

WEEK 3 CLASSIC 2000 calorie plan

DAY 1

TOTAL MACROS

Protein: 131.8g
Carb: 174.1g
Fat: 106.8g
Fibre: 61.5g
Net Carb: 112.6g
Sugar: 73g
Calories: 1992

PRE-BREAKFAST -1 glass (500ml) of room temperature with lemon

MEAL #1 - Coconut Bliss Smoothie + Shredded Coconut Topping (2 tbsp)

MEAL #2 - Tropical BBQ Chicken Salad + Bone Broth (1 cup)

MEAL #3 - Hummus & Veggies + Fire Shot + Protein Bar + Nut Butter Dessert (1 tsp)

MEAL #4 - Beef Fajitas + Kimchi + Avocado (100g) + Steamed Broccoli & Butter

DAY 2

TOTAL MACROS

Protein: 127.9g
Carb: 196.2g
Fat: 98.4g
Fibre: 67.5g
Net Carb: 128.7g
Sugar: 84.4g
Calories: 1991

PRE-BREAKFAST - 1 glass (500ml) of room temperature or warm water + 2 tbsp apple cider vinegar

MEAL #1 - Lyza's Chia Almond Shake + Shredded Coconut Topping (2 tbsp)

MEAL #2 – Beef Fajitas + Kimchi + Avocado (100g) + Steamed Broccoli & Butter

MEAL #3 - Hummus & Veggies + Fire Shot + Protein Bar

MEAL #4 - Tropical BBQ Chicken Salad + Bone Broth (1 cup) + Nut Butter Dessert (1 tsp)

DAY 3

TOTAL MACROS

Protein: 142.1g
Carb: 128.2g
Fat: 116.3g
Fibre: 71.1g
Net Carb: 57.1g
Sugar: 30.6g
Calories: 1994

PRE-BREAKFAST -1 glass (500ml) of room temperature with lemon

MEAL #1 - Coconut Bliss Smoothie + Shredded Coconut Topping (2 tbsp)

MEAL #2 - Chicken Collard Wrap + Steamed Broccoli & Butter + Bone Broth (1 cup)

MEAL #3 - Tropical Chia Pudding + Nut Butter (2 tsp)

MEAL #4 - Beef Fajitas + Kimchi + Avocado (100g) + Steamed Broccoli & Butter + Protein Bar

DAY 4

TOTAL MACROS

Protein: 149.2g
Carb: 162.6g
Fat: 92.9g
Fibre: 70.3g
Net Carb: 92.3g
Sugar: 46.1g
Calories: 1989

PRE-BREAKFAST - 1 glass (500ml) of room temperature or warm water + lemon

MEAL #1- Lyza's Chia Almond Shake

MEAL #2 - Burger Meal (2 burgers + Vitality Salad + Baked Potatoes) + Sauerkraut

MEAL #3 - Tropical Chia Pudding

MEAL #4 - Chicken Collard Wrap + Steamed Broccoli & Butter + Kimchi + Protein Bar

DAY 5

TOTAL MACROS

Protein: 152.1g

Carb: 134.5g
Fat: 101.3g
Fibre: 58.6g
Net Carb: 75.9g
Sugar: 33.7g
Calories: 1990

PRE-BREAKFAST - 1 glass (500ml) of room temperature or warm water + 2 tbsp apple cider vinegar

MEAL #1 - Coconut Bliss Smoothie

MEAL #2 – Chicken Collard Wrap + Steamed Broccoli & Butter + Bone Broth (1 cup)

MEAL #3 - Tropical Chia Pudding

MEAL #4 - Burger Meal (2 burgers + Vitality Salad + Baked Potatoes) + Protein Bar

DAY 6

TOTAL MACROS

Protein: 149.9g
Carb: 183.6g
Fat: 88.4g
Fibre: 50.7g
Net Carb: 132.9g
Sugar: 79.3
Calories: 1994

PRE-BREAKFAST - 1 glass (500ml) of room temperature or warm water + chlorophyll

MEAL #1 - Veggie Omelette + Avocado (30g) + Kimchi

MEAL #2- Burger Meal (2 burgers + Vitality Salad + Baked Potatoes) + Sauerkraut

MEAL #3 - Hummus & Veggies + Fire Shot + Protein Bar

MEAL #4 - Tropical BBQ Chicken Salad + Bone Broth (1 cup)

