.3g	0.24g	3.1g	0.3g
Raspberry Bark 	12g	0x Recipe Total	83kcal	3.4g	0.09g	7.7g	0.12g
Cacao Rocky Road Bark 	14g		73kcal	3.2g	1.7g	5.9g	0.78g
Miso, orange caramel 	10g	0x Recipe Total	10.6kcal	2.2g	0.25g	0.08g	1.8g
Compote 	35g	0x Recipe Total	10.7kcal	2.2g	0.3g	0.07g	2.2g

Miso sweet potato

By Dr Mansi Dass

Overview ...

U / 2484595



WEIGHT:

26% Carbs

3.5% Protein

70.5% Fat

Food Labelling...

AU Label values per 100g

Serves

	PER 100G	%RI
Energy(Kj)	648 kJ	7%
Energy(Kcal)	148 kcal	7%
Protein	1.3 g	3%
Fat, total	11.6 g	17%
<i>saturated</i>	1.8 g	8%
Carbohydrate	10 g	3%
<i>sugars</i>	3.9 g	4%
Sodium	7.6 mg	0%

MAY CONTAIN:



SULPHITES

Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 7% RI	Saturated Fat 7% RI	Vitamin A (ret eq) 88% RI
Energy(Kj) 7% RI	Monounsaturated fat	Retinol
147kcal	<i>cis-Mono</i>	Carotene
617kJ	Polyunsaturated fat	Vitamin D
Macronutrients	<i>Omega3(n-3)</i>	Vitamin E 31% RI
Carbohydrate 3% RI	<i>Omega6(n-6)</i>	Vitamin K ₁
Protein 3% RI	<i>cis-Poly</i>	Thiamin (B ₁) 2% RI
Fat 17% RI	Trans-fatty acids	Riboflavin (B ₂) 2% RI
Water	Cholesterol	Niacin total (B ₃)
Water from Drinks	Minerals & trace elements	Niacin 7% RI
Alcohol	Sodium 0% RI	Tryptophan
Carbohydrate	Potassium	Pantothenic Acid (B ₅)
Starch	Chloride	Vitamin B ₆ 4% RI
Oligosaccharide	Calcium 2% RI	Folates (B ₉) Total 3% RI
Fibre 7% RI	Phosphorus 2% RI	Vitamin B ₁₂
NSP	Magnesium 3% RI	Biotin (B ₇)
Sugars 4% RI	Iron 3% RI	Vitamin C 40% RI
Glucose	Zinc 3% RI	16mg
Galactose	Copper 0% RI	Other
Fructose	Manganese 1% RI	GI (estimated)
Sucrose	Selenium 0% RI	GL
Maltose	Iodine 0% RI	Caffeine
Lactose		

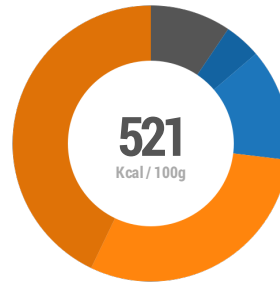
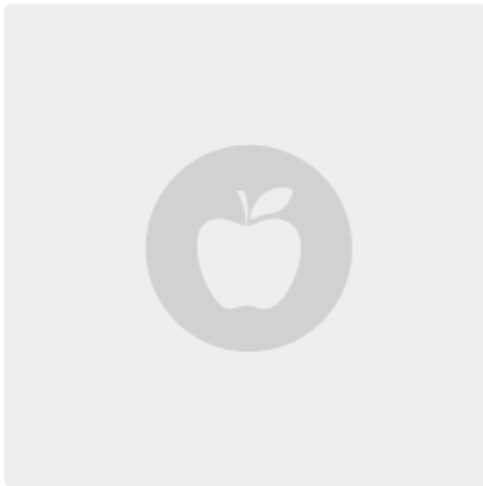
Recipe Ingredients ...	Quantity:	Description:
Sweet potato, orange flesh, peeled or unpeeled, fresh or frozen, boiled, microwaved or steamed, drain	90g	90g excl waste
Cider Vinegar	34.2g	3x tablespoon
Oil, olive	16.1ml	3.8x teaspoon

Cacao Rocky Road Bark

By Dr Mansi Dass

Overview ...

