

MILK	1 cup	3 cups	MIXED VEG FROZEN	1 oz	8 oz	BEEFMINCE COOKED	1oz	3oz	RICE DRY	1oz	2oz
Calories	146	438	Calories	18	144	Calories	76	228	Calories	102	204
Fat (g)	8	24	Fat (g)	0	0	Fat (g)	5	15	Fat (g)	0	0
carbs (g)	13	39	carbs (g)	4	32	carbs (g)	0	0	carbs (g)	22	44
protein (g)	8	24	protein (g)	1	8	protein (g)	7	21	protein (g)	2	4
APPLE JUICE	1 cup	2 cups	BANANA	1 oz	8 oz	EGG RAW	1 medium	2 medium	COUSCOUS DRY	1oz	2oz
Calories	114	228	Calories	25	200	Calories	63	126	Calories	105	210
Fat (g)	0	0	Fat (g)	0	0	Fat (g)	4	8	Fat (g)	0	0
carbs (g)	28	56	carbs (g)	6	48	carbs (g)	0	0	carbs (g)	22	44
protein (g)	0	0	protein (g)	0	0	protein (g)	6	12	protein (g)	4	8
ORANGE JUICE	1 cup	2 cups	SPINACH	1 oz	8 oz	SOY MINCE DRY	1oz		OATS DRY	1oz	2oz
Calories	110	220	Calories	4	32	Calories	87	87	Calories	109	218
Fat (g)	0	0	Fat (g)	0	0	Fat (g)	0	0	Fat (g)	2	4
carbs (g)	25	50	carbs (g)	1	8	carbs (g)	6	6	carbs (g)	19	38
protein (g)	2	4	protein (g)	0	0	protein (g)	14	14	protein (g)	5	10
GRAPE JUICE	1 cup	2 cups	APPLE	1 oz	8 oz	SARDINES TINNED			HONEY	100g	1/3 jar
Calories	152	304	Calories	15	120	Calories			Calories	330	330
Fat (g)	0	0	Fat (g)	0	0	Fat (g)			Fat (g)	0	0
carbs (g)	37	74	carbs (g)	4	32	carbs (g)			carbs (g)	81	81
protein (g)	1	2	protein (g)	0	0	protein (g)					
MIXED SEEDS	1oz		MIXED NUTS	1 oz		OLIVE OIL	15g	2 tbsp	Use one ingredient of each colour, following the amounts given in the 2 nd column. Add one cup of boiling water on top of the dry ingredients before adding the rest.		
Calories	129	129	Calories			Calories	135	270			
Fat (g)	9	9	Fat (g)			Fat (g)	15	30			
carbs (g)	2	2	carbs (g)			carbs (g)	0	0			
protein (g)	9	9	protein (g)			protein (g)	0	0			

