

<u>Fats</u>	<u>Serving size</u>	<u>Calories (kCal)</u>	<u>Protein (g)</u>	<u>Fat (g)</u>	<u>Carbohydrates (g)</u>
Egg	1x large	72	6	5	0.4
Avocado	70g (half)	133	1	14	1
Peanut butter	25g	152	6	13	3
Almonds	25g	146	5	13	2
Cashews	25g	143	4	12	4
Sun flower oil	1tbsp	113	0	13	0
Olive oil	1tbsp	113	0	13	0
Coconut oil	1tbsp	108	0	12	0

<u>Dairy</u>	<u>Serving size</u>	<u>Calories (kCal)</u>	<u>Protein (g)</u>	<u>Fat (g)</u>	<u>Carbohydrate (g)</u>
Semi skimmed milk	150ml	74	5	3	8
Skimmed milk	150ml	52	5	0.5	8
Full fat milk	150ml	98	5	5	7
Cottage cheese (low fat)	100g	80	12	2	4
Natural yoghurt	100g	83	6	2	10
0% fat free Greek yoghurt	100g	57	10	0	4
Feta Cheese	100g	250	18	18	3
Cheddar cheese	100g	406	24	34	1