

PROTEINS (1P)

7g protein per block

EGGS, POULTRY & MEAT	1 Block (40g raw/ 30g cooked)	EGGS, POULTRY & MEAT	1 Block (40g raw/ 30g cooked)
Eggs	1	Kangaroo sausages	2 sausages
Egg Whites	2 (from 2x eggs)	K-roo gourmet kangaroo meatballs	50g
Chicken, turkey breast or thighs	40g/ 30g	FISH & SEAFOOD	1 Block (40g raw/ 30g cooked)
Chicken/ turkey leg drumstick, skin removed	1 drumstick	Fresh fish fillet - white fish varieties	55g/ 45g
Red meat, lean cuts, fat trimmed - steaks, casseroles, roasts etc	40g/ 30g	Fresh salmon fillet +2F	50g / 35g
Mince, lean - chicken, turkey, beef, pork, lamb, kangaroo	55g/ 45g	Smoked salmon slices +1F	40g
Kangaroo fillet, rump steaks and mince	35g/ 25g	Tuna/ Salmon in olive oil, flavoured +2F	95g tin
Sliced meat off bone from deli - ham, turkey, beef etc	45g	Tuna/ Salmon in spring water	95g tin
Proscuito & Pastrami +1F	25g / 35g	Tuna/ Salmon in spring water	95g tin
Bacon, shortcut (fat trimmed)	1 slice of 55g	Anchovies in olive oil +2F	40g
Peppercorn beef sausage & beef patty extra lean (woolworths)	1 piece	Anchovy fillets	40g
Woolworths herb and garlic chicken sausages +2F	1/2 sausage	Kippers in brine/ spring water +2F	45g
Macro organic grass fed chicken sausages +2F	1/2 sausage	Sardines in spring water	1/2 a tin or 55g fresh
Woolworths chicken chipolate	1 sausage	Sardines/ Oysters or Mussels in olive oil or flavours +2F	1/2 a tin or 55g fresh
Woolworths gourmet chicken sausage +1F	1 sausage	Mussels/ Oysters, fresh	7 small
Macro Free Range Chicken Sausages +2F	1/2 sausage		

PROTEINS (1P)

7g protein per block

ALLOWABLE DAIRY (IF NO ALLERGY/ INTOLERANCE)	1 Block Serve	PLANT-BASED / VEGAN PROTEINS	1 Block Serve
Jalna A2 Protein Natural Yoghurt +2F	170g	Evergreen firm tofu +1F	125g
Meredith Dairy Sheep Milk Yoghurt & Goat Milk Yoghurt +2F	100g	Silken tofu +2F	140g
Meredith Dairy Goats Cheese, original +1F	20g	Nature's kitchen tofu nuggets (coles) +2F	50g
Meredith Dairy Goats Cheese, marinated +2F	20g	Macro tofu - honey & soy, thai & satay varieties +2F	50g
Meredith Dairy Goats Cheese with Dill/ Pepperberry/ Ash +1F	20g	Macro tempeh +1F	50g
Living Planet Goat Milk UHT from Woolies +2F	125ml	Organic village hempseed & mungbean tempeh +1F	50g
ALLOWABLE DAIRY (IF NO ALLERGY/ INTOLERANCE)	1 Block Serve of FAT	Organic village blackbean & forbidden rice tempeh +1F	50g
Frico Dutch Goats Cheese	10g	Yumi's veggie bits +2C, 2F	75g
South Cape Greek Style Fetta +1P	25g	Unreal Co. plant based sausages +2F	1 sausage
Dodoni Greek Fetta (from goats milk or sheeps milk) +1P	30g	Beyond meat chicken strips	3 pieces
Pecorino Romano Cheese (to replace parmesan cheese)	10g	Meliora plant based ham style slices +2F	1 slice
PLANT-BASED / VEGAN PROTEINS	1 Block Serve	Plantein plant based mediterranean roast (woolies) +1F	50g
Slendier edamame/ soy bean/ black bean pasta's 2P + 1F	120g cooked.	Plantein plant-based meatballs (woolies) +2F	50g
Plant based minces +2F	50g	Vegie delights veggie sausages +1F	30g
Plantein plant based mince (woolies) +1F	40g	Vegie delights vegetarian sausages +2F	1/2 sausage
Firm tofu & marinated tofu +1-2F depending on brand	40 - 50g	Wildy good veggie burgers, original (woolies) +4C, 1F	1 burger
Macro slightly firm tofu +1F	125g		