DAY 7

TOTAL MACROS

Protein: 139.9g
Carb: 161.5g

Fat: 95.6g
Fibre: 53.9g
Net Carb: 107.6g
Sugar: 49g
Calories: 1990

PRE-BREAKFAST - 1 glass (500ml) of room temperature or warm water + lemon
MEAL #1- Strawberry Cashew Protein Waffles
MEAL #2 - Chicken Collard Wrap + Steamed Broccoli & Butter
MEAL #3 - Hummus & Veggies + Fire Shot + Protein Bar
MEAL #4 - Burger Meal (2 burgers + Vitality Salad + Baked Potatoes) + Sauerkraut

GROCERY LIST - 2000

All produce to be organic when possible

<u>PRODUCE</u>	<u>QUANTITY NEEDED FOR RECIPES</u>
Avocados	5
Baby Spinach	8 cups
Basil leaves	4
Bell Peppers (red)	2
Bell Peppers (green)	1
Broccoli	7 cups, fresh or frozen
Broccoli sprouts	1 cup

Cantaloupe	150g
Cherry Tomatoes	600g
Cilantro	1 bunch
Collard leaves	4 large leaves
Cucumber	1
Ginger	
Jalapeño pepper	3
Kale	4 cups
Lemon	4
Mango	120g
Mixed Veggies	4 cups to eat with hummus (celery, carrot, cucumber etc.)
Mushrooms	30g, sliced
Onion, red	2
Oranges	8 OR 1 cup fresh squeezed orange juice
Pineapple	120g
Romaine Hearts	1 bunch
Spring mix	3 cups
Strawberries	190g
Sunflower Sprouts	4 cups
Watermelon	200g
Potato (white or sweet potato)	4 potatoes - 100g each

All animal products to be organic

<u>PROTEIN</u>	<u>QUANTITY</u>
Chicken, breasts	28oz total - 4oz each (approx. 7 breasts)
Beef strip loin, lean, grass fed	12oz total - 4oz each (approx. 3 cuts)
Burgers (chicken, turkey, bison or fish)	8 patties - from healthy butcher or supermarket
Eggs, organic, free run (whole)	1 dozen
Protein powder - Vanilla	1 tub
Protein bar	7

<u>FATS</u>	
Butter <u>or</u> Ghee, organic	1 stick or 1 jar
Cashew nuts, unsalted	1 cup
Chia seeds, black or white	8 tbsp
Coconut Oil, extra virgin, cold pressed (glass bottle preferred)	1 bottle
Coconut Oil spray (non-aerosol)	1 bottle
Coconut butter (coconut mana)	1 jar
Extra virgin olive oil, cold pressed	1 bottle
Hemp hearts	3 tbsp

Nut & Seed Butter organic such as:

Almond	
Cashew butter	2 tsp
Hazelnut etc.	
Peanut (must be organic)	
Pumpkin Seeds	4 tsp
Shredded Coconut, unsweetened	6 tbsp
Sunflower Seeds	4 tsp

CONDIMENTS

Apple Cider Vinegar	1 bottle
Bone Broth	4 cups
Braggs Aminos or Wheat Free Tamari Sauce	1 bottle
Coconut water	1 bottle
Honey Dijon Mustard	1 bottle
Hot Sauce, sugar free, gluten free (Sririacha, Tabasco, Frank's Red Hot)	1 bottle
Hummus, regular or spicy	2 tubs
Ketchup, organic	1 bottle
Liquid Chlorophyll - mint flavour	1 bottle
Maple syrup, organic	1 bottle
Mayonnaise, sugar free	1 jar
Organic Honey, raw, unpasteurized	1 jar
Tomato Paste	2 jars
Non dairy milk (almond, cashew, coconut)	1 cups

MISCELLANEOUS

Maca Root Powder

PANTRY & SPICES - dried

Baking Powder	1/2 tsp
Black pepper	
Cardemom, ground	1.5 tsp
Cayenne pepper	
Chilli flakes or powder	
Cinnamon, organic	
Coriander, ground	
Cumin powder	
Garlic powder	
Paprika	
Rosemary	
Sage, ground	
Sea Salt - Celtic sea salt <u>or</u> Pink Himalayan salt	
Tapioca flour	1/4 cup
Thyme	
Turmeric powder or root	
Spice mixes, natural gluten free, sugar free such as: Flavour God, Hot Mommas or Mrs.Dash etc.	
Vanilla extract	