U / 2488279



WEIGHT:

17.5% Carbs

9.4% Protein

73.1% Fat

Food Labelling...

AU Label values per 100g

Serves

	PER 100G	%RI
Energy(Kj)	2255 kJ	26%
Energy(Kcal)	518 kcal	25%
Protein	12.3 g	25%
Fat, total	42 g	60%
saturated	24.8 g	103%
Carbohydrate	23.1 g	7%
sugars	5.6 g	6%
Sodium	66 mg	3%

CONTAINS:



PISTACHIOS

MAY CONTAIN:



WHEAT



SESAME



SULPHITES

Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 25% RI	Saturated Fat 103% RI	Vitamin A (ret eq) 1% RI
Energy(Kj) 25% RI	Monounsaturated fat	Retinol
Macronutrients	cis-Mono	Carotene
Carbohydrate 7% RI	Polyunsaturated fat	Vitamin D
Protein 25% RI	Omega3(n-3)	Vitamin E 15% RI
Fat 60% RI	Omega6(n-6)	Vitamin K ₁ 1% RI
Water	cis-Poly	Thiamin (B ₁) 20% RI
Water from Drinks	Trans-fatty acids	Riboflavin (B ₂) 6% RI
Alcohol	Cholesterol	Niacin total (B ₃)
Carbohydrate	Minerals & trace elements	Niacin 16% RI
Starch	Sodium 3% RI	Tryptophan
Oligosaccharide	Potassium	Pantothenic Acid (B ₅) 1% RI
Fibre 36% RI	Chloride	Vitamin B ₆ 23% RI
NSP	Calcium 12% RI	Folates (B ₉) Total 20% RI
Sugars 6% RI	Phosphorus 44% RI	Vitamin B ₁₂
Glucose	Magnesium 34% RI	Biotin (B ₇) 0% RI
Galactose	Iron 48% RI	Vitamin C 1% RI
Fructose	Zinc 31% RI	Other
Sucrose	Copper 60% RI	GI (estimated)
Maltose	Manganese 4% RI	GL
Lactose	Selenium 2% RI	Caffeine
	Iodine 0% RI	

Recipe Ingredients ...	Quantity:	Description:
Cacao 60%	170g	
Nut, pistachio, raw, unsalted	60g	1/4 cup
Cranberries, dried	30g	1/4 cup
Coconut shredded	20g	1/4 cup
Puffed rice	10g	1/4cup

Portions / Pack Sizes:

Generated by Nutritics v5.042 on 30th Nov 2018

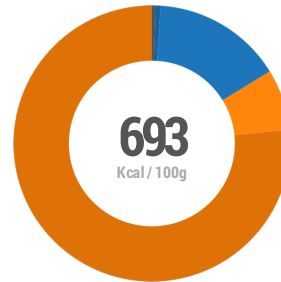
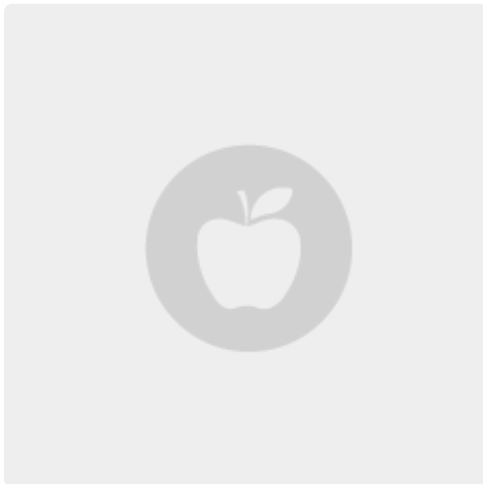
Quantity: Kcal: Sale Price

Raspberry Bark

By Dr Mansi Dass

Overview ...