PROTEINS (1P)

7g protein per block

BEANS & LEGUMES	1 Block Serve
Canned beans, all types (chickpea, black bean, lentils etc) +2C	1/2 cup
Beans & lentils, cooked from dried +2C	1/2 cup
Edamame beans, fresh, canned or frozen +2F	60g
Split peas, boiled or cooked from dry +1C	90g
Slendier edamame/ black bean - fettucini or spaghetti +1F	50g cooked
CLEAN PROTEIN POWDERS	1 Block Serve
Macro organic hemp seed protein powder	1 tablespoon
Amazonia Raw / White Wolf protein powders	1/2 a scoop (15g)
Prana plant powered protein powders	1/2 a scoop (20g)
Bulk Nutrients: earth, pea, hemp & rice protein powders	1/2 scoop (15g)
Macro mike original peanut butter protein powder +2P, 1F	1/2 scoop (20g)
Macro mike vanilla butter cream protein powder	2 tablespoons
Macro mike (other protein powders) +1F	1/2 scoop (20g)
Macro hemp protein powder +1F	1/2 scoop (15g)
Hemp Foods Australia, hemp gold protein +1F	1 tablespoon

CARBOHYDRATES (1C)

9g protein per block

FRUIT	1 Block Serve	VEGETABLES	1 Block Serve
Berries, mixed / Blackberries (fresh or frozen)	1/2 cup	Cooked mixed veggies(chopped)	1.5 cups
Strawberries / raspberries / blueberries (fresh or frozen)	1/2 cup	Cooked single vegetable - eg kale or broccoli	1.5 cups
Cherries (fresh/frozen)	8 cherries	Raw veggies (chopped) (to be cooked) / Mixed salad leaves, rocket etc (chopped)	3 cups
Pineapple (high fructose) / Dragonfruit (fresh or frozen)	1/2 cup	Frozen veg mix's	300g
Oranges / Grapefruit / Apples / Pears	1/2 a piece of fruit	Frozen chinese veg mix	2 cups
Peach / Plums / Nectarines	1/2 a piece of fruit	Carrot sticks	1 cup raw
Watermelon	3/4 cup, chopped	Tomatoes, whole	2
Honeydew melon	1/2 cup	Cherry tomatoes	1 cup
Rockmelon	1 cup	Zucchini noodles	500g
Apricots, fresh	3 apricots	Birds Eye veggie rice - carrot, cauliflower & broccoli	250g
Grapes	1/2 cup	Cauliflower and Broccoli frozen or fresh rice	300g
Papaya (fresh or frozen)	1/2 cup	Broccoli florets, Cauliflower florets - cooked & raw	1 cup
Kiwi fruit / Mandarin, small	1 kiwi or mandarin	Celery, Zucchini, Yellow squash, Capsicum	1/2 cup raw
Dates	2 dates	Mushrooms	1 cup raw
Mixed tinned fruit in natural juices	1/2 cup	Edamame beans +2P	1 cup
Mixed fresh fruits, chopped	1/2 cup	Potatoes, mashed	1/4 cup
		Potatoes, whole, cooked (boiled, baked, air fried)	55g

CARBOHYDRATES (1C)

