

THIS IS WHAT 100 CALORIES LOOKS LIKE

KBMOTION.COM

COMBINE 1-2 FATS WITH 1 CARB AND 2 PROTEINS FOR 500 CALORIES
EAT AS MANY UNLIMITED VEGGIES ON TOP OF THIS AS YOU CAN

GOOD FATS



14 ALMONDS
46 PROTEIN 86 FAT



10 CASHEWS
46 PROTEIN 46 FAT



17 PEANUTS
46 PROTEIN 86 FAT



10 PECANS
26 PROTEIN 16 FAT



5 WALNUTS
16 PROTEIN 46 FAT



30 PISTACHIOS
26 PROTEIN 106 FAT



1 TBSP COCONUT OIL
136 FAT



1 TBSP OLIVE OIL
136 FAT



2 TBSP SEEDS
26 FAT 26 PROTEIN



1/4 AVOCADO
16 PROTEIN 76 FAT

FRUITS (CARB)



1 CUP ALL BERRIES
226 CARBS



1 LARGE APPLE
306 CARBS



2 CLEMENTINES
206 CARBS



25 GRAPES
206 CARBS



2 CUPS WATERMELON
226 CARBS



1 RIPE BANANA
276 CARBS



2 KIWI
226 CARBS



2 SMALL PEACHES
246 CARBS



1 CUP PINEAPPLE
226 CARBS



1 PEAR
236 CARBS

VEGGIES (CARB)



7 BRUSSEL SPROUTS
116 CARBS



2 CUPS BROCCOLI
126 CARBS



3 BELL PEPPERS
216 CARBS



2 CUPS RUTABAGA
246 CARBS



2 CUPS CARROTS
246 CARBS



1 MEDIUM ONION
106 CARBS

UNLIMITED VEGGIES

LETTUCE GINGER

SPINACH CABBAGE

CELERY ZUCCHINI

RADISH TOMATOES

GARLIC CUCUMBER

SAURKRAUT

GREEN ONION

MUSHROOMS

PROTEINS



1 LARGE EGG
46 PROTEIN
56 FAT



1/2 CUP PLAIN YOGURT
46 PROTEIN 16 FAT



85G (3OZ) TURKEY
146 PROTEIN 16 FAT



50G TUNA IN WATER
156 PROTEIN



42G (1.5OZ) CHICKEN
116 PROTEIN 46 FAT



70G TROUT
146 PROTEIN
36 FAT



100G HADDOCK
206 PROTEIN
16 FAT



10 SHRIMP
146 PROTEIN
16 FAT



50G (2OZ) BEEF
146 PROTEIN 46 FAT



2 TBS WHEY
206 PROTEIN

THINGS TO REMEMBER

ONLY 1 SERVING OF FRUIT A DAY. YOU CAN SPLIT YOUR SERVINGS IN HALF TO EAT AT DIFFERENT TIMES OF THE DAY
YOU CAN SPLIT CARB SERVINGS AND COMBINE THEM WITH OTHER TYPES AS LONG AS IT DOES NOT GO OVER 306 OF CARBS
TRY TO AIM FOR 12-246 OF PROTEIN PER MEAL. THE MORE THE MERRIER

Guide To Calories In Food

Lauren Gardner



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