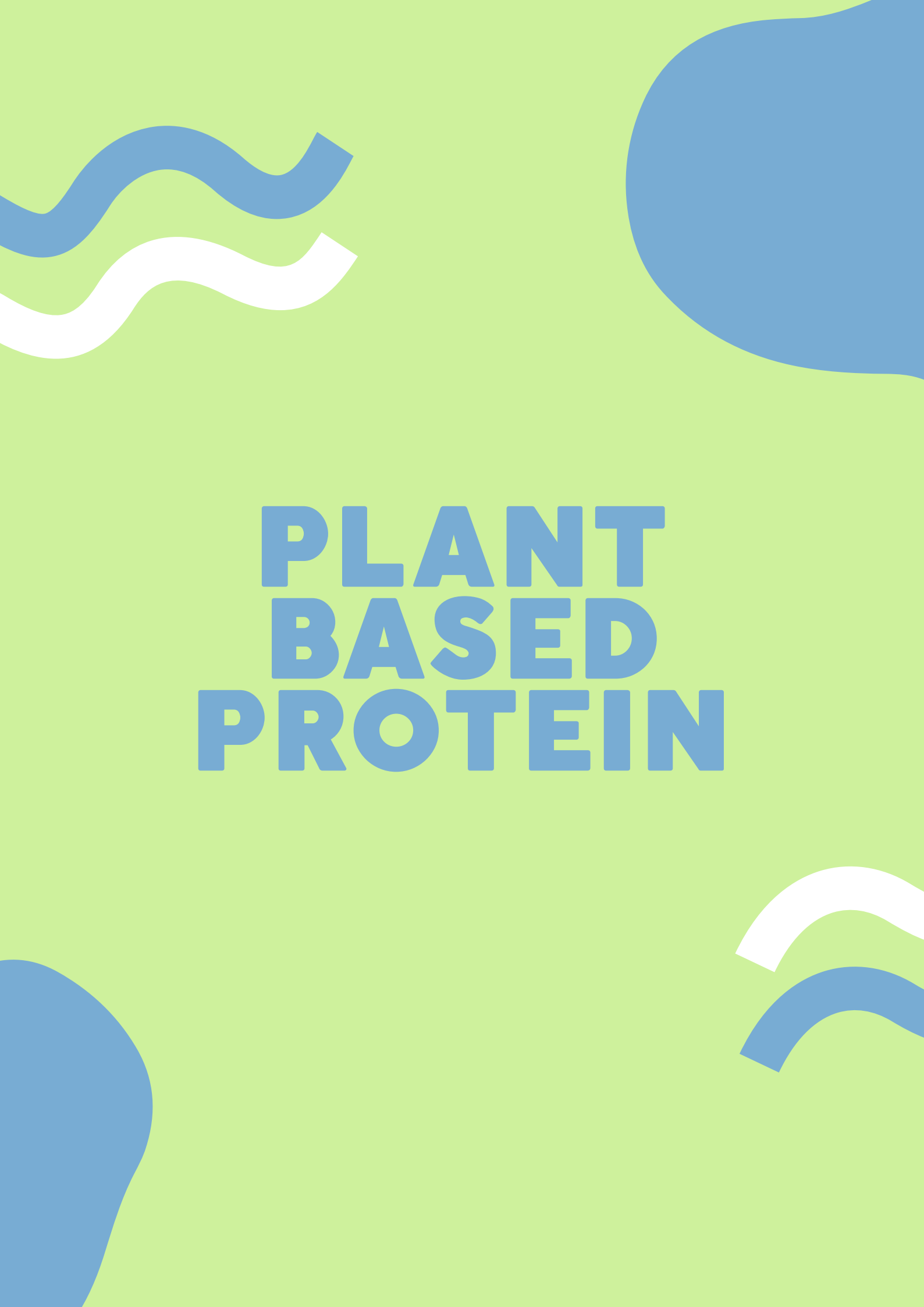




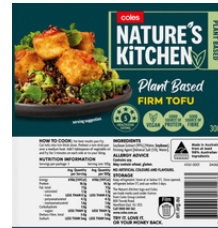
PLANT BASED PROTEIN

MEAT ALTERNATIVES



Macro Firm Tofu

Serve: 150g
Protein: 22g
Carbs: 8g
Calories: 194



Natures Kitchen Ginger & Chilli Tofu

Serve: 100g
Protein: 13g
Carbs: 6g
Calories: 138



Natures Kitchen Tempeh

Serve: 100g
Protein: 10g
Carbs: 13g
Calories: 129



Textured vegetable Protein

Serve: 50g
Protein: 26g
Carbs: 11g
Calories: 176



Birds Eye Plant Based Chicken Strips

Serve: 100g
Protein: 19g
Carbs: <1g
Calories: 119



Birds Eye Plant Based Mince

Serve: 100g
Protein: 21g
Carbs: 4g
Calories: 196



Vegie Delights Not Burger

Serve: 75g
Protein: 11g
Carbs: 14g
Calories: 168



Vegie Delights Sausages

Serve: 100g
Protein: 20g
Carbs: 8g
Calories: 213



Wildly Good Veggie Strips

Serve: 100g
Protein: 6g
Carbs: 21g
Calories: 143



Meet Plant Based Strips

Serve: 100g
Protein: 26g
Carbs: 3g
Calories: 189

VEGETABLES

(uncooked)



