

Cambridge Barre

Workout

Protein	Chicken / Turkey Breast (raw)	Turkey Burger	Egg Whites	Greek Yogurt	Whey	5% Beef Mince (raw)	White Fish (raw)	Salmon (raw)	Prawns (raw)	Other
40g double for 80g	165g	1 ½ burgers	11 or 350ml	425g	2 scoops	185g	225g	200g (count fat)	250g	2 Venison burgers
30g double for 60g	125g	1 burger	9 or 265ml	320g	1 ½ scoops	140g	165g	150g (count fat)	185g	1 Tin Tuna (130g Brine)
25g double for 50g	100g	1 burger	7 or 225ml	250g (½ Tub Fage)	1 scoop	120g	140g	120g (count fat)	150g	5 Turkey Rashers

Fats	Butter 1 teaspoon = 5g fat 1 dessert spoon = 15g fat	Coconut oil	85% Dark Choc	Almond Butter (ALWAYS use a scales!)	Cashew Nuts	Cream	Egg Yellows	Avocado	Feta	Other
20g double for 40g	25g	20g	4 squares	35g	45g (1 off season scoop)	100 ml	4	100g (½ large)	80g	100g mozzarella
15g double for 30g	20g	15g	3 squares	30g	35g (1 diet scoop)	75 ml	3	80g (1/3 large)	65g	1 tablespoon olive oil
10g half for 5g	15g	10g	2 squares	20g	20g (½ scoop)	50 ml	2	50g (¼ large)	40g	2-3 slices bacon

Carbs	Rice (raw)	White / Sweet Potatoes (raw)	Oats (raw)	Rice cakes *Jacobs	Coco pops	Blueberries, Raspberries, Strawberries (BB, RB, SB)	Pasta (raw)	Other
50g double for 100g	65g (1 scoop)	250g (1 ½ cups)	80g (2 ½ scoops)	13	60g (4 scoops)	125g BB & 125g RB (1 small pack of each) & 250g SB	70g	1 Tin light rice pudding
40g half for 20g / double for 80g	50g (¾ scoop)	200g (1 ¼ cups)	60g (2 scoops)	10	50g (3 scoops)	125g BB (1 small pack) & 250g SB	60g	2 Mixed Seed Slimbos
30g double for 60g	40g (large ½ scoop)	150g (1 cup)	50g (1 ½ scoops)	7	35g (2 scoops)	125g BB & 125g RB (1 small pack of each)	40g	2 BFree Quinoa & Chia wraps

1 scoop = My Protein Scoop. 1 cup = normal coffee cup