



FOOD	WEIGHT	HANDY MEASURE
Beef, Lamb or Pork	75g	2 medium slices
Turkey or Chicken	75g	1 small piece of breast
Grilled Fish	100g	1 small fillet
Salmon, Tuna, Sardines	100g	1 small tin
Eggs		3 medium
Cheddar Cheese	75g	2 matchbox size pieces
Cottage Cheese	100g	4 tablespoons
Skimmed Milk	600ml	1 pint
Greek Yoghurt	150g	4 tablespoons
Black Beans	375g	1 tin
Tofu	150g	1 handful
Almonds	100g	2 handfuls
Quorn Mince	150g	Large handful