MEAL PREP RECIPES

1. WATER

2L Watermelon & Basil Infused Water - *Make large batch - should last 2 days*

2. CHICKEN

BBQ Chicken

Herbed Chicken

Chicken Collard Wraps

3. GROUND MEAT

Burger Meal (your choice of bison, chicken, turkey, fish)

4. SALADS

Tropical BBQ Chicken Salad

Vitality Salad

5. BEEF

Beef Fajitas

6. SUPER FOODS & SNACKS

Fire Shot

Tropical Chia Pudding

Hummus & Veggie Sticks

PREPARE FRESH (day of)

7. SMOOTHIES

Lyza's Chia Almond Shake

Coconut Bliss Smoothie

8. VEGGIES

Baked Potatoes

Steamed Broccoli & Butter

9. MAIN MEALS - weekend

Strawberry Cashew Protein Waffles - *this can also be made into pancakes if you dont have waffle maker*

Veggie Omelette

STORE BOUGHT (macros info only)

Almond Butter

Avocado

Bone Broth

Coconut (shredded, unsweetened)

Hummus

Kimchi (spicy palate)

Low-carb chicken burger

Protein Bar

Sauerkraut (mild palate)

MEAL PREP RECIPES

1. **INFUSED WATER**

WATERMELON & BASIL INFUSED WATER - makes 2L

50g organic watermelon, thinly sliced (include rind if it is small, otherwise discard)

4 large basil leaves, crushed

INSTRUCTIONS

Use two 1L mason jars and divide ingredients evenly in each

Pour filtered water into jars

Allow flavours to develop for at least 2 hours

Mixture should last 2 days

2. **CHICKEN**

BBQ CHICKEN

3 chicken breasts

Sauce - makes 3 servings (6 tbsp), 1 serving = 2 tbsp

6 tbsp organic tomato paste

6 tbsp apple cider vinegar

1/2 tsp sea salt

1/2 tsp garlic powder

1/2 tsp paprika

1/2 tsp black pepper

1 tbsp honey

**option to use low sugar, gluten free prepared BBQ sauce that fits macros*

INSTRUCTIONS

Pre-heat oven to 350 degrees

Combine all of the ingredients (except chicken) in bowl and whisk until well blended

Place chicken in a lined baking pan and baste with half of BBQ sauce mixture

Use other half for more basting

Bake for 45 minutes or until meat thermometer shows chicken is cooked to 165 degrees

Baste with remaining BBQ sauce

Serve with *Tropical Salad*

MACROS - 1 chicken breast with 2 tbsp of sauce

Protein: 26.5g
Carb: 35.1
Fat: 1.7g
Fibre: 3.8g
Net Carb: 31.3g
Sugar: 26.8g
Calories: 252

HERBED CHICKEN BREAST – 4 servings (4oz each breast)

4 chicken breasts

1 tsp rosemary

1 tsp thyme

1 tsp sea salt

1 tsp black pepper

**option to use prepared spice mixes in grocery list*

200g cherry tomatoes, halved

2 tbsp olive oil

INSTRUCTIONS

Pre-heat oven to 350 degrees

Mix spices, oil and tomatoes and season chicken ensuring to coat it thoroughly

Place seasoned chicken in baking pan

Bake for 45 minutes or until meat thermometer shows chicken is cooked to 165 degrees

MACROS

Protein: 26.5g
Carb: 2.3g
Fat: 8.4g
Fibre: 0.7g
Net Carb: 1.6g
Sugar: 1.3g
Calories: 191

CHICKEN COLLARD WRAP

1 large collard or 2 small ones

4oz chicken breast, thinly sliced

30g avocado sliced into long thin strips

1 tbsp mayo

1 tbsp spicy hummus
1/4 of cucumber sliced into long thin strips
1/4 cup sunflower sprouts
100g cherry tomatoes, halved

Hot sauce to taste

INSTRUCTIONS

Wash collard and cut the end of the stem - you can also cut down the length of the stem to the stem to make it less bulky.

(Optional – lightly steam collard if you have trouble digesting raw veggies)

Spread mayo and hot sauce on the collard.

