

GASSD NUTRITION MACRO CHOICES MENU 2020

	ENERGY IN KJS	PROTEIN (G)	FAT (SAT) (G)	CARBS (G)	FIBRE (G)	SODIUM (MG)
WHITE MEAT - 100g						
CHICKEN BREAST	860	39.1	1.6	0	0	62
MANGO CHICKEN (THIGH)	998	24.8	7.8	2.4	0	82
CHICKEN, MUSHROOM & BACON SAUSAGE	808	27	2.9	0.3	0	288
ITALIAN PORK METBALL	813	21.6	4.2	0.6	0	67

	ENERGY IN KJS	PROTEIN	FAT (SAT)	CARBS	FIBRE	SODIUM
RED MEAT - 100g						
BBQ NEW YORK STRIPLIN	811	36.4	1.8	0	0	59
SLOW COOKED WHOLE BLADE	797	32.3	1.9	0	0	65
ASIAN BEEF BOWL	843	18.2	4.3	21.7	0	61

	ENERGY IN KJS	PROTEIN	FAT (SAT)	CARBS	FIBRE	SODIUM
VEGETARIAN - 100g						
SESAME GINGER CAULIFLOWER (G)	479	3.1	0.2	23.2	0	24
OLD SCHOOL MACARONI AND CHEESE (G) (D)	614	4.4	7.5	14.8	0	36
CHICK PEA CURRY	702	4	5.2	21.6	0	106

	ENERGY IN KJS	PROTEIN	FAT (SAT)	CARBS	FIBRE	SODIUM
LUNCH - 400g						
CHICKEN CEASAR WRAP	1066	58	14.4	64	5.2	1956
AOILI CHICKEN & SPINACH WRAP	402.8	28.6	6.2	57.8	5.3	1257
ITALIAN MEATBALL SUB	942	58	38	89	5.7	1743

	ENERGY IN KJS	PROTEIN	FAT (SAT)	CARBS	FIBRE	SODIUM
SEAFOOD - 100g						
GRILLED OCEAN PERCH	517	28.2	0.3	0	0	109
BARRAMUNDI	608	30.6	0.6	0	0	110
FRESH SALMON PORTION	1090	32.5	3.7	0	0	59

	ENERGY IN KJS	PROTEIN	FAT (SAT)	CARBS	FIBRE	SODIUM
CARBS - 100g						
BROWN RICE (STEAMED)	498	2.3	0.8	24.8	1.8	2
BASMATI RICE (STEAMED)	403	1.6	0.1	21.6	2.2	2
SWEET POTATO (STEAMED)	348	2.2	0	16.7	0	11
PASTA (G)	408	4.1	0	19	0	3
HONEY CARROTS	92	0.6	0	3.3	0	26
MASH POTATO	321	2.7	0.6	13.2	0	5
ROAST VEGETABLES	320	2.2	0	15	0	12

	ENERGY IN KJS	PROTEIN	FAT	CARBS	SUGAR	SODIUM
SAUCES - 60g						
MUSHROOM SAUCE (D)	433	1.2	4.9	5.1	0.7	252
PEPPER SAUCE	147	1	0	7.2	0.1	527
GARLIC CREAM (D)	252	1.1	3.5	1.3	1.1	8
PEANUT SATAY (D)	702	4.1	7	10.9	10.3	43
SPICY BBQ	446	0.5	0.1	24.4	22	465
SWEET CHILLI	287	0.5	0.3	11.2	8.9	794
TOMATO NAPOLITANA	140	1.6	0.1	5	3.8	40

	ENERGY IN KJS	PROTEIN	FAT	CARBS	SUGAR	SODIUM
BREAKFAST- 100g						
HEMP & COCONUT GRANOLA (G)	428	16	14	36	4	115
PLAIN OMELETTE 120G (D)	859	14.9	3.8	6.3	0.2	454
MEXICAN OMELETTE 120G (D)	645	13.9	3	0.4	0.4	308
BREKKIE WRAP - EGG, CHEESE, BACON & TOMATO RELISH (G,D)	1820	21	20	41	10	1500

	ENERGY IN KJS	PROTEIN	FAT	CARBS	SUGAR	SODIUM
PROTEIN BALL - 40g						
CHOCOLATE & PEANUT BUTTER (G) (D)	376	21	0.97	4.2	1.9	132.2
COOKIE DOUGH "DOTS" (G) (D)	432	22	1.3	4.7	2.1	147

* (G) = CONTAINS GLUTEN
(D) = CONTAINS DAIRY