

Proteins - Meat and Poultry	Serving(grams)	Carbs(grams)
Beef - premium (5% fat)	100	0
Beef - lean grilled blade	100	0
Chicken Breast (baked or grilled)	100	0
Cold Cuts (97-98% lean/fat free)	70	1
Turkey (white breast)	100	0
Veal	100	0
Kangaroo/Pork/Lamb	100	1

Protein - Vegetarian	Serving(grams)	Carbs(grams)
Tofu	100	2
Veg-e-burger (>15g of protein per serve)	1/2 cup	3

Protein - Seafood	Serving(grams)	Carbs(grams)
Barramundi (steamed or poached)	100	1
Bream (Steamed or Grilled)	100	0
Cod	100	0
Crab	100	1
Dory (Steamed or Grilled)	100	0
Haddock	100	0
Lobster	100	1
Oysters - medium	10	0
Perch	100	0
Prawns/Shrimp	100	1
Salmon	100	0
Scallops	100	0
Snapper	100	2
Tuna/SARDINES	100	0

Protein - Dairy	Serving(grams)	Carbs(grams)
Cheese (low fat)	55	0
Cottage Cheese (low fat plain)	115	4
Halloumi	55	1
1 egg or 2 x egg whites	1 egg	1
Milk (low fat)	1 cup	12
Yoghurt (low fat plain)	1/2 cup	9

Protein - Other	Serving(grams)	Carbs(grams)
1/2 positrim bar - Berry/Fudgie	Half bar	1
1/2 positrim bar - Latte/Honeycomb	Half bar	0.9
XS Sports - Whey protein (2 scoops)	30	5
All Plant Protein	10	0

Vegetables	Serving(grams)	Carbs(grams)
Asparagus	1 cup	8
Avocado	1/2 cup	15
Bean Sprouts	1 cup	14
Beetroot	1 cup	12

Broccoli	1 cup	5
Cabbage	1 cup	4
Capsicum	1 small	4
Carrots	1/2 cup	8
Cauliflower	1 cup	5
Celery	1 cup	6
Cucumbers	1 cup	3
Green Beans	1 cup	8
Mushrooms - raw	2 cup	7
Onion	1/2 cup	6
Sauerkraut	1 cup	10
Snow Peas	1 cup	11
Spinach (cooked)	1 cup	7
Spinach (raw)	2 cups	4
Sweet Corn	1/2 cob	9
Tomato	1 small	5
Zucchini	1 cup	4

Grains	Serving(grams)	Carbs(grams)
Bread - White	1 slice	19
Bread - Wholemeal	1 slice	16
All Bran (Kellogg's)	60	29
Corn Flakes (Kellogg's)	30	25
Porridge	170	18
Puffed Wheat	30	22
Rolled Oats	30	18
Special K (Kellogg's)	40	28
Swiss Style Muesli	30	16
Vita Brits (Uncle Tobys)	2 biscuits	23
Weet -Bix Hi-Bran	2 biscuits	16
Weet-Bix (Sanatarium)	2 biscuits	22

Fruit	Serving(grams)	Carbs(grams)
Apple	6.5	17
Apple Sauce	1/2 cup	14
Apricots (dried)	4 halves	9
Apricots (fresh)	2 medium	9
Banana	1/2 small	13
Blackberries	2/3 cup	12
Blueberries	1/2 cup	8.5
Cherries	10	11
Dates	2	13
Grapefruit	1/2 small	10
Grapefruit Juice	1 cup	11
Honeydew Melon	15	20
Mandarin	6	9
Orange	1 small	14
Orange Juice	1 cup	12

Peach	1 small	10
Pear (bartlett)	1/2 small	13
Pineapple	1/2 cup	10
Raisins	15	11
Rasberries	2/3 cup	10
Rhubarb	1 cup	7
Rockmelon	15	11
Strawberries	1 cup	11
Vegan Bites	2 cubes	various
Watermelon	1/2 cup	6

Miscellaneous	Serving(grams)	Carbs(grams)
Jelly/Gelatin (diet)	1/4 Pack	0
Shallots/Chilli Flakes	25	0
Horseradish	25	1
Butter	1 TSP	0
Mustard	1 TBSP	0
Peppers	10	2
Radishes	1/2 cup	1
Vegemite	5	0
Vinegar	1 tbsp	2
Extra Virgin Olive oil	1 tbsp	0
* Add 2 x Miscellaneous per day		

Beverages	Serving(grams)	Carbs(grams)
Water	- -	0
Coffee	1 cup	0
Decaffeinated Coffee	1 cup	0
Tea (hot or iced)	1 cup	0
Herbal Tea	1 cup	0
Diet Mineral Water	- -	0
Almond milk (unsweet)	1 cup	1
XS Energy Drink	1 can	Various

Carbs for day 36-42	Serving(grams)	Carbs(grams)
Pumpkin	200	15
Quinoa	1/3 cup	21
Sweet Potato	150	23
Brown/Basmati Rice	1/3 cup	25

[PLEASE REFER TO THE CALORIE KING WEBSITE FOR A MORE DETAILED CARBOHYDRATE COUNTER](#)