






SAMPLE MENU:

HIGH CALORIES, LOW SUGAR

MEAL	FOOD	CALORIES	SUGAR
 BREAKFAST	100 g of oats	379	1.0
	50 g peanut butter	295	4.6
	1 scoop whey protein	109	0.0
 SNACK	75 g of cheddar cheese	308	0.0
	50 g of almonds	290	2.2
 LUNCH	200 g of yams	232	1.0
	150 g of salmon	190	0.0
	150 g of avocado	240	1.0
 SNACK	150 g of hummus	365	0.4
	50 g Pita chips	228	2.4
 DINNER	250 g of pasta	392	1.5
	20 g of olive oil	177	0.0
	150 g of ground beef	182	0.0
TOTAL		3387	14.1

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