Add all other ingredients and wrap. If you're not sure how to wrap it properly, you can YouTube it

MACROS

Protein: 29.2g
Carb: 13.3g
Fat: 15.7g
Fibre: 5.7g
Net Carb: 7.6g
Sugar: 3.5g
Calories: 315

3. GROUND MEAT

*The Burger Meal recipe is made using store bought healthy burgers - you can choose from **chicken, turkey, bison or fish**. This is meant for those that don't have a lot of time for cooking but want to be healthy without spending too much time and brain power. You can also use a healthy burger recipe (without bread crumbs) if you prefer to make from scratch*

LOW CARB CHICKEN BURGER

2 gluten free, organics burger bought from a healthy butcher or health food store

MACROS - 2 chicken burger (4oz)

Protein: 44g
Carb: 5g
Fat: 18g
Fibre: 0g
Net Carb: 5g
Sugar: 4g
Calories: 360

BURGER MEAL

2 gluten free, organic burgers bought from a healthy butcher or health food store

1 tbsp organic ketchup

1 tbsp hot sauce

100g sweet potato or regular potato

Vitality Salad

INSTRUCTIONS

Bake chicken burger in the oven at roughly 375 or follow package suggestion.

Serve with *Vitality Salad & Baked Potato* - top with ketchup and hot sauce

MACROS - based on 1 **chicken** burger (4oz), Vitality Salad and Baked Potato

Protein: 54.4g
Carb: 51.2g
Fat: 42.1g
Fibre: 9.9g
Net Carb: 41.3g
Sugar: 19.1g
Calories: 765

4. SALADS

TROPICAL BBQ CHICKEN SALAD – 1 serving

1 cups baby spinach
1 cup mixed greens
50g sliced cantaloupe
50g sliced watermelon
30g sliced strawberries
1/4 cup cashews
4oz BBQ chicken (from meal prep)
Dressing - or option to use low carb/sugar dressing
1 tsp honey dijon mustard
2 tsp olive oil
2 tbsp lemon juice

INSTRUCTIONS

Combine mixed greens, cantaloupe, watermelon, berries & cashews in mason jar

Top with BBQ chicken breast from meal prep

Pour dressing and combine well when ready to eat

MACROS

Protein: 33g
Carb: 58.5g
Fat: 18g
Fibre: 8.5g
Net Carb: 50g
Sugar: 37g
Calories: 482

VITALITY SALAD – 1 serving

1 cup baby spinach
1 cup kale, chopped
¼ cup sunflower sprouts
¼ cup broccoli sprouts

100g red onion, sliced
1 tsp pumpkin seeds
1 tsp sunflower seeds

Dressing

2 tbsp lemon juice
1 tbsp Braggs Aminos
2 tsp olive oil

INSTRUCTIONS

Place spinach, kale, sprouts, onion and seeds into your mason jar
Whisk lemon juice, Braggs Aminos and olive oil dressing and pour into your mason jar

MACROS

Protein: 8.4g
Carb: 25.5g
Fat: 12.9g
Fibre: 6.6g
Net Carb: 18.9
Sugar: 6.7g
Calories: 215
5. BEEF

BEEF FAJITAS -1 serving

4oz beef tenderloin, sliced into thin strips
1 tbsp lemon juice
1/2 tsp cumin powder
1/2 tsp chilli powder or flakes
1/2 tsp garlic powder
1/4 tsp sea salt
1/4 tsp paprika
1/2 tsp ground coriander
1/2 tsp black pepper
1 tbsp coconut oil
1 jalapeño pepper
1/2 cup red onion, sliced
1/2 cup red bell pepper, seeded and sliced
1/2 cup green pepper, seeded and sliced
2 tbsp chopped cilantro, for garnish (optional, but delicious)

INSTRUCTIONS

Combine beef, lemon juice, chilli powder, cumin, garlic powder, salt, paprika, coriander and black pepper in a large bowl or zip lock baggie
Toss well and make sure to coat the chicken in the spice mixture
This can be done ahead of time and refrigerated for up to a few hours or you can cook it right away

Prep Tip - make ahead of time and freeze using a freezer bag for a go-to ready meal!

