



Eat  
Sleep  
Cycle  
Repeat



Bike  
Friendly

| PRODUCT                       | PORTION             | G      | AVERAGE KCAL |
|-------------------------------|---------------------|--------|--------------|
| Activia                       | 1 Drinking Cup      | 113 g  | 84 kcal      |
| Aged Cheese                   | 1 Slice             | 28 g   | 122 kcal     |
| Akai                          | 1 Drinking Cup      | 148 g  | 104 kcal     |
| Almond                        | 1 Drinking Cup      | 95 g   | 546 kcal     |
| Almond Paste                  | 1 Tablespoon        | 16 g   | 98 kcal      |
| Amaranth                      | 1 Drinking Cup      | 193 g  | 716 kcal     |
| Anchovy                       | 1 Portion           | 48 g   | 63 kcal      |
| Apple                         | 1 Apple             | 182 g  | 95 kcal      |
| Apple Cake                    | 1 Portion           | 100 g  | 252 kcal     |
| Apple Pie                     | 1 Slice             | 125 g  | 296 kcal     |
| Apple Pie                     | 1 pc                | 82 g   | 285 kcal     |
| Apple Puree                   | 1 Drinking Cup      | 246 g  | 167 kcal     |
| Apple Spritzer                |                     | 100 ml | 24 kcal      |
| Apple Strudel                 | 1 pc                | 71 g   | 195 kcal     |
| Apricot                       | 1 Apricot           | 35 g   | 17 kcal      |
| Apricot Activia               | 1 Drinking Cup      | 113 g  | 104 kcal     |
| Apricot Jam                   | 1 Tablespoon        | 20 g   | 50 kcal      |
| Armenian Cucumber             | 1 Armenian Cucumber | 65 g   | 9 kcal       |
| Artichoke                     | 1 Artichoke         | 128 g  | 60 kcal      |
| Arugula                       | 1 Leaf              | 2 g    | 1 kcal       |
| Asparagus                     | 1 pc                | 12 g   | 2 kcal       |
| Atherina                      | 1 Portion           | 85 g   | 105 kcal     |
| Australian Dessert with Cream | 1 Portion           | 65 g   | 191 kcal     |
| Avocado                       | 1 Avocado           | 200 g  | 320 kcal     |
| Ayran                         | 1 Drinking Cup      | 260 g  | 88 kcal      |
| Ayran                         | 1 Drinking Cup      | 200 g  | 84 kcal      |
| Baby Onion                    | 1 Baby Onion        | 25 g   | 18 kcal      |
| Bagel                         | 1 Bagel             | 98 g   | 252 kcal     |
| Baguette                      | 1 Slice             | 60 g   | 164 kcal     |
| Baked Alaska                  | 1 pc                | 103 g  | 254 kcal     |
| Baked Beans                   | 1 Drinking Cup      | 260 g  | 244 kcal     |
| Banana                        | 1 Banana            | 125 g  | 111 kcal     |
| Banana Bread                  | 1 Slice             | 28.4 g | 91 kcal      |



