



GUIDE TO MACRONUTRIENTS AND FOOD SWAPS

CONTENTS PAGE

02

Protein

09

Plant Based Protein

17

Carbohydrates

25

Fats

20 Grams of Protein

LEAN PROTEIN	GRAMS	FATTY PROTEIN	GRAMS
Chicken Breast	80g	Chicken Thigh	80g
Whey Protein Powder	25g	Roast Pork	90g
Turkey Breast	80g	Lamb Chop	90g
Fage 0% Fat Yogurt	200g	Salmon	90g
Egg Whites Liquid or Medium Egg Whites	200ml or 6	5% Beef Mince	100g
Turkey Bacon	3 Rashers	Eggs Whole	3
White Fish	100g	Sirloin Steak	80g

30 Grams of Protein

LEAN PROTEIN	GRAMS	FATTY PROTEIN	GRAMS
Chicken Breast	120g	Chicken Thigh	120g
Whey Protein Powder	37.5g	Roast Pork	135g
Turkey Breast	120g	Lamb Chop	135g
Fage 0% Fat Yogurt	300g	Salmon	135g
Egg Whites Liquid or Medium Egg Whites	300ml or 9	5% Beef Mince	150g
Turkey Bacon	4.5 Rashers	Eggs Whole	4.5

40 Grams of Protein

LEAN PROTEIN	GRAMS	FATTY PROTEIN	GRAMS
Chicken Breast	160g	Chicken Thigh	160g
Whey Protein Powder	50g	Roast Pork	180g
Turkey Breast	160g	Lamb Chop	180g
Fage 0% Fat Yogurt	400g	Salmon	180g
Egg Whites Liquid or Medium Egg Whites	400ml or 12	5% Beef Mince	200g
Turkey Bacon	6 Rashers	Eggs Whole	6
White Fish	200g	Sirloin Steak	160g

50 Grams of Protein

LEAN PROTEIN	GRAMS	FATTY PROTEIN	GRAMS
Chicken Breast	200g	Chicken Thigh	200g
Whey Protein Powder	62.5g	Roast Pork	225g
Turkey Breast	200g	Lamb Chop	225g
Fage 0% Fat Yogurt	500g	Salmon	1225g
Egg Whites Liquid or Medium Egg Whites	500ml or 15	5% Beef Mince	250g
Turkey Bacon	7.5 Rashers	Eggs Whole	7.5
White Fish	250g	Sirloin Steak	200g

20 Grams Of Plant Based Protein

Protein Source	Grams	Protein Source	Grams
Tofu	250g	Quinoa	500g
Quorn Mince	160g	Chia Seeds	120g
Tempeh	100g	Seitan	80g
Edamame	140g	Kidney Beans	230g
Lentils	80g	Protein Powder	25g
Chick Peas	400g	Spirulina	30g

30 Grams Of Plant Based Protein

Protein Source	Grams	Protein Source	Grams
Tofu	375g	Quinoa	750g
Quorn Mince	240g	Chia Seeds	180g
Tempeh	150g	Seitan	120g
Edamame	210g	Kidney Beans	345g
Lentils	120g	Protein Powder	37.5g
Chick Peas	600g	Spirulina	45g

20 Grams Of Carbohydrates

	GRAMS		GRAMS
White Potato	100g	Sweet Potato	100g
White Rice (Uncooked)	25g	Unprocessed Rolled Oats	30g
Snack A Jacks (24g) (Chocolate)	x2	Quinoa	30g
Jam	210g	Brown Rice (Uncooked)	25g
White Bread	45g	Brown Bread	40g
Raisins	25g	Red Lentils (Uncooked)	40g
Instant Oats	28	Banana	100g
Bagel Thin (25g)	1 Bagel	CousCous (Uncooked)	25g

30 Grams Of Carbohydrates

QUICK RELEASE	GRAMS	SLOW RELEASE	GRAMS
White Potato	150g	Sweet Potato	150g
White Rice (Uncooked)	25g	Unprocessed Rolled Oats	45g
Snack A Jacks (36g) (Chocolate)	x3	Quinoa	45g
Jam	45g	Brown Rice (Uncooked)	40g
White Bread	65g	Brown Bread	60g
Raisins	37.5g	Red Lentils (Uncooked)	60g
Instant Oats 1 Sachet	45g	Banana	150g
Bagel Thin (37.5g)	1.5 Bagels	CousCous (Uncooked)	37.5g

40 Grams Of Carbohydrates

QUICK RELEASE	GRAMS	SLOW RELEASE	GRAMS
White Potato	200g	Sweet Potato	200g
White Rice (Uncooked)	50g	Unprocessed Rolled Oats	60g
Snack A Jacks (Chocolate)	x3.5	Quinoa	60g
Jam	60g	Brown Rice (Uncooked)	50g
White Bread	90g	Brown Bread	80g
Raisins	50g	Red Lentils (Uncooked)	80g
Instant Oats	56g	Banana	200g
Bagel Thin (43g)	1+3/4 Bagels	CousCous (Uncooked)	50g

50 Grams Of Carbohydrates

QUICK RELEASE	GRAMS	SLOW RELEASE	GRAMS
White Potato	250g	Sweet Potato	250g
White Rice (Uncooked)	62.5g	Unprocessed Rolled Oats	75g
Snack A Jacks (Chocolate)	x4	Quinoa	75g
Jam	75g	Brown Rice (Uncooked)	62.5g
White Bread	110g	Brown Bread	125g
Raisins	62.5g	Red Lentils (Uncooked)	100g
Instant Oats	72g	Banana	250g
Bagel Thin	2 Bagels	CousCous (Uncooked)	62.5g

75 Grams Of Carbohydrates

QUICK RELEASE	GRAMS	SLOW RELEASE	GRAMS
White Potato	375g	Sweet Potato	375g
White Rice (Uncooked)	93g	Unprocessed Rolled Oats	112g
Snack A Jacks (Chocolate)	x6	Quinoa	112g
Jam	112g	Brown Rice (Uncooked)	95g
White Bread	165g	Brown Bread	187g
Raisins	93g	Red Lentils (Uncooked)	150g
Instant Oats	108	Banana	375g
Bagel Thin	3 Bagels	CousCous (Uncooked)	93g

100 Grams Of Carbohydrates

QUICK RELEASE	GRAMS	SLOW RELEASE	GRAMS
White Potato	500g	Sweet Potato	500g
White Rice (Uncooked)	125g	Unprocessed Rolled Oats	150g
Snack A Jacks (Chocolate)	x8	Quinoa	150g
Jam	150g	Brown Rice (Uncooked)	250g
White Bread	220g	Brown Bread	250g
Raisins	250g	Red Lentils (Uncooked)	200g
Instant Oats	144g	Banana	550g
Bagel Thin	4 Bagels	CousCous (Uncooked)	250g

HEALTHY FATS

	GRAMS		GRAMS
Peanut Butter (8g)	15g	Peanut Butter (16g)	30g
Almonds (10g)	20g	Mixed Nuts (16.5g)	30g
Olive Oil (9g)	10mls	Cheese (20g)	60g
	GRAMS		GRAMS
Egg yolk (11g)	x2	Sunflower Seeds (24g)	50g
Mixed Nuts (11g)	20g	Flax Seeds (24g)	60g
Avocado 12g	80g	Full Fat Yogurt (25g)	250g