Peas

Serve: 1 cup (145g)
Protein: 8g
Carbs: 12g
Calories: 103



Broccoli

Serve: 1 cup (100g)
Protein: 5g
Carbs: <1g
Calories: 32



Baby Spinach

Serve: 2 cups (90g)
Protein: 3g
Carbs: 0g
Calories: 15



Brussels Sprouts

Serve: 1 cup (90g)
Protein: 4g
Carbs: 2g
Calories: 34



Corn Kernels

Serve: 1/2 cup (130g)
Protein: 4g
Carbs: 23g
Calories: 127



Mushrooms

Serve: 2 cups (170g)
Protein: 4g
Carbs: 0g
Calories: 32



Potato

Serve: 1 cup (160g)
Protein: 4g
Carbs: 20g
Calories: 103



Artichoke

Serve: 1 medium (130g)
Protein: 4g
Carbs: 2g
Calories: 45



Kale

Serve: 1 cup (115g)
Protein: 5g
Carbs: 6g
Calories: 50



Asparagus

Serve: 100g
Protein: 3g
Carbs: 1g
Calories: 22



Edamame

Serve: 80g
Protein: 10g
Carbs: 8g
Calories: 100



Bok Choy

Serve: 2 cups (170g)
Protein: 4g
Carbs: 1g
Calories: 32

GRAINS & CEREALS

(*uncooked)



San Remo White Pasta

Serve: 100g*
Protein: 13g
Carbs: 72g
Calories: 366



Macro Wholemeal Pasta

Serve: 100g*
Protein: 13g
Carbs: 64g
Calories: 349



Vetta Smart Pasta

Serve: 100g*
Protein: 25g
Carbs: 51g
Calories: 343



San Remo Pulse Pasta

Serve: 100g*
Protein: 21g
Carbs: 57g
Calories: 359



Slendier Edamame Fettuccini

Serve: 100g*
Protein: 14g
Carbs: 2g
Calories: 99



Slendier Konjac Noodles

Serve: 100g*
Protein: <1g
Carbs: <1g
Calories: 8



White Bread

Serve: 2 slices
Protein: 5g
Carbs: 26g
Calories: 146



Bakers Delight Hi-Fibre Low-GI

Serve: 2 slices
Protein: 6g
Carbs: 29g
Calories: 161



Bürgen Low Carb High Protein Bread

Serve: 2 slices
Protein: 19g
Carbs: 1g
Calories: 213



Bakers Delight Hi-Protein Wholegrain

Serve: 2 slices
Protein: 10g
Carbs: 28g
Calories: 196



Herman Brot Complete Protein

Serve: 2 slices
Protein: 26g
Carbs: 5g
Calories: 209



Helga's High Protein Loaf

Serve: 2 slices
Protein: 12g
Carbs: 31g
Calories: 199

GRAINS & CEREALS

(*uncooked)