Bike  
Friendly

Eat Sleep Cycle Repeat

| PRODUCT                | PORTION             | G            | AVERAGE KCAL |
|------------------------|---------------------|--------------|--------------|
| Banana Pie             | 1 pc                | 137 g        | 336 kcal     |
| Banoffee Tart          | 1 Portion           | 100 g        | 395 kcal     |
| Barley                 | 1 Drinking Cup      | 157 g        | 556 kcal     |
| BBQ Ribs               | 1 Rib               | 67 g         | 142 kcal     |
| Beef                   | 1 Steak             | 164 g        | 407 kcal     |
| Beef Mince             | 1 Portion           | 70 g         | 172 kcal     |
| Beef Noodle Soup       | 1 Drinking Cup      | 244 g        | 83 kcal      |
| Beef Rib               | 1 pc                | 225 g        | 536 kcal     |
| Beef Soup              | 1 Drinking Cup      | 213 g        | 70 kcal      |
| Beef Tenderloin        | 1 Steak             | 200 g        | 276 kcal     |
| Big Banana             | 1 Big Banana        | 179 g        | 218 kcal     |
| Birthday Cake          | 1 pc                | 85 g         | 395 kcal     |
| Biscuit                | 1 Biscuit           | 58 g         | 156 kcal     |
| Biscuit Roll Cake      | 1 Portion           | 80 g         | 224 kcal     |
| Black and White Cookie | 1 pc                | 113 g        | 431 kcal     |
| Black Cabbage          | 1 Drinking Cup, Raw | 36 g         | 12 kcal      |
| Black Chickpea         |                     | 100 g        | 364 kcal     |
| Black Forest Cake      | 1 pc                | 107 g        | 282 kcal     |
| Black Olive            | 1 Olive             | 2.7 g        | 2 kcal       |
| Black Pepper           | 1 Dessert Spoon     | 2.4 g        | 5 kcal       |
| Black Seed             | 1 Tablespoon        | 1 Tablespoon | 20 kcal      |
| Black Sesame Seed      | 1 Tablespoon        | 9 g          | 52 kcal      |
| Blackberry             | 1 Drinking Cup      | 144 g        | 62 kcal      |
| Blackberry Jam         | 1 Tablespoon        | 20 g         | 50 kcal      |
| Black-Eyed Pea         |                     | 100 g        | 341 kcal     |
| Blood Orange           | 1 Portion           | 140 g        | 70 kcal      |
| Blueberry              | 1 Drinking Cup      | 148 g        | 84 kcal      |
| Blueberry Jam          | 1 Tablespoon        | 20 g         | 50 kcal      |
| Blueberry Muffin       | 1 Muffin            | 57 g         | 215 kcal     |
| Blueberry Pie          | 1 pc                | 125 g        | 290 kcal     |
| Bluefish               | 1 Fillet            | 117 g        | 186 kcal     |
| Boiled Potato          | 1 Potato            | 136 g        | 118 kcal     |
| Bouillon               | 1 Drinking Cup      | 240 g        | 7 kcal       |



Bike  
Friendly

Eat Sleep Cycle Repeat

| PRODUCT                         | PORTION           | G      | AVERAGE KCAL |
|---------------------------------|-------------------|--------|--------------|
| Bouza                           |                   | 100 ml | 148 kcal     |
| Bread with Potato               | 1 Slice           | 32 g   | 85 kcal      |
| Brioche                         | 1 Slice           | 31 g   | 107 kcal     |
| Brisket Steak                   | 1 pc              | 1780 g | 4308 kcal    |
| Broad Bean                      |                   | 100 g  | 84 kcal      |
| Broccoli                        | 1 Broccoli        | 608 g  | 207 kcal     |
| Broccoli Soup                   | 1 Drinking Cup    | 237 g  | 206 kcal     |
| Broccoli Soup with Cheese       | 1 box             | 303 g  | 264 kcal     |
| Brown Bread                     | 1 Slice           | 26 g   | 65 kcal      |
| Brown Lentil                    |                   | 100 g  | 353 kcal     |
| Brown Rice                      | 1 Drinking Cup    | 195 g  | 757 kcal     |
| Brownie                         | 1 Square Slice    | 40 g   | 162 kcal     |
| Brussels Sprout                 | 1 pc              | 19 g   | 8 kcal       |
| Buckwheat                       | 1 Drinking Cup    | 170 g  | 583 kcal     |
| Bumbar                          | 1 Portion         | 85 g   | 198 kcal     |
| Bun                             | 1 Bun             | 38 g   | 120 kcal     |
| Burrito                         | 1 Wrap            | 200 g  | 326 kcal     |
| Butternut                       | 1 Drinking Cup    | 120 g  | 734 kcal     |
| Cabbage                         | 1 Heart           | 908 g  | 227 kcal     |
| Cabbage Soup                    | 1 Drinking Cup    | 245 g  | 69 kcal      |
| Caesar Sauce                    | 1 Tablespoon      | 15 g   | 64 kcal      |
| Cake with Poppy Seeds           | 1 pc              | 90 g   | 355 kcal     |
| Cake with Strawberry and Banana | 1 pc              | 150 g  | 422 kcal     |
| Calf Heart                      | 1 pc              | 198 g  | 368 kcal     |
| Calf Tongue                     | 1 pc              | 255 g  | 515 kcal     |
| Cantaloupe                      | 1 pc              | 69 g   | 23 kcal      |
| Cape Gooseberry                 | 1 Cape Gooseberry | 5 g    | 2 kcal       |
| Caper                           | 1 Tablespoon      | 8.6 g  | 2 kcal       |
| Caramel Ice Cream               | 1 Scoop           | 72 g   | 129 kcal     |
| Carp                            | 1 Fillet          | 170 g  | 275 kcal     |
| Carrot                          | 1 Carrot          | 61 g   | 25 kcal      |
| Carrot Cake                     | 1 pc              | 133 g  | 543 kcal     |
| Carrot Soup                     | 1 Portion         | 381 g  | 95 kcal      |

