

# FOODS HIGH IN CALORIES BUT LOW IN PROTEIN



## Breakfast Cereal

376 Calories  
4g Protein  
0g Fat  
90g Carbs



## Pancakes

556 Calories  
12g Protein  
12g Fat  
100g Carbs



## Honey & Syrup

136 Calories  
0g Protein  
0g Fat  
34g Carbs



## Jams & Jellies

104 Calories  
0g Protein  
0g Fat  
26g Carbs



## Plantains

244 Calories  
1g Protein  
0g Fat  
60g 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



## Bagels

273 Calories  
10g Protein  
1g Fat  
56g Carbs



## Waffles

606 Calories  
12g Protein  
22g Fat  
90g Carbs



## Sugar

104 Calories  
0g Protein  
0g Fat  
26g Carbs



## Dried Fruit

244 Calories  
1g Protein  
0g Fat  
60g Carbs



## Potatoes

116 Calories  
3g Protein  
0g Fat  
26g Carbs



## Oils

252 Calories  
0g Protein  
28g Fat  
0g 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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