Add 1/2 tbsp of oil to a large cast iron skillet and heat over high heat

Add beef to the pan and cook for 1-2 minutes per side

Remove the cooked beef and place in a side bowl

Add the remaining half of the oil to the same skillet and decrease the heat to medium

Add onion and bell peppers, stirring constantly until cooked through, about 5-7 minutes

Turn off the heat and add cooked beef back to the skillet for serving

Adjust seasoning with salt and pepper then garnish with chopped cilantro

MACROS

Protein: 27.2g
Carb: 24.8g
Fat: 22.7g
Fibre: 6.7g
Net Carb: 18.1g
Sugar: 11.9g
Calories: 365

6. SUPER FOODS & SNACKS

FIRE SHOT -1 serving; best if consumed within 20 minutes of blending or juicing

2 tbsp apple cider vinegar
1 tsp raw honey
¼ cup orange juice (freshly squeezed or bought)
½ Lemon squeezed
1/8 tsp cayenne pepper
½ cup water
½ a tsp turmeric powder or 1 inch fresh turmeric root (if you can get it)
1 tsp minced fresh ginger root

INSTRUCTIONS

Squeeze the lemon ½ lemon (I have a \$20 electric lemon juicer that I use all time, I highly recommend getting one of these).

Squeeze 2 oranges or use ready made orange juice

Add ginger root and turmeric root into blender (I use my magic bullet) with ½ cup water

Pour into cup and add all other ingredients and mix

MACROS - 1 serving

Protein: 0.7g
Carb: 15.02g
Fat: 0.39g
Fibre: 0.65g
Net Carb: 14.37g
Sugar: 12.11g
Calories: 62

TROPICAL CHIA PUDDING

1/2 scoop vanilla protein powder
1 cup unsweetened coconut milk
2 tbsp chia seeds
1 tsp vanilla extract
1/4 tsp cinnamon
1/4 tsp cardamom
40g pineapple
40g mango
Water (if needed)

INSTRUCTIONS

Combine coconut milk, pineapple & mango in a blender or food processor and blend until smooth

In a smaller mason jar, combine protein powder, chia seeds, spices, vanilla extract and blended fruit/coconut milk mixture

Stir until fully combined, add a bit of water if it is too thick

Cover and refrigerate for a few hours or overnight

MACROS

Protein:	15.7g
Carb:	24.3g
Fat:	11.5g
Fibre:	12.5g
Net Carb:	11.8g
Sugar:	3.9g
Calories:	260

PREPARED FRESH RECIPES

7. SMOOTHIES

General Smoothie Instructions

Place all the ingredients in a blender (except protein powder) and blend at high speed until smooth. Add protein at the end and blend for a few seconds only

*Aim between 25-30g protein per scoop**

LYZA'S CHIA ALMOND SHAKE

- 1 scoop vanilla protein powder
- 1 tbsp almond butter
- 1 tsp pure organic maple syrup
- 1 tbsp chia seeds
- 1 tsp maca root powder
- 1/2 tsp cinnamon
- 1/4 cup chopped kale
- 2 hearts of romaine leaves
- 1/2 cup coconut water
- 1/2 cup vanilla almond milk
- 3 ice cubes

MACROS

Protein:	26.9g
Carb:	38.8g
Fat:	12.9g
Fibre:	14.5g
Net Carb:	24.3g
Sugar:	15.6g
Calories:	366

COCONUT BLISS SMOOTHIE

1 scoop vanilla protein - whey isolate or vegan

1 tbsp coconut butter (also called coconut mana)

1/2 tsp organic cinnamon

1 tbsp hemp hearts

1 cup coconut, almond or cashew milk (unsweetened) + 1 cup of water (depending on desired texture)

MACROS

Protein: 30.8g
Carb: 16.7g
Fat: 21.3g
Fibre: 8.5g
Net Carb: 8.2g
Sugar: 4.2
Calories: 367

8. VEGGIES

BAKED POTATO

1 sweet potato or Yukon Gold/Red Skin Potato - 100g
1/2 tsp sea salt
1 tbsp organic butter or ghee

INSTRUCTIONS

Line bottom rack of your oven with tin foil (this will catch any syrup that leaks from the potato)
Prick potatoes 2-3 times with a fork and place on the tin foil in the center of the oven
Set oven to 425 degrees
Bake for 45 minutes or until potatoes are soft
When cook time has finished, turn off oven and leave potatoes in to rest for additional 30-45 minutes - this prevents dryness and gives you delicious tender potatoes.

