



*Luke Randall Fitness*

**NUTRITION SURVIVAL GUIDE TO**

# **ITSU**

CALORIES AND MACRONUTRIENTS

**WWW.FACEBOOK.COM/LUKERANDALLFIT-  
NESS**

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

## SUSHI

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Super Salmon '3 Ways'	653	31	62	5.5	7	31	2.1
Best of Itsu	601	26	81	5.8	10	19	2.6
Health & Happiness	584	24	66	5.7	8	25	2.2
Omega 3	572	24	54	6	8	28	1.6
Veggie Sushi Collection	561	16	82	10.3	15	18	2.6
Sushi Festival	517	21	72	3.9	8	16	1.8
Grand Slam'on	516	22	52	2.9	9	25	2.4
Eat Beautiful	494	16	77	5.1	9	12	2.3
Salmon & Avo Dragon Roll	487	15	47	5.3	9	27	1.8
Super Salmon Light	433	18	47	3.8	5	19	1.4
Mixed Sashimi	407	45	6	4.8	2	22	3.8
Salmon & Salmon	358	15	37	3.2	4	17	1.1
Salmon & Avocado Rolls	338	12	32	3.9	4	18	1.1
Veggie Dragon Roll	332	5	47	3.9	10	13	2
Chicken Teriyaki Dragon Roll	325	14	46	2.8	10	9	2.3
Crab California Rolls	322	9	38	3.9	5	15	1.9
Spicy Tuna Dragon Roll	314	13	45	2.8	9	9	2
Avo Baby Rolls	307	5	48	3.6	5	7	1.2
Salmon Sushi	265	13	32	1.2	4	9	0.8
Veggie Club Rolls	207	4	36	3.1	5	5	1.2
Salmon Sashimi	177	16	1	0.5	0	12	0.9
Salmon Threesome	133	7	16	0.6	2	5	0.4

## SALADS & WRAPS

Perfect Salmon Bento	573	28	70	5.7	11	19	2.5
Poke 'On a Bed'	558	18	68	5.5	9	23	2.4
Chicken Teriyaki 'On a Bed'	516	24	78	4.5	16	11	4.2
Quinoa Falafel & Greens Tokyo Wrap	486	10	58	8.2	15	24	1.6
Salmon Teriyaki 'On a Bed'	477	19	71	3.5	15	12	3.2
Perfect Chicken Bento Salad	462	33	46	8.4	13	15	2.2
Satay Chicken Tokyo Wrap	455	27	46	4.5	6	18	1.4
Salmon Teriyaki Tokyo Wrap	443	19	50	4.1	11	19	1.7
Hoisin Duck Tokyo Wrap	426	21	58	5.1	19	13	2.9
Spicy Pork Tokyo Wrap	405	21	47	5	10	15	1.4
Humble Warrior	401	14	49	9.3	10	16	1.7
Chicken & Avo Low Carb Salad	359	22	27	7.2	10	17	1.4
Omega-3 Poke Zero Salad	356	20	8	8.8	4	26	0.9
Pandamania	314	15	47	3	5	7	1.5
Poached Miso Salmon Zero Salad	300	18	16	6.7	10	17	1.8
Detox Greens Zero Salad	286	9	14	8.1	9	20	1.7
Lean Satay Chicken Zero Salad	259	24	13	8	9	10	1.9

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## HOT

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Chicken Thai Rice Bowl	711	31	91	6.4	7	30	2.5
Korean BBQ Pork Rice Bowl	704	34	92	6.7	7	28	2.1
Quinoa Falafel & Veg Rice Bowl	684	17	110	9.9	12	26	2.6
I'thai Udon Noodles (no broth)	637	14	65	9.2	9	35	3.1
Chicken Teriyaki Rice Bowl	580	30	94	5.5	13	14	2.4
Chilli Chicken Udon	510	31	67	5.9	13	13	4.1
Laksa Pork Pot Soup	487	21	48	4.1	9	26	2.2
Coconut Chicken Pot Soup	468	19	42	3.6	5	27	2.2
Thai Coconut Veggie Pot Soup	458	11	45	3.9	5	28	1.7
Veggie Gyoza Udon	437	17	67	5.9	13	10	4.1
Chargrilled Chicken Udon	434	29	53	4.8	5	12	2.8
Pulled Pork Teriyaki Udon	430	31	56	6.2	8	9	4.1
Katsu Chicken Pot Soup	297	19	40	3.7	6	9	2.7
8 Pork & Apple Gyoza	296	13	35	3.4	5	11	1.6
8 Chicken & Spring Onion Gyoza	251	13	33	2.1	4	7	1.3
The Chicken Noodle Soup	243	15	25	2.1	3	9	1.8
10 Vegetable Fusion Gyoza	240	13	39	3.4	3	5	0.8
King Prawn Gyoza	174	6	25	2.2	3	5	0.8
Detox Noodle Soup	157	7	26	1.7	5	3	2.8
Miso Soup	49	3	2	0.8	5	2	2.7