| PRODUCT             | PORTION        | G      | AVERAGE KCAL |
|---------------------|----------------|--------|--------------|
| Cascaval Cheese     | 1 Slice        | 28 g   | 95 kcal      |
| Cashew              | 1 Pack         | 150 g  | 830 kcal     |
| Cauliflower         | 1 Cauliflower  | 13 g   | 3 kcal       |
| Caviar              | 1 Tablespoon   | 16 g   | 42 kcal      |
| Celery              | 1 pc           | 40 g   | 6 kcal       |
| Chapati Bread       | 1 pc           | 50 g   | 120 kcal     |
| Chard               | 1 Leaf         | 48 g   | 9 kcal       |
| Cheddar             | 1 Slice        | 28 g   | 113 kcal     |
| Cheerios            | 1 Portion      | 37.5 g | 128 kcal     |
| Cheese Nachos       | 10 Nachos      | 188 g  | 575 kcal     |
| Cheese Pizza        | 1 Slice        | 63 g   | 168 kcal     |
| Cheese Tortellini   | 1 Drinking Cup | 113 g  | 329 kcal     |
| Cheese with Pepper  | 1 Slice        | 21 g   | 21 kcal      |
| Cheeseburger        | 1 Burger       | 156 g  | 410 kcal     |
| Cheesecake          | 1 pc           | 80 g   | 257 kcal     |
| Cherry              | 1 Cherry       | 8 g    | 4 kcal       |
| Cherry Jam          | 1 Tablespoon   | 20 g   | 50 kcal      |
| Cherry Pie          | 1 pc           | 125 g  | 325 kcal     |
| Chestnut            | 1 Drinking Cup | 145 g  | 309 kcal     |
| Chicken             | 1/2 Chicken    | 334 g  | 731 kcal     |
| Chicken             | 1 Breast       | 200 g  | 344 kcal     |
| Chicken Bouillon    | 1 Drinking Cup | 241 g  | 10 kcal      |
| Chicken Breast      | 1 Breast       | 200 g  | 344 kcal     |
| Chicken Breast      | 1 pc           | 71 g   | 116 kcal     |
| Chicken Fajita      | 1 Sandwich     | 222 g  | 326 kcal     |
| Chicken Leg         | 1 Leg          | 546 g  | 950 kcal     |
| Chicken Liver       | 1 Liver        | 44 g   | 73 kcal      |
| Chicken Noodle Soup | 1 Drinking Cup | 248 g  | 62 kcal      |
| Chicken Nugget      | 1 pc           | 20 g   | 59 kcal      |
| Chicken Pizza       | 1 Slice        | 132 g  | 309 kcal     |
| Chicken Rib         | 1 Sandwich     | 320 g  | 451 kcal     |
| Chicken Sandwich    | 1 Sandwich     | 170 g  | 410 kcal     |
| Chicken Stock       | 1 Drinking Cup | 244 g  | 39 kcal      |