9g protein per block

VEGETABLES	1 Block Serve	PANTRY & TINNED VEGETABLES	1 Block Serve
Spud lite 25% less carbs potatoes, raw	100g	Good sauce bbq sauce	5 tablespoons
Baby spinach, kale or other leafy vegetables	2 cups cooked, 4 cups raw	Masterfoods tomato sauce / Rosella tomato sauce	30g
Hummus, home made	1/4 cup	Mingle tomato, bbq & sweet chili sauces	80g
PANTRY & TINNED VEGETABLES	1 Block Serve	BEANS, TINNED & OTHER CARBS	1 Block Serve
Tinned tomatoes, chopped	200g or 1.5 cups	Tinned beans, all beans including 4 bean mix	1/4 cup
Tinned tomatoes/ cherry tomatoes, whole	230g	Dried beans (to be cooked)	1/3 cup dry
Tomato puree & passata	1/2 cup	Baked beans in tomato sauce (no added sugars)	1/2 cup
Raguletto napolitana bolognese pasta sauces (tomato & garlic)	100g	Edgeell tinned peas, corn & carrots	75g
Leggo's bolognese chunky tomato, garlic & herbs	125g	Edgell snack time chargrilled corn & black beans	70g tin
Dolmio Classic Tomato With Basil Pasta Sauce	125g	Edgell snack time beans in olive oil +2F	70g tin
Macro organic pasta sauce - chunky tomato, garlic & basil	125g	Champignons, whole	200g
Providore tomato paste, triple concentrate	45g	Sliced beetroot in juice, drained	75g
Woolworths essentials tomato paste	50g	Water chestnuts	75g
Woolworths Pizza Sauce Squeeze Bottle	100g	Diced capsicum	175g
Fountain tomato sauce, no added sugar	1/4 cup	Corn kernels	80g
Macro organic tomato chutney	30g	Roasted red peppers	150g
Good sauce tomato ketchup	150g	Good sauce sweet chili sauce	100g

CARBOHYDRATES (1C)

9g carbohydrates per block

VEGETABLES	1 Block Serve
Thin brown rice cakes, corn rice cakes etc	2
Olina's Bakehouse Simply Seed Crackers Herb & Garlic	100g
Ceres Organics Brown Rice Crackers Chia	12.5g (1 serve)
The happy snack company - roasted fava beans & chickpeas + 1P, 1C, 1F	1 packet (25g)
Psyllium husk powder	90g
Arrowroot powder	4 teaspoons
LOW CARB PASTA & RICE	1 Block Serve
Qetoe Fettuccini / Low Carb Spaghetti +2P, 1C, 1F	40g cooked
Qetoe Low Carb Noodles (free of blocks)	100g cooked
Qetoe Low Carb Penne / Low Carb Fusilli 3P, 1C, 1F	90g dry
Qetoe Low Carb Rice 1C	50g cooked
Qetoe Low Carb Lasagna 4P, 1C, 1F	120g (1 packet)
Slendier Edamame Fettuccine / Spaghetti 2P, 1F	120g cooked
Slendier Soy Bean Spaghetti / Fettuccini 1P, 1F	50g cooked
Slendier Black Soy Bean Spaghetti / Fettuccini 1P, 1F	70g cooked
Slendier Konjac Lasagne Sheets / Rice & Noodles	FREE per serve

FATS (1F)