MACROS - 100g (1/2 cup)

Protein: 2g
Carb: 20.7g
Fat: 11.2g
Fibre: 3.3g
Net Carb: 17.4g
Sugar: 8.4g
Calories: 190

STEAMED BROCCOLI & BUTTER

1 cup broccoli
1 tsp organic butter
Pinch of sea salt & pepper to taste

INSTRUCTIONS

Lightly steam broccoli and top with butter, salt and pepper

MACROS - 1 cup

Protein: 2g
Carb: 4g
Fat: 3.7g
Fibre: 2g
Net Carb: 2g
Sugar: 1
Calories: 58

9. MAIN MEALS

VEGGIE OMELETTE- 1 serving

2 whole organic eggs
3 organic egg whites
1 cup chopped spinach
30g button mushrooms, sliced
30g red bell pepper, sliced
1/4 tsp sea salt
1/4 tsp black pepper
Coconut oil spray

INSTRUCTIONS

Spray pan with coconut oil and heat pan on low-medium heat
Cook mushrooms, peppers & spinach until semi-soft
Remove cooked veggies and set aside
Beat eggs well and pour into the pan and allow them to cook that side
Once ready, add veggies in the middle of the egg and fold over them
Press down with your spatula and let cook for about a minute

MACROS

Protein: 27.2g
Carb: 10.4g
Fat: 10.5g
Fibre: 3.5g
Net Carb: 6.9g
Sugar: 6.1g
Calories: 257

STRAWBERRY CASHEW PROTEIN WAFFLES - makes 2

1 scoop vanilla protein powder
100g strawberries, sliced
1 cup coconut, cashew or almond milk
1 tsp apple cider vinegar (helps to activate baking powder for extra fluff!)
1 whole egg
1 egg white
1/2 tsp cinnamon
1/4 cup coconut flour

1/4 cup tapioca flour
2 tsp cashew butter
1 tsp vanilla extract
Coconut oil spray
1/2 tsp baking powder
1/8 tsp celtic or pink himalayan sea salt

INSTRUCTIONS

Pre-heat your waffle iron

Combine non dairy milk and apple cider vinegar - let rest for 5 minutes

Whisk eggs well until smooth and add the soured milk

Add the remaining ingredients - the batter should be thin, but not watery

Spray your waffle iron to prevent sticking if necessary (you can skip this step if it non-stick)

Pour batter into waffle iron - only pour enough to cover the bottom to avoid over flowing, then close the lid

Allow batter to cook until light goes off, you are looking for a dark, golden brown and somewhat crispy waffle

Top waffles with cashew butter and sliced strawberries

MACROS - 2 waffles

Protein: 29.6g

Carb: 38g

Fat: 20.7g

Fibre: 13.7g

Net Carb: 24.3g

Sugar: 9.4g

Calories: 460

STORE BOUGHT MACROS

ALMOND BUTTER

MACROS - 1 tsp

Protein: 1.1g

Carb: 1g

Fat: 3g

Fibre: 0.5g

Net Carb: 0.5g

Sugar: 0.2

Calories: 33

AVOCADO

MACROS – 100g (1/2)

Protein: 2g
Carb: 8.5g
Fat: 14.7g
Fibre: 6.7g
Net Carb: 2g
Sugar: 0.7g
Calories: 160

BONE BROTH

MACROS - based on Pacific Organics

Protein: 9g
Carb: 0g
Fat: 0g
Fibre: 0g
Net Carb: 0g
Sugar: 0g
Calories: 35

CLASSIC HUMMUS

MACROS - 1 tbsp

Protein: 2g
Carb: 5g
Fat: 6g
Fibre: 2g
Net Carb: 3g
Sugar: 0g
Calories: 70

COCONUT- shredded & unsweetened

MACROS - 2 tbsp

Protein: 1g
Carb: 4g
Fat: 10g
Fibre: 4g
Net Carb: 0g
Sugar: 1g
Calories: 105

VEGGIES & HUMMUS

MACROS - 2 tbsp hummus + 1 cup assorted veggies

Protein: 4g
Carb: 15g
Fat: 6g

Fibre: 2g
Net Carb: 13g
Sugar: 0g
Calories: 120

KIMCHI
MACROS - 4 tbsp

Protein: 1g
Carb: 2g
Fat: 0g
Fibre: 2g
Net Carb: 0g
Sugar: 1g
Calories: 15

PROTEIN BAR - 200 calories or less, low sugar, low carb
MACROS - 1 bar (based on B-up Bar, Chocolate Chip Cookie Dough)

Protein: 20g
Carb: 25g
Fat: 7g
Fibre: 20g
Net Carb: 5g
Sugar: 2g
Calories: 190

SAURKRAUT
MACROS - 4 tbsp

Protein: 0g
Carb: 4g
Fat: 0g
Fibre: 4g
Net Carb: 0g
Sugar: 0g
Calories: 20