Bike  
Friendly

Eat Sleep Cycle Repeat

| PRODUCT                   | PORTION                 | G      | AVERAGE KCAL |
|---------------------------|-------------------------|--------|--------------|
| Chicken Teriyaki Sandwich | 1 Sandwich              | 266 g  | 367 kcal     |
| Chicken Wings             | 1 Wing                  | 29 g   | 77 kcal      |
| Chickpea                  |                         | 100 g  | 364 kcal     |
| Chickpea Flour            | 1 Drinking Cup          | 165 g  | 507 kcal     |
| Chili Bean                |                         | 100 g  | 97 kcal      |
| Chive                     | 1 Tbsp of Chopped Chive | 3 g    | 1 kcal       |
| Chocolate Cake            | 1 pc                    | 138 g  | 537 kcal     |
| Chocolate Ice Cream       | 1 Scoop                 | 72 g   | 156 kcal     |
| Chocolate Milk            |                         | 100 ml | 89 kcal      |
| Chocolate Milkshake       |                         | 100 ml | 125 kcal     |
| Chocolate Mousse          | 1/2 Drinking Cup        | 202 g  | 455 kcal     |
| Chocolate Mousse          | 1 pc                    | 95 g   | 247 kcal     |
| Chocolate Muffin          | 1 Muffin                | 100 g  | 420 kcal     |
| Chocolate Yogurt          | 1 Drinking Cup          | 227 g  | 291 kcal     |
| Chocos                    | 1 Portion               | 37.5 g | 141 kcal     |
| Ciabatta / Cabata         | 1 Slice                 | 20 g   | 54 kcal      |
| Cinnamon Bread            | 1 pc                    | 74 g   | 263 kcal     |
| Cinnamon Bun              | 1 Bun                   | 65 g   | 283 kcal     |
| Clam                      | 1 Pack                  | 115 g  | 170 kcal     |
| Clam                      | 1 Clam                  | 10 g   | 11 kcal      |
| Clementine                | 1 Clementine            | 74 g   | 35 kcal      |
| Clotted Cream             | 1 Drinking Cup          | 230 g  | 536 kcal     |
| Clove                     | 1 Tablespoon            | 6.5 g  | 16 kcal      |
| Coarse Grained Corn Flour | 1 Drinking Cup          | 122 g  | 442 kcal     |
| Coca Cola                 |                         | 100 ml | 42 kcal      |
| Coco Pops                 | 1 Portion               | 37.5 g | 139 kcal     |
| Cocoa Krispies            | 1 Portion               | 37.5 g | 143 kcal     |
| Cocoa Puffs               | 1 Portion               | 37.5 g | 148 kcal     |
| Coconut Cake              | 1 pc                    | 66 g   | 235 kcal     |
| Coffee                    |                         | 100 ml | 1 kcal       |
| Coffee Ice Cream          | 1 Scoop                 | 72 g   | 170 kcal     |
| Coke                      |                         | 100 ml | 42 kcal      |
| Coke Zero                 |                         |        | 1 kcal       |