U / 2488275



WEIGHT:

15.8% Carbs

0.4% Protein

83.7% Fat

Food Labelling...

AU Label values per 100g

Serves

	PER 100G	%RI
Energy(Kj)	2896 kJ	33%
Energy(Kcal)	689 kcal	33%
Protein	0.72 g	1%
Fat, total	64 g	91%
<i>saturated</i>	59 g	246%
Carbohydrate	28.5 g	9%
<i>sugars</i>	1 g	1%
Sodium	27.7 mg	1%

MAY CONTAIN:



SESAME

SULPHITES

Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 33% RI	Saturated Fat 246% RI	Vitamin A (ret eq) 1% RI
Energy(Kj) 33% RI	Monounsaturated fat	Retinol
693kcal	<i>cis-Mono</i>	Carotene
2882kJ	Polyunsaturated fat	Vitamin D
Macronutrients	<i>Omega3(n-3)</i>	Vitamin E 32% RI
Carbohydrate 9% RI	<i>Omega6(n-6)</i>	Vitamin K ₁
Protein 1% RI	<i>cis-Poly</i>	Thiamin (B ₁) 0% RI
Fat 92% RI	Trans-fatty acids	Riboflavin (B ₂) 0% RI
Water	Cholesterol	Niacin total (B ₃)
Water from Drinks	Minerals & trace elements	Niacin 2% RI
Alcohol	Sodium 1% RI	Tryptophan
Carbohydrate	Potassium	Pantothenic Acid (B ₅) 1% RI
Starch	Chloride	Vitamin B ₆ 1% RI
Oligosaccharide	Calcium 0% RI	Folates (B ₉) Total 1% RI
Fibre 6% RI	Phosphorus 2% RI	Vitamin B ₁₂
NSP	Magnesium 4% RI	Biotin (B ₇)
Sugars 1% RI	Iron 4% RI	Vitamin C 3% RI
Glucose	Zinc 1% RI	Other
Galactose	Copper 2% RI	GI (estimated)
Fructose	Manganese 5% RI	GL
Sucrose	Selenium 2% RI	Caffeine
Maltose	Iodine 0% RI	
Lactose		

Recipe Ingredients ...	Quantity:	Description:
coconut oil	133ml	1/2 cup
Coconut Butter	125g	1/2 cup
organic stevia	125g	1/4 cup
Coconut shredded	60g	1/2 cup
Frozen raspberries	15g	1 T

Portions / Pack Sizes:

Generated by Nutritics v5.042 on 30th Nov 2018

Quantity: Kcal: Sale Price

Recipe Ingredients ...	Quantity:	Description:
Orange juice, freshly squeezed	160ml	1x Average glass
Coconut sugar	30g	6x serving
Miso, soyabean paste	29.7g	1.7x tablespoon
Cinnamon, dried, ground	0.5g	0.2x teaspoon

Portions / Pack Sizes:

Generated by Nutritics v5.042 on 30th Nov 2018

Quantity: Kcal: Sale Price

Recipe Ingredients ...	Quantity:	Description:
Mixed berries, frozen	1000g	0.3x cup
Stevia, powder, bulked with erythritol	6g	1T
Cinnamon	6g	2.6x teaspoon

Portions / Pack Sizes:

