

A-1000/4731	Weight (grs.)	Calories (2,250)	Protein (113)	Carbs (309)	Fat (63)	Sugar (84)	Sodium (2300)mg		B-1000/4624	Weight (grs.)	Calories (2,250)	Protein (113)	Carbs (309)	Fat (63)	Sugar (84)	Sodium (2300)mg	
Whey powder	100	358	69	11	6	3	358	Protein	Whey powder	100	358	69	11	6	3	358	Protein
Chocolate	100	540	7	60	30	50	70	616	Cacao nibs	100	464	14	36	43	4	0	732
Figs	100	294	3	71	0	53	0	Carbs	Dryied mango	100	367	0	87	0	50	0	Carbs
Prunes	100	250	3	65	0	38	0	1768	Dried apricots	100	246	3	54	0	36	0	1668
Coconut oil	100	862	0	0	87	0	0	Fat	Olive oil	100	884	0	0	100	0	2	Fat
Macadamia nuts	100	718	8	14	76	5	5	2394	Sunflower kernel	100	584	21	20	51	3	9	2394
Peanuts	100	567	26	16	49	0	75	Total	Peanut butter	100	609	24	22	47	1	520	Total
Phoa	100	360	8	80	2	0	0	4778	Basmati rice	100	360	8	80	2	0	0	4794
Barley	100	352	10	78	1	0	0	Difference	Mung beans	100	340	24	60	2	0	0	Difference
Besan cake	100	412	20	47	15	4	200	65	Besan cake	100	412	20	47	15	4	200	170
	1000	4713	154	442	266	153	708			1000	4624	183	417	266	101	1089	
A-750/3535	Weight (grs.)	Calories (2,250)	Protein (113)	Carbs (309)	Fat (63)	Sugar (84)	Sodium (2300)mg	0.75	B-750/3468	Weight (grs.)	Calories (2,250)	Protein (113)	Carbs (309)	Fat (63)	Sugar (84)	Sodium (2300)mg	
Whey powder	75	269	52	8	5	2	269	Protein	Whey powder	75	269	52	8	5	2	269	Protein
Chocolate	75	405	5	45	23	38	53	462	Cacao nibs	75	348	11	27	32	3	0	549
Figs	75	221	2	53	0	40	0	Carbs	Dryied mango	75	275	0	65	0	38	0	Carbs
Prunes	75	188	2	49	0	29	0	1326	Dried apricots	75	185	2	41	0	27	0	1251
Coconut oil	75	647	0	0	65	0	0	Fat	Olive oil	75	663	0	0	75	0	2	Fat
Macadamia nuts	75	539	6	11	57	4	4	1796	Sunflower kernel	75	438	16	15	38	2	7	1796
Peanuts	75	425	20	12	37	0	56	Total	Peanut butter	75	457	18	17	35	1	390	Total
Phoa	75	270	6	60	2	0	0	3584	Basmati rice	75	270	6	60	2	0	0	3596
Barley	75	264	8	59	1	0	0	Difference	Mung beans	75	255	18	45	2	0	0	Difference
Besan cake	75	309	15	35	11	3	150	49	Besan cake	75	309	15	35	11	3	150	128
	750	3535	116	332	200	115	531			750	3468	137	313	200	76	817	
A-500/2357	Weight (grs.)	Calories (2,250)	Protein (113)	Carbs (309)	Fat (63)	Sugar (84)	Sodium (2300)mg	0.5	B-500/2312	Weight (grs.)	Calories (2,250)	Protein (113)	Carbs (309)	Fat (63)	Sugar (84)	Sodium (2300)mg	
Whey powder	50	179	35	6	3	2	179	Protein	Whey powder	50	179	35	6	3	2	179	Protein
Chocolate	50	270	4	30	15	25	35	308	Cacao nibs	50	232	7	18	22	2	0	366
Figs	50	147	2	36	0	27	0	Carbs	Dryied mango	50	184	0	44	0	25	0	Carbs
Prunes	50	125	2	33	0	19	0	884	Dried apricots	50	123	2	27	0	18	0	834
Coconut oil	50	431	0	0	44	0	0	Fat	Olive oil	50	442	0	0	50	0	1	Fat
Sunflower kernel	50	359	4	7	38	3	3	1197	Macadamia nuts	50	292	11	10	26	2	5	1197
Peanuts	50	284	13	8	25	0	38	Total	Peanut butter	50	305	12	11	24	1	260	Total
Phoa	50	180	4	40	1	0	0	2389	Basmati rice	50	180	4	40	1	0	0	2397
Quick oats	50	176	5	39	1	0	0	Difference	Couscous	50	170	12	30	1	0	0	Difference
Barley	50	206	10	24	8	2	100	33	Mung beans	50	206	10	24	8	2	100	85
	500	2357	77	221	133	77	354			500	2312	92	209	133	51	545	