Bike  
Friendly

Eat Sleep Cycle Repeat

| PRODUCT                    | PORTION          | G      | AVERAGE KCAL |
|----------------------------|------------------|--------|--------------|
| Cokokrem                   | 1 Dessert Spoon  | 12 g   | 65 kcal      |
| Cookie Crisp               | 1 Portion        | 37.5 g | 148 kcal     |
| Coriander                  | 1/4 Drinking Cup | 4 g    | 1 kcal       |
| Corn Flakes                | 1 Portion        | 37.5 g | 132 kcal     |
| Corn Pops                  | 1 Portion        | 37.5 g | 139 kcal     |
| Corn Semolina              | 1 Drinking Cup   | 150 g  | 549 kcal     |
| Corn Starch                | 1 Drinking Cup   | 128 g  | 488 kcal     |
| Corn Waffle                | 1 Waffle         | 40 g   | 110 kcal     |
| Cornbread                  | 1 Square Slice   | 28.4 g | 50 kcal      |
| Cornelian Cherry           | 1 Drinking Cup   | 100 g  | 46 kcal      |
| Cottage Cheese             | 1 Drinking Cup   | 226 g  | 221 kcal     |
| Couscous                   | 1 Drinking Cup   | 173 g  | 650 kcal     |
| Cracker                    | 1 Cracker        | 7 g    | 35 kcal      |
| Crayfish                   | 1 Crayfish       | 12 g   | 10 kcal      |
| Cream Cheese               | 1 Tablespoon     | 15 g   | 44 kcal      |
| Cream Puff                 | 1 Cream Puff     | 130 g  | 434 kcal     |
| Cream Sauce                | 1 Drinking Cup   | 244 g  | 439 kcal     |
| Creamy Asparagus Soup      | 1 Drinking Cup   | 244 g  | 85 kcal      |
| Creamy Broccoli Soup       | 1 Portion        | 310 g  | 140 kcal     |
| Creamy Celery Soup         | 1 Drinking Cup   | 248 g  | 92 kcal      |
| Creamy Chicken Noodle Soup | 1 Drinking Cup   | 245 g  | 56 kcal      |
| Creamy Chicken Soup        | 1 Drinking Cup   | 244 g  | 117 kcal     |
| Creamy Mushroom Soup       | 1 Drinking Cup   | 248 g  | 97 kcal      |
| Creamy Onion Soup          | 1 Drinking Cup   | 244 g  | 107 kcal     |
| Creamy Potato Soup         | 1 Drinking Cup   | 244 g  | 73 kcal      |
| Crepe                      | 1 Crepe          | 50 g   | 112 kcal     |
| Crispy Rice                | 1 Portion        | 37.5 g | 146 kcal     |
| Croissant                  | 1 Croissant      | 57 g   | 231 kcal     |
| Croquette                  | 1 Portion        | 138 g  | 175 kcal     |
| Crumble Cake               | 1 pc             | 57 g   | 251 kcal     |
| Crystallized Cinnamon      | 1 Tablespoon     | 5.2 g  | 17 kcal      |
| Cucumber                   | 1 Cucumber       | 410 g  | 66 kcal      |
| Cumin                      | 1 Tablespoon     | 6 g    | 23 kcal      |



Bike  
Friendly

Eat Sleep Cycle Repeat

| PRODUCT                           | PORTION          | G      | AVERAGE KCAL |
|-----------------------------------|------------------|--------|--------------|
| Cupcake                           | 1 Cupcake        | 45 g   | 131 kcal     |
| Curled French Fries               | 1 Portion        | 128 g  | 398 kcal     |
| Currant                           | 1 Drinking Cup   | 112 g  | 63 kcal      |
| Currant Jam                       | 1 Tablespoon     | 20 g   | 50 kcal      |
| Curry                             | 1 Tablespoon     | 6.3 g  | 20 kcal      |
| Curry Ketchup                     | 1 Tablespoon     | 15 g   | 19 kcal      |
| Curry Sauce                       | 1 Tablespoon     | 17 g   | 4 kcal       |
| Dandelion                         | 1 Drinking Cup   | 55 g   | 25 kcal      |
| Date                              | 1 Date           | 7.1 g  | 20 kcal      |
| Dessert with Jam                  | 1/2 Drinking Cup | 153 g  | 222 kcal     |
| Diet Coke                         |                  | 100 ml | 1 kcal       |
| Diet Yogurt                       | 1 Drinking Cup   | 227 g  | 123 kcal     |
| Donut                             | 1 Donut          | 60 g   | 242 kcal     |
| Double Cheeseburger               | 1 Burger         | 155 g  | 414 kcal     |
| Drumsticks                        | 1 Cone           | 141 g  | 360 kcal     |
| Duck                              | 1/2 Duck         | 634 g  | 2137 kcal    |
| Duck Breast                       | 1 Breast         | 73 g   | 147 kcal     |
| Dugun Soup (Turkish Wedding Soup) | 1 Drinking Cup   | 245 g  | 130 kcal     |
| Durum Wheat Semolina              | 1 Tablespoon     | 30 g   | 119 kcal     |
| Edam Cheese                       | 1 Slice          | 28 g   | 100 kcal     |
| Eel                               | 1 Portion        | 48 g   | 113 kcal     |
| Egg                               | 1 Egg            | 56 g   | 54 kcal      |
| Eggplant                          | 1 Eggplant       | 458 g  | 115 kcal     |
| Endive                            | 1 Heart          | 513 g  | 87 kcal      |
| Entrecote                         | 1 Steak          | 250 g  | 303 kcal     |
| Esox                              | 1/2 Fillet       | 155 g  | 175 kcal     |
| Evian                             |                  | 100 ml | 0 kcal       |
| Fajita                            | 1 Portion        | 248 g  | 290 kcal     |
| Falafel                           | 1 pc             | 17 g   | 57 kcal      |
| Farfalle                          | 1 Portion        | 200 g  | 716 kcal     |
| Fat-Free Yogurt                   | 1 Drinking Cup   | 227 g  | 114 kcal     |
| Fennel                            | 1 Fennel         | 234 g  | 73 kcal      |
| Fettuccine                        | 1 Portion        | 200 g  | 706 kcal     |