## SIDES & SNACKS

Crushed Coconut & Choc Oishli Bar	293	2	15	4.9	11	25	0.1
White Chocolate Dream	293	2	20	0.2	20	23	0.4
Lemon Zinger	234	1	21	0.2	19	16	0.1
Chocolate Mousse	225	2	15	1.5	15	17	0.1
Toasted Sesame Oishli Bar	205	5	16	1.9	13	14	0
Pick n Mix	195	6	14	2.9	14	12	0
ROasted Almond & Seeds Oishli Bar	187	5	15	2.2	11	12	0
Cocoa Butter Brownie Oishli Bar	185	2	20	1.2	16	11	0.2
Raw Chocolate Pie	167	1	13	0	3	14	0.4
Honey Cashews	167	4	14	0.7	8	10	0
Chocolate Edamame	152	4	14	2.4	14	8	0.1
Bean Good	150	10	13	3.6	2	6	0.3
Pumpkins on Parade	144	8	3	1	0	11	0.1
Almond Milk Raspberry Yoghurt	139	2	10	1.4	6	10	0.1
Little Salted Caramel Pot	127	1	17	1.4	13	6	0.2
Coconut Crunch	121	1	4	2.7	1	11	0.2
Mini Corn Cakes (Any Flavour)	118	2	17	0.6	6	5	0.1
Hawaii 5.0 Fruit Cup	113	2	24	2.8	24	1	0.1
Wasabi Peas	111	4	18	1.8	4	2	0.6
Little Choc Pot	100	1	11	0.4	9	6	0
Edamame	100	9	4	3.9	2	5	0.3
Prawn Crackers (Any Flavour)	97	0	13	0.1	2	5	0.5
Beef Twerky	97	12	9	0.2	7	2	1.3

1-200 CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Broccoli with Satay Sauce	83	4	3	2	2	5	0.2
Rice Cakes (Any Flavour)	83	1	11	0.5	5	4	0
Crispy Seaweed (Any Flavour)	22	2	1	0.7	0	1	0.3

201-300 CAL

## DRINKS

301-400 CAL

Fruit Superseed Beauty Smoothie	370	6	64	7.7	54	10	-
Raw Fruitfix Beauty Smoothie	261	3	60	5	55	1	-
Raw Veg Cleanse Beauty Smoothie	175	3	16	3.5	13	2	-
Apple Press	120	0	30	0	37	0	-
Orange Press	118	2	27	0.8	23	0	-
Veg Press	113	3	15	2.8	13	4	-
Detox 2: Beetroot	78	1	19	0	18	0	-
Detox 3: Carrot	70	1	16	0	16	0	-
Elder/Ginger/Lemon Low	65	0	14	0	10	0	-
Itsu Cranberry & Elderflower Water	60	1	14	0	14	0	-
Itsu Tangy Lemon Water	60	0	14	0	14	0	-
Detox Zinger	58	1	14	0	12	0	-
Ginger Detox Super Tonic	56	1	13	0.5	13	1	-
Cayenne Pepper, Lemon Super Tonic	53	1	12	0.5	12	1	-
Berry/Melon Low	35	0	7	0	5	0	-
Passion Fruit, Pineapple Super Tonic	33	1	7	0.5	7	1	-
Goji, Mandarin & Lime Super Tonic	33	2	6	0.6	6	1	-
Zen Water (Any Flavour)	3	0	0	0	0	0	-
Itsu Still Water	0	0	0	0	0	0	-

401-500 CAL

501+ CAL