



Luke Randall Fitness

NUTRITION SURVIVAL GUIDE TO
CHOP'D

CALORIES AND MACRONUTRIENTS

[WWW.FACEBOOK.COM/LUKERANDALLFIT-
NESS](http://WWW.FACEBOOK.COM/LUKERANDALLFITNESS)

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

SALADS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Falafel & houmous V VG	381	18.4	37	-	6.3	19.1	2
Chicken & avocado	368	26.7	21.9	-	8.3	19.9	1.4
Parma ham & mozzarella	662	38.3	63.9	-	5.3	30	3.5
Harissa chicken & falafel	373	24.7	40.3	-	14.3	13.8	1.8
Tuna niçoise	249	28.4	21.4	-	5.3	6.2	3.1
Jerk chicken	284	20.9	36.4	-	18.7	7	1.5
Louisiana pulled pork	213	19.9	25.7	-	7.7	4.3	1.5
Roast pancetta w/ apple slaw	307	26	42.3	-	10	4.8	1
Chop'd classic cobb	421	34.6	5.5	-	4	29.3	3
Feta, sweet potato & pomegranate	340	20	41.3	-	15.6	11.8	2
Pear & stilton	438	23.7	29.8	-	10.9	25.8	1

WARM SALADS

Jerk chicken	284	20.9	36.4	-	18.7	7	1.5
Falafel & houmous	355	17.2	37.3	-	7.1	16.6	2.3
Chicken & chorizo	434	33.3	37.4	-	7.4	18	1
Pesto mac & cheese	318	4.1	23.7	-	8.1	19.4	0.4
Pulled pork & apple	292	27	40.7	-	22.8	3.6	1

WRAPS

Jerk chicken	464	22.9	67.9	-	8.1	6.6	1.1
Chicken caesar	432	23.7	61.2	-	2.3	12	1.3
Falafel & houmous	481	17	79.6	-	5.5	12.9	2

SOUPS

Vegetable gyoza small	219	7.1	38.8	-	2.3	2.9	1.1
Vegetable gyoza large	352	11.4	62.8	-	3.8	4.5	1.7
Chicken gyoza small	208	8	35.5	-	2.9	2.9	0.4
Chicken gyoza large	336	12.8	58	-	4.7	4.5	0.7
Thai salmon small	192	11.4	23.6	-	1.7	4.9	0
Thai salmon large	320	19	39.3	-	2.8	8.1	0
Chicken gumbo small	233	15.5	26.2	-	1.9	7.9	1.3
Chicken gumbo large	333	22.3	43.7	-	3.3	8.7	1.8
Sweet onion small	278	11.9	31.4	-	0	12.1	1.2
Sweet onion large	434	18.7	49.2	-	0	18.9	1.9
Chicken ramen small	165	16	12.8	-	1	5.8	0.8
Chicken ramen large	274	26.7	21.4	-	1.7	9.6	1.3
Beef & tomato small	139	16.1	16.5	-	1.4	2	0
Beef & tomato large	222	26	25.9	-	2.3	3.2	0

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Shiitake mushroom small	190	7.7	29.2	-	2	4	0.1
Shiitake mushroom large	327	13.1	51.1	-	3.9	6.8	0.4
Prawn Laksa small	274	15.1	32.1	-	2.9	8.5	1.7
Prawn Laksa large	99	26.4	63.7	-	5.4	13.4	2.7
Korean vegetable dumpling small	226	7.4	40.1	-	2.8	2.9	1.1
Korean vegetable dumpling large	348	11.5	62.1	-	4.5	4.3	1.5

STEWES

Butternut, lentil & spinach	477	21.6	70.7	-	7.7	10.7	1.4
Chicken katsu	528	28.3	66.4	-	8.3	18.8	2.5
Chilli con carne	435	26.9	43.5	-	3.4	13.4	1.7
Pulled pork & apple	437	27.8	65	-	26.2	9	1
Moroccan chicken	563	23.4	39.9	-	14.8	35.1	1.8
Grilled halloumi & aubergine	607	22.5	41.6	-	5.1	39.7	2.1
Butternut squash stew with caramelised onion	496	21.8	75.2	-	7.3	11.6	1.7

SNACK POTS

Green pot	92	8.4	6.3	-	4.2	3.7	0.9
Orange pot	274	9.8	54.3	-	16.3	3.4	0.1
Purple pot	85	5.6	15.4	-	3.4	0.6	0.6

MUESLIS

Apple & raspberry	298	6.5	52.7	-	32.1	8.2	0.1
Blueberry, kiwi & grape	237	5.1	56.4	-	35.7	5.5	0.2
Cranberry & fig	363	9.7	57	-	23.2	12.3	0.1
Mango & coconut	368	5.6	48.5	-	27.1	8.5	0

YOGHURTS

Blueberry & honey	198	9.9	45.4	-	44.4	2.1	0.4
Raspberry & almond	256	14.2	21.2	-	19.8	13.2	0.3
Honey & walnut	239	11.2	30.6	-	30.5	8.9	0.3
Mango & coconut	309	10.7	24.1	-	24.1	9.9	0.3
Stewed apple & granola yoghurt pot	212	10.6	55.3	-	30.4	1	0.1
Mixed berries & granola yoghurt pot	214	10.8	55.3	-	29.5	1.2	0.1

PROTEIN PACKS

Roast beef, broccoli & beets	244	21.1	22.1	-	12.6	9	0.4
Seared tuna, greens & beans	184	15.6	9.4	-	5	14.2	0.1
Grilled halloumi, aubergine & peppers	361	12.6	27.5	-	4.6	22.8	1.3

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DRESSINGS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Blue cheese (55ml)	242	0.5	0.8	-	0.6	24.2	0.9
Caesar (55ml)	253	3.7	0.7	-	0.5	26	0.8
French (35ml)	224	0.4	0.6	-	0.4	24.3	0.5
Sesame soy (35ml)	27	0.5	5.9	-	5	0	2.9
Thai (35ml)	28	0.7	5.7	-	5.2	0	0
Ranch (55ml)	187	1.2	1.8	-	1.6	19.4	0.5
Honey & mustard (35ml)	110	0.6	4.3	-	4.2	10	0.4
Pesto (35ml)	240	1.1	0.2	-	0	26	0.1
Mango (35ml)	223	0	3.6	-	3.6	19.1	0
Balsamic dressing (35ml)	244	0	1.5	-	1.3	26.2	0
Balsamic vinegar (35ml)	31	0	5.9	-	5.3	0	0
Lemon juice (35ml)	3	0	0.6	-	0.6	0	0
Lemon & oil (35ml)	237	0	0	-	0	26.2	0
Extra virgin olive oil (35ml)	314	0	0	-	0	34	0
Sweet chilli sauce (35ml)	72	0	17.3	-	17	0	0.8
Yoghurt & mint (35ml)	62	5.4	7.9	-	2.8	1	0