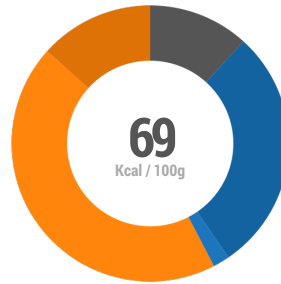


Green Machine

By Shane Loughlin from Culinary Nutrition Consulting

Overview ...

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CALORIES:

30.7% Carbs

11.7% Protein

57.6% Fat

Food Labelling...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 399G SERVING	%RI
Energy(Kj)	310 ^{kJ}	4%	1237 ^{kJ}	15%
Energy(Kcal)	74 ^{kcal}	4%	297 ^{kcal}	15%
Fat	4.4 ^g	6%	18 ^g	26%
<i>of which saturates</i>	1 ^g	5%	4.1 ^g	21%
Carbohydrate	5.4 ^g	2%	22 ^g	8%
<i>of which sugars</i>	5 ^g	6%	20 ^g	22%
Fibre	1.7 ^g	7%	6.8 ^g	27%
Protein	2 ^g	4%	8.1 ^g	16%
Salt	0.04 ^g	1%	0.18 ^g	3%

CONTAINS:



Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 3% RI	Saturated Fat 5% RI	Vitamin A (ret eq) 7% RI
Energy(Kj) 3% RI	Monounsaturated fat 8% RI	Retinol
69kcal	<i>cis-Mono</i>	Carotene
289kJ	Polyunsaturated fat 5% RI	Vitamin D
Macronutrients	<i>Omega3(n-3)</i> 11% RI	Vitamin E 6% RI
Carbohydrate 2% RI	<i>Omega6(n-6)</i> 1% RI	Vitamin K ₁ 79% RI
Protein 4% RI	<i>cis-Poly</i>	Thiamin (B ₁) 7% RI
Fat 6% RI	Trans-fatty acids	Riboflavin (B ₂) 9% RI
Water	Cholesterol	Niacin total (B ₃) 6% RI
Water from Drinks	Minerals & trace elements	Niacin 4% RI
Alcohol (0% ABV)	Sodium 1% RI	Tryptophan
Carbohydrate	Potassium 16% RI	Pantothenic Acid (B ₅) 8% RI
Starch	Chloride 6% RI	Vitamin B ₆ 9% RI
Oligosaccharide	Calcium 8% RI	Folates (B ₉) Total 22% RI
Fibre 7% RI	Phosphorus 7% RI	Vitamin B ₁₂ 1% RI
NSP	Magnesium 8% RI	Biotin (B ₇) 3% RI
Sugars 6% RI	Iron 5% RI	Vitamin C 29% RI
Glucose	Zinc 4% RI	Other
Galactose	Copper 10% RI	GI (estimated)
Fructose	Manganese 14% RI	GL
Sucrose	Selenium 2% RI	
Maltose	Iodine 7% RI	
Lactose		

Recipe Ingredients ...	Quantity:	Description:
Strawberries, frozen	80g	
Spinach, baby, raw	80g	1x NHS Serving (1 cereal bowl)
Avocado, average, flesh only	70g	1x NHS serving (1/2 Avocado)
Yogurt, whole milk, plain	50g	0.3x Larger pot
Citrus orange fruit, soft/easy peelers, flesh only	60g	1x medium
Flax Seed (milled or whole)	4g	1x teaspoon (whole)
Water, tap, drinking	50g	0.1x litre
Boyne Valley Honey Pure and Natural Honey 341g	5g	0x Per pack

Ingredient List (QUID) ...

Strawberries (20.1%), Spinach (20.1%), Avocados (17.5%), Oranges (15%), Water (12.5%), Yogurt (12.5%) (Milk), Boyne Valley Honey Pure and Natural Honey 341g (1.3%), Flaxseed (1%)

Cooking Instructions & Notes

The Green Machine works for the body because it contains

- Strawberries - packed with vitamins A, B and C
- Spinach - contains a multitude of nutrients and also more usable to the body protein and calcium than a sirloin steak and many dairy products
- Avocado - have large amounts of oleic acid which has shown to have beneficial effects on lowering cholesterol
- Flaxseeds - have an abundance of omega 3 fatty acids which is beneficial for brain function
- Yoghurt - Natural yoghurt is of benefit to gut health
- Oranges - are packed with vitamin c and B