1.5 - 3g fat per block

NUTS, NUT SPREADS, SEEDS, COCONUT	1 Block Serve	DIPS, SPREADS, ANTIPASTO	1 Block Serve
Almonds/ Cashew/ Pistachio nut / Hazelnut / Pecans	4 nuts	Olives, large from the deli	3 olives
Brazil / Macadamia nut / Walnuts	2 nuts	Olives - kalamata, black and green	5 olives
Peanuts	6 whole	Sundried tomatoes	1 tablespoon
Pecans	2 nuts	Sacla pesto sundried tomatoes/ basil pesto free from gluten	2 teaspoons
Pinenuts	1 teaspoon	Avocado	1/4 of 1 half
Slivered or chopped almonds	1 tablespoon	Hommus	1 tablespoon
Shredded coconut / coconut flakes	2 teaspoons	Chris' heritage goat cheese dip	10g
All nut butter spreads and tahini	1 teaspoon	Obela classic gaucamole	1 tablespoon
Flaxseeds, pumpkin seeds, sesame seeds	2 teaspoons	Chris' dips sweet potato & cashew/ capsicum & cashew	1/2 tablespoon
Chia seeds	1 tablespoon	Chris' dips plant-based french onion dip/ guacamole	1 teaspoon
NUT FLOUR & MEALS	1 Block Serve	Yumi's dips - all	1 teaspoon
LSA meal (linseed, sunflower seed & almond)	1 heaped teaspoon	Nuffin dip, hommus / Willow farm dips - hommus, spicy jalapeno	1 tablespoon
Chia seed powder / milled	20g	SSS Foods Hommus Natural	25g
Almond meal and almond flour	1 teaspoon	Yumi's meze dips - chargrilled eggplant sundried & garlic	25g
Mckenzie's coconut flour	20g	COOKING OILS	
Macro organic coconut flour	30g	Olive oil, coconut oil, flaxseed oil, avocado oil, sesame oil, rice bran oil, macadamia oil etc	1/2 teaspoon
Bob's red mill coconut flour	2 tablespoons		

FATS (1F)

1.5 - 3g fat per block

DAIRY ALTERNATIVES	1 Block Serve	NUT MILKS	1 Block Serve
Ayam organic light coconut milk	1 tablespoon	Bonsoy almond milk	1 cup
Ayam coconut cream	1 teaspoon	Coconut milk, unsweetened	1/2 cup
Coyo coconut yoghurt, plain / Cocobella coconut yoghurt, natural & vanilla	1/2 tablespoon	Pure Harvest almond & coconut, unsweetened	1/2 cup
Nakula & Nudie coconut yoghurt, plain	1 tablespoon	Vitasoy calcium enriched rice milk +1C	100ml
So delicious unsweetened coconut yoghurt	1/3 cup	<p>All plant-based milks should be unsweetened and contain at least 7% or more nut, or soybeans etc and be fortified with a minimum of 300mg or more of calcium per serve (the exception is Bonsoy soy milk as it has 14% soybeans).</p> <p>I have picked the best soy milks above for you available and woolies and coles. However you may still find others available to you, be sure to check the nutrition panel.</p> <p>Ensure to alternate dairy free milks with those not listed.</p> <p>Avoid Vitasoy Calci Plus milk as it contains gluten.</p>	
SOY MILK	1 Block Serve		
Bonsoy soy milk +1P, 1C, 1F	3/4 cup		
Pure Harvest Organic Soy Milk, unsweetened	1/4 cup		
Macro organic soy milk, Just Milk soy milk	1/4 cup		
Aldi soy milk	1/2 cup		
Vitasoy Protein Plus Soy Milk, unsweetened +1P	125ml		
Coles organic soy milk	100ml		
Happy Happy Soy Boy Soy Milk	100ml		
Pureharvest Barista Soy Milk	1/2 cup		
NUT MILKS	1 Block Serve		
Almond milk, unsweetened - Brands: Macro organic, Australia's own, Pure Harvest	1 cup		

FATS (1F)**1.5 - 3g fat per block**

DRESSINGS & MAYO	1 Block Serve
Vegan mayo / aoli	1 teaspoon
Red Kelly's dressings	1/2 tablespoon
Hellmann's real mayonnaise / Best foods real mayonnaise	1 teaspoon
Heinz seriously good mayonnaise, original	1 teaspoon
Praise Creamy Lime & Herb Dressing	1 teaspoon
Birch & waite green goddess dressing	1/2 tablespoon
Birch & waite sesame, soy & ginger dressing / greek lemon	1 teaspoon
Changes salad dressing oriental	2 teaspoons
Beerenberg Mango, Lime & Chilli Dressing	1 teaspoon
OTHER	
Paneer Indian cheese	1 tablespoon/ 15g
UHT Goats milk	1/2 cup