

Portion control guide

Each fat portion is = to 120 cal

Each Protein Portion = to 120 cal

Each Carb Portion = to 30 cal

FATS

Cheddar	30g	Fat	1 fat portion
Mozzarella	30g	Fat	1 fat portion
Parmesan	30g	Fat	1 fat portion
Emmenthal	30g	Fat	1 fat portion
Halloumi	50g	Fat	1 fat portion
Feta	1/2 round	Fat	1 fat portion
Camembert	30g	Fat	1 fat portion
Blue Cheese	30g	Fat	1 fat portion
Brie Cheese	30g	Fat	1 fat portion
Cottage Cheese	100g	Fat	1 fat portion
Cream Cheese	2 Tablespoon	Fat	1 fat portion
Pouring Cream	100ml	Fat	1 fat portion
Double Thick Cream/Cream Fraiche	1 Tablespoon	Fat	1 fat portion
Greek Full Cream Yoghurt	100ml	Fat	1 fat portion
Mayonnaise	1 Tablespoon	Fat	1 fat portion
Natural peanut butter	1 Tablespoon	Fat	1 fat portion
Coconut milk	100ml	Fat	1 fat portion
Coconut Cream	1 Tablespoon	Fat	1 fat portion
Olives	10 olives	Fat / Carb	1 fat portion
Avocado	1/4 medium sized	Fat	1 fat portion
Pork Crackling	4 rashes	Fat	1 fat portion
Almonds	10 nuts	Fat	1 fat portion
Sesame Seeds	125ml	Fat / Carb	1 fat portion + 1 carb portion
Sunflower Seeds	125ml	Fat / Carb	1 fat portion + 1 carb portion
Linseeds	125ml	Fat	1 fat portion
Pumpkin Seeds	125ml	Fat	1 fat portion
Hazelnuts	10 nuts	Fat	1 fat portion
Cashews	10 nuts	Fat	1 fat portion
Pistachios	10 nuts	Fat	1 fat portion
Coconut Flour	2 Tablespoon	Fat	1 fat portion
Almond Flour	125ml	Fat	1 fat portion
Flaxseed Flour	6 Tablespoon	Fat	1 fat portion
Linseed Meal	3 Tablespoon	Fat	1 fat portion
Olive Oil	1 Tablespoon	Fat	1 fat portion
Flaxseed oil	1 Tablespoon	Fat	1 fat portion
Coconut Oil	1 Tablespoon	Fat	1 fat portion
Soya bean oil	1 Tablespoon	Fat	1 fat portion
Butter	1 Tablespoon	Fat	1 fat portion

CARBOHYDRATES			
Asparagus	1 cup	Carb	1 Carb portion
Celery	1 cup	Carb	0.5 carb portion
Radishes	1 cup	Carb	1 Carb portion
Lettuce/Rocket	1 cup	Carb	1 Carb portion
Tomato	1/2 tomato	Carb	1 Carb portion
Cucumber	1 cup	Carb	0.5 carb portion
Onion	1/2 cup	Carb	1 Carb portion
Mushrooms (raw)	1cup	Carb	1 Carb portion
Spring Onions	1/2 cup	Carb	1 Carb portion
Peppers - red, yellow & green	1 cup	Carb	1 Carb portion
Carmel Dill Pickles	1 cup	Carb	1 Carb portion
Aubergines	1 cup	Carb	1 Carb portion
Artichoke hearts	1 cup	Carb	1 Carb portion
Brussels sprouts	1 cup	Carb	1 Carb portion
Leeks	1 cup	Carb	1 Carb portion
Green Beans	1 cup	Carb	1 Carb portion
Baby Marrow	1 cup	Carb	1 Carb portion
Broccoli	1 cup	Carb	1 Carb portion
Cauliflower	1 cup	Carb	1 Carb portion
Pumpkin (raw)	1 cup	Carb	1 Carb portion
Spinach	1 cup	Carb	1 Carb portion
Cabbage	1 cup	Carb	1 Carb portion
Gem Squash	1/2 medium	Carb	2 Carb portion

PROTEIN			
Eggs	2	Protein	1 Protein portion
Tofu	100g	Protein	1 Protein portion
Hamburger Patty	100g	Protein	1 Protein portion
Steak/Fillet/Rump	100g	Protein	1 Protein portion
Mince - Beef	100g	Protein	1 Protein portion
Pork/Lamb chop	1 medium sized	Protein	1 Protein portion
Lamb	80g	Protein	1 Protein portion
Bacon	2 rashers	Protein	1 Protein portion
Macon	2 rashers	Protein	1 Protein portion
Sausages Pork/Beef/Chicken	1 sausage	Protein	1 Protein portion
Boerwors	10cm	Protein	1 Protein portion
Shaved ham	100g (1 Packet)	Protein	1 Protein portion
Salami	4 slices	Protein	1 Protein portion
Frankfurters	2 Frankfurter	Protein	1 Protein portion
Biltong	50g	Protein	1 Protein portion
Wild game meat	100g	Protein	1 Protein portion
Chicken	100g	Protein	1 Protein portion
Chicken Wing	6 wings medium	Protein	1 Protein portion
Chicken Livers	100g	Protein	1 Protein portion
Mince - Chicken	100g	Protein	1 Protein portion
Simply Chicken Vienna's	2 Vienna's	Protein	1 Protein portion
Turkey	100g	Protein	1 Protein portion
Fish Fillets - Haddock/Hake/Kingklip	100g	Protein	1 Protein portion
Tuna - tin in water	100g	Protein	1 Protein portion
Tuna	100g	Protein	1 Protein portion
Calamari	100g	Protein	1 Protein portion
Prawns (Actual Meat)	100g	Protein	1 Protein portion
Shrimp	100g	Protein	1 Protein portion
Swordfish	100g	Protein	1 Protein portion
Salmon	100g	Protein	1 Protein portion
Crab	100g	Protein	1 Protein portion
Sardines	1 tin	Protein	1 Protein portion
Mussels	12 in shell	Protein	1 Protein portion
Trout	100g	Protein	1 Protein portion