Generated by Nutritics v5.042 on 1st Dec 2018

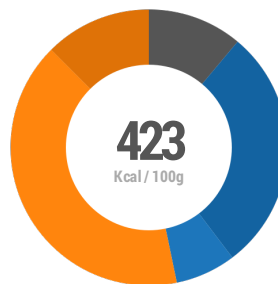
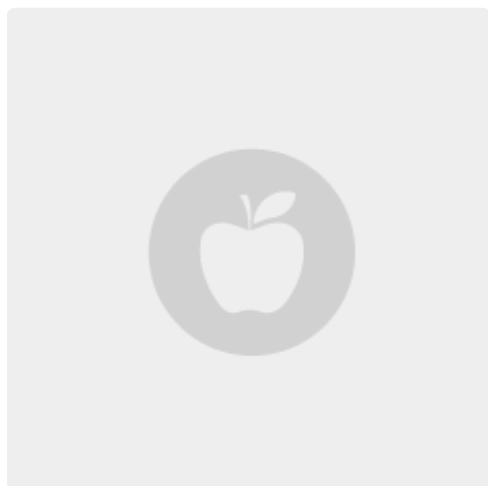
Quantity: Kcal: Sale Price

sunflower, cacao & cranberry crunch

By Dr Mansi Dass

Overview ...

U / 2488270



WEIGHT:

35.7% Carbs

11.1% Protein

53.2% Fat

Food Labelling...

AU Label values per 100g

Serves

	PER 100G	%RI
Energy(Kj)	1823 kJ	21%
Energy(Kcal)	425 kcal	20%
Protein	11.7 g	23%
Fat, total	25 g	36%
<i>saturated</i>	5.9 g	25%
Carbohydrate	38.3 g	12%
<i>sugars</i>	30.2 g	34%
Sodium	80 mg	3%

MAY CONTAIN:



SULPHITES

Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 20% RI	Saturated Fat 24% RI	Vitamin A (ret eq) 0% RI
Energy(Kj) 20% RI	Monounsaturated fat	Retinol
423kcal	<i>cis-Mono</i>	Carotene
1775kJ	Polyunsaturated fat	Vitamin D
Macronutrients	<i>Omega3(n-3)</i>	Vitamin E 150% RI
Carbohydrate 12% RI	<i>Omega6(n-6)</i>	Vitamin K ₁ 1% RI
Protein 23% RI	<i>cis-Poly</i>	Thiamin (B ₁) 60% RI
Fat 36% RI	Trans-fatty acids	Riboflavin (B ₂) 7% RI
Water	Cholesterol	Niacin total (B ₃)
Water from Drinks	Minerals & trace elements	Niacin 57% RI
Alcohol	Sodium 3% RI	Tryptophan
Carbohydrate	Potassium	Pantothenic Acid (B ₅)
Starch	Chloride	Vitamin B ₆ 22% RI
Oligosaccharide	Calcium 7% RI	Folates (B ₉) Total 45% RI
Fibre 20% RI	Phosphorus 38% RI	Vitamin B ₁₂
NSP	Magnesium 49% RI	Biotin (B ₇)
Sugars 34% RI	Iron 23% RI	Vitamin C 1% RI
Glucose	Zinc 24% RI	Other
Galactose	Copper 13% RI	GI (estimated)
Fructose	Manganese 0% RI	GL
Sucrose	Selenium 3% RI	Caffeine
Maltose	Iodine 0% RI	
Lactose		

Recipe Ingredients ...	Quantity:	Description:
Seed, sunflower, unsalted	60g	6x tablespoon
Cranberries	40g	1x 1/3 cup
Coconut sugar	40g	8x serving
Cocoa Nibs	20g	3.3x teaspoon

Portions / Pack Sizes:

Generated by Nutritics v5.042 on 30th Nov 2018

Quantity:

Kcal:

Sale Price

Recipe Ingredients ...	Quantity:	Description:
Oats, rolled, gluten free	1000g	
Slivered almonds	500g	
pepita	450g	
Seed, sunflower, unsalted	400g	
Walnuts by nature's delight	400g	
Syrup, maple	185g	9.3x tablespoon
Syrup, Agave nectar	85g	1.5x 1/4 cup
Seed, sesame, unsalted	36g	9x teaspoon

Portions / Pack Sizes:

Generated by Nutritics v5.042 on 30th Nov 2018

Quantity:

Kcal:

Sale Price