Bike  
Friendly

Eat Sleep Cycle Repeat



| PRODUCT                   | PORTION         | G      | AVERAGE KCAL |
|---------------------------|-----------------|--------|--------------|
| Fig                       | 1 Fig           | 50 g   | 37 kcal      |
| Fine Corn Flour           | 1 Drinking Cup  | 170 g  | 597 kcal     |
| Fish and Chips            | 1 Portion       | 300 g  | 585 kcal     |
| Fish Fillet               | 1 Sandwich      | 142 g  | 400 kcal     |
| Fish Finger / Fish Sticks | 1 pc            | 28 g   | 81 kcal      |
| Fish Sandwich             | 1 Sandwich      | 158 g  | 431 kcal     |
| Flank Steak               | 1 Steak         | 188 g  | 365 kcal     |
| Flat Bread                | 1 Slice         | 50 g   | 156 kcal     |
| Flaxseed                  | 1 Drinking Cup  | 168 g  | 897 kcal     |
| Flour-Free Chocolate Cake | 1 pc            | 80 g   | 407 kcal     |
| French Fries              | 1 portion       | 117 g  | 365 kcal     |
| French-Style Lokma        | 1 Lokma         | 41 g   | 169 kcal     |
| Fried Tofu                |                 | 100 g  | 271 kcal     |
| Fruit Cake                | 1 pc            | 43 g   | 139 kcal     |
| Fruit Ice Cream           | 1 Scoop         | 72 g   | 94 kcal      |
| Fruit Salad               | 1 Drinking Cup  | 249 g  | 125 kcal     |
| Fruit Yogurt              | 1 Drinking Cup  | 227 g  | 220 kcal     |
| Fusilli                   | 1 Portion       | 200 g  | 734 kcal     |
| Garlic                    | 1 Clove         | 3 g    | 4 kcal       |
| Garlic Bread              | 1 Slice         | 43 g   | 151 kcal     |
| Garlic Powder             | 1 Dessert Spoon | 3.1 g  | 10 kcal      |
| Gatorade                  |                 | 100 ml | 23 kcal      |
| Ginger                    | 1 Dessert Spoon | 2 g    | 2 kcal       |
| Ginger Tea                |                 | 100 ml | 0 kcal       |
| Gnocchi/Niyokki           | 1 Drinking Cup  | 188 g  | 250 kcal     |
| Goat Cheese Pizza         | 1 Slice         | 63 g   | 138 kcal     |
| Goose                     | 1/2 Goose       | 591 g  | 1803 kcal    |
| Goose Liver               | 1 Liver         | 94 g   | 125 kcal     |
| Gouda                     | 1 Slice         | 198 g  | 705 kcal     |
| Goulash                   | 1 Portion       | 187 g  | 94 kcal      |
| Grape                     | 1 Drinking Cup  | 151 g  | 104 kcal     |
| Grape Bread               | 1 Slice         | 32 g   | 88 kcal      |
| Grape Jelly               | 1 Tablespoon    | 20 g   | 51 kcal      |



