## FOODS HIGH IN CALORIES BUT LOW IN PROTEIN













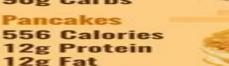




#### **Breakfast Cereal**

376 Calories 4g Protein 0g Fat 90g Carbs

100g Carbs



# Honey & Syrup 136 Calories Og Protein Og Fat 34g Carbs





#### Rice

196 Calories 4g Protein 0g Fat 45g Carbs

### Avocado

262 Calories 3g Protein 22g Fat 13g Carbs

#### Granola

268 Calories 5g Protein 12g Fat 35g Carbs



273 Calories 10g Protein 1g Fat 56g Carbs

#### Waffles

606 Calories 12g Protein 22g Fat 90g Carbs

#### Sugar

104 Calories Og Protein Og Fat 26g Carbs

#### **Dried Fruit**

244 Calories 1g Protein Og Fat 60g Carbs

#### Potatoes

116 Calories 3g Protein 0g Fat 26g Carbs

#### Oils

252 Calories Og Protein 28g Fat Og Carbs

#### **Pretzels**

226 Calories 5g Protein 2g Fat 47g Carbs

#### **Dark Chocolate**

220 Calories 2g Protein 12g Fat 26g Carbs

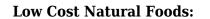






# **Low Cost Natural Foods**

**DJ Losen** 



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