Bfree High Protein Low Carb GF wraps

Serve: 1 wrap (42g)
Protein: 11g
Carbs: 4g
Calories: 96



Simson's Pantry High Protein Low Carb Wrap

Serve: 1 wrap (45g)
Protein: 9g
Carbs: 6g
Calories: 111



Sun Rice Basmati

Serve: 120g
Protein: 4g
Carbs: 33g
Calories: 175



Sun Rice Quinoa & Brown Rice

Serve: 125g
Protein: 5g
Carbs: 38g
Calories: 201



Rolled Oats

Serve: 40g* (1/2 cup)
Protein: 5g
Carbs: 23g
Calories: 152



Red Tractor Instant Protein Oats

Serve: 40g* (1/2 cup)
Protein: 8g
Carbs: 20g
Calories: 152



Carman's Protein Rich Instant Oats

Serve: 45g* (1 sachet)
Protein: 10g
Carbs: 23g
Calories: 177



Uncle Tobys Instant Vanilla Protein Oats

Serve: 46g* (1 sachet)
Protein: 12g
Carbs: 25g
Calories: 176



All-Bran

Serve: 45g (1/2 cup)
Protein: 6g
Carbs: 21g
Calories: 152



Special K High Protein

Serve: 50g (3/4 cup)
Protein: 11g
Carbs: 30g
Calories: 202



Nutri-Grain High Protein Crunch

Serve: 45g (1.25 cup)
Protein: 13g
Carbs: 26g
Calories: 176



Red Tractor Protein Granola

Serve: 50g
Protein: 8g
Carbs: 19g
Calories: 191

PLANT-BASED DAIRY



Milk Lab Almond

Serve: 250ml
Protein: 2g
Carbs: 7g
Calories: 92



So Good High Protein Almond

Serve: 250ml
Protein: 10g
Carbs: <1g
Calories: 96



Bonsoy

Serve: 250ml
Protein: 8g
Carbs: 11g
Calories: 115



Vita Soy Protein Plus Soy Milk

Serve: 250ml
Protein: 11g
Carbs: 5g
Calories: 130



Vitasoy Unsweetened Oat

Serve: 250ml
Protein: 1.5g
Carbs: 16g
Calories: 120



OMG Chocolate Oat Milk

Serve: 350ml
Protein: 20g
Carbs: 24g
Calories: 255



Cocobella Protein Coconut Yoghurt

Serve: 100g
Protein: 5g
Carbs: 10g
Calories: 135



Vitasoy Greek Style Soy Yoghurt

Serve: 100g
Protein: 6g
Carbs: 9g
Calories: 99



Kingland Soypro Soy Yoghurt

Serve: 100g
Protein: 10g
Carbs: 6g
Calories: 91



Dairy Free Up & Go

Serve: 250ml
Protein: 9g
Carbs: 23g
Calories: 180

LENTILS & LEGUMES



Edgell Four Bean Mix

Serve: 75g
Protein: 6g
Carbs: 12g
Calories: 94



Edgell Black Beans

Serve: 75g
Protein: 5g
Carbs: 11g
Calories: 82



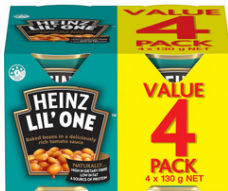
Edgell Chickpeas

Serve: 75g
Protein: 5g
Carbs: 14g
Calories: 101



Edgell Brown Lentils

Serve: 75g
Protein: 4g
Carbs: 9g
Calories: 60



Heinz Baked Beans The Lil One

Serve: 130g
Protein: 7g
Carbs: 17g
Calories: 109



Edgell Snack Time Red Kidney Beans w/ Chilli & Oil

Serve: 70g
Protein: 5g
Carbs: 9g
Calories: 130

OTHER



Nutritional Yeast

Serve: 15g (approx 2 tbsp)
Protein: 7g
Carbs: 1.5g
Calories: 51



Soy Protein Crisps

Serve: 30g (1/2 cup)
Protein: 18g
Carbs: 9g
Calories: 108



Happy Way Vegan Protein Powder

Serve: 30g
Protein: 20g
Carbs: 4g
Calories: 119



Macro Mike Plant Protein Powder

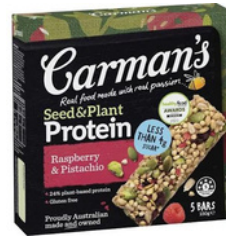
Serve: 40g
Protein: 25g
Carbs: 4g
Calories: 150

SNACKS



Fancy Plants Chia Protein Pud

Serve: 160g
Protein: 11g
Carbs: 16g
Calories: 203



Carman's Seed & Plant Protein Bars

Serve: 30g
Protein: 7g
Carbs: 8g
Calories: 133



Hummus Single Serve

Serve: 60g
Protein: 5g
Carbs: 8g
Calories: 160



Olina's Simply Seed Crackers

Serve: 20g
Protein: 4g
Carbs: 4g
Calories: 92



DJ&A Shiitake Jerky

Serve: 30g
Protein: 3g
Carbs: 10g
Calories: 104



Happy Snack Co. Roasted Chickpeas

Serve: 25g
Protein: 4g
Carbs: 12g
Calories: 105



Natures Protein Roasted Edamame

Serve: 25g
Protein: 11g
Carbs: 4g
Calories: 110



Tom & Luke Snackaballs

Serve: 33g
Protein: 3g
Carbs: 16g
Calories: 141



Health Lab Hazelnut Choc Balls

Serve: 40g
Protein: 4g
Carbs: 20g
Calories: 186



Macro Mike Double Choc Mug Cake

Serve: 50g
Protein: 13g
Carbs: 18g
Calories: 160



Greenback Protein Bar

Serve: 50g
Protein: 11g
Carbs: 13g
Calories: 222



Blue Dinosaur Vegan Bars

Serve: 45g
Protein: 7g
Carbs: 16g
Calories: 220

EASY MEAL IDEAS

Yoghurt Bowl 26g protein



Vitasoy Protein yoghurt + 1/4 cup soy protein crisps + 1/2 punnet blueberries

Avocado & Edamame Toast 35g protein



2 slices Herman Brot bread + 1/4 avocado + 60g edamame beans + 1 tomato sliced + 1 tbsp pepitas

Vege & Grain Bowl 20g protein



3 cups baby spinach + 125g basmati rice + 150g Steam Fresh vegetables + 70g Snack Time Beans + 2 tbsp nutritional yeast

'Chicken' Salad Wrap 32g protein



100g Plant Based Chicken + 1 Simons High Protein wrap + 2 cup spinach + sliced tomato & cucumber + 1 tbsp vegan mayo

Plant Based Bolognese 25g protein



100g plant-based mince + 50g uncooked Vetta pasta + 125ml passata + 1 cup baby spinach + 1 cup grated carrot & zucchini

Sausages & Mash 26g protein



2 Vegie Delights sausages + 1/2 cup peas + 150g mashed potato + Mingle traditional gravy