Bike  
Friendly

Eat Sleep Cycle Repeat

| PRODUCT                           | PORTION         | G      | AVERAGE KCAL |
|-----------------------------------|-----------------|--------|--------------|
| Greek Salad Dressing              | 1 Tablespoon    | 15 g   | 70 kcal      |
| Greek Yogurt                      | 1 Drinking Cup  | 150 g  | 80 kcal      |
| Green Bean                        |                 | 100 g  | 31 kcal      |
| Green Lentil                      |                 | 100 g  | 257 kcal     |
| Green Olive                       | 1 Olive         | 2.7 g  | 2 kcal       |
| Green Pea Soup                    | 1 Drinking Cup  | 253 g  | 190 kcal     |
| Green Peas                        | 1 Drinking Cup  | 98 g   | 79 kcal      |
| Green Plum                        | 1 pc            | 5 g    | 2 kcal       |
| Grilled Chicken Salad             | 1 Salad         | 305 g  | 268 kcal     |
| Grissini                          | 1 Grissini      | 5 g    | 20 kcal      |
| Guava                             | 1 Guava         | 55 g   | 37 kcal      |
| Haddock                           | 1 Fillet        | 150 g  | 135 kcal     |
| Hamburger                         | 1 Sandwich      | 110 g  | 279 kcal     |
| Hamburger Bun                     | 1 Hamburger Bun | 55 g   | 98 kcal      |
| Hardtack                          | 1 Hardtack      | 10 g   | 41 kcal      |
| Haricot Beans / White Beans       |                 | 100 g  | 336 kcal     |
| Harissa                           | 1 Tablespoon    | 15 g   | 8 kcal       |
| Hazelnut                          | 1 Drinking Cup  | 75 g   | 471 kcal     |
| Hazelnut Cake                     | 1 Slice         | 90 g   | 389 kcal     |
| Hollandaise Sauce                 | 1 Tablespoon    | 15 g   | 80 kcal      |
| Home-Made Eriste (Turkish Noodle) | 1 Portion       | 200 g  | 520 kcal     |
| Honey                             | 1 Tablespoon    | 21 g   | 64 kcal      |
| Honey Muesli                      | 1 Portion       | 37.5 g | 157 kcal     |
| Horchata                          |                 | 100 ml | 54 kcal      |
| Horseradish                       | 1 Tablespoon    | 15 g   | 7 kcal       |
| Horseradish Sauce                 | 1 Tablespoon    | 15 g   | 7 kcal       |
| Hot Chocolate                     |                 | 100 ml | 89 kcal      |
| Hot Dog                           | 1 Hot Dog       | 116 g  | 312 kcal     |
| Hummus                            | 1 Drinking Cup  | 246 g  | 435 kcal     |
| Hunkar Begendi                    | 1 Portion       | 170 g  | 296 kcal     |
| Husked Bran                       | 1 Drinking Cup  | 160 g  | 283 kcal     |
| Husked Semolina                   | 1 Drinking Cup  | 167 g  | 601 kcal     |
| Ice Cream Cake                    | 1 pc            | 120 g  | 240 kcal     |



Bike  
Friendly

Eat Sleep Cycle Repeat

| PRODUCT                             | PORTION          | G      | AVERAGE KCAL |
|-------------------------------------|------------------|--------|--------------|
| Ice Cream Sandwich                  | 1 Bar            | 112 g  | 265 kcal     |
| Ice Cream with Chocolate Chips      | 1 Scoop          | 72 g   | 155 kcal     |
| Ice Cream with Clotted Cream        | 1 Drinking Cup   | 86 g   | 191 kcal     |
| Ice Cream with Cookie Chips         | 1/2 Drinking Cup | 65 g   | 130 kcal     |
| Ice Cream with Gum Mastic           | Scoop            | 72 g   | 83 kcal      |
| Ice Cream with Mint Chocolate Chips | 1 Scoop          | 72 g   | 172 kcal     |
| Ice Tea                             |                  | 100 ml | 27 kcal      |
| Italian Bread                       | 1 Slice          | 30 g   | 81 kcal      |
| Italian Pita                        | 1 pc             | 57 g   | 142 kcal     |
| Italian Salad Dressing              | 1 Tablespoon     | 15 g   | 44 kcal      |
| Italian Sandwich                    | 1 Sandwich       | 224 g  | 410 kcal     |
| Jackfruit                           | 1 Drinking Cup   | 151 g  | 143 kcal     |
| Jalapeno                            | 1 Dessert Spoon  | 3 g    | 0 kcal       |
| Jelly                               | 1 Tablespoon     | 20 g   | 56 kcal      |
| Jelly with Strawberry               | 1 Tablespoon     | 20 g   | 50 kcal      |
| Kamut                               | 1 Drinking Cup   | 186 g  | 627 kcal     |
| Karniyarik                          | 1 Eggplant       | 150 g  | 201 kcal     |
| Kayseri Mantisi                     | 1 Portion        | 75 g   | 198 kcal     |
| Kebab                               | 1 Kebab          | 360 g  | 774 kcal     |
| Ketchup                             | 1 Tablespoon     | 15 g   | 15 kcal      |
| Kidney Beans                        |                  | 100 g  | 347 kcal     |
| King Cake                           | 1 pc             | 91 g   | 343 kcal     |
| Kiwi                                | 1 Kiwi           | 183 g  | 112 kcal     |
| Labneh Cheese                       | 1 Tablespoon     | 15 g   | 28 kcal      |
| Lamb Heart                          | 1 Heart          | 191 g  | 353 kcal     |
| Lamb Liver                          | 1 Liver          | 80 g   | 190 kcal     |
| Lamb Shank                          | 1 Portion        | 150 g  | 302 kcal     |
| Lamb Tandoori                       | 1 Portion        | 200 g  | 300 kcal     |
| Lamp Chop                           | 1 Chop           | 50 g   | 138 kcal     |
| Lasagna                             | 1 pc             | 130 g  | 172 kcal     |
| Lasagna Layers                      | 1 pc             | 21 g   | 57 kcal      |
| Latte Macchiato                     |                  | 100 ml | 57 kcal      |
| Lavash Bread                        | 1 Lavash Bread   | 43 g   | 114 kcal     |



Bike  
Friendly

Eat Sleep Cycle Repeat

| PRODUCT                  | PORTION                 | G      | AVERAGE KCAL |
|--------------------------|-------------------------|--------|--------------|
| Leaf Mustard             | 1 drinking cup, chopped | 56 g   | 15 kcal      |
| Leek                     | 1 Leek                  | 89 g   | 54 kcal      |
| Lemon                    | 1 Lemon                 | 58 g   | 17 kcal      |
| Lemon Activia            | 1 Drinking Cup          | 113 g  | 113 kcal     |
| Lemon Cake               | 1 pc                    | 66 g   | 232 kcal     |
| Lemonade                 |                         | 100 ml | 42 kcal      |
| Lentil                   |                         | 100 g  | 353 kcal     |
| Lentil Soup              | 1 Drinking Cup          | 248 g  | 139 kcal     |
| Lettuce                  | 1 Heart                 | 600 g  | 90 kcal      |
| Lime                     | 1 Lime                  | 67 g   | 20 kcal      |
| Lime Pie                 | 1 pc                    | 80 g   | 287 kcal     |
| Lobster                  | 1 Lobster               | 150 g  | 134 kcal     |
| Lobster Soup             | 1 Drinking Cup          | 248 g  | 248 kcal     |
| Low Fat Yogurt           | 1 Drinking Cup          | 227 g  | 127 kcal     |
| Low-Carb Pasta           | 1 Portion               | 200 g  | 564 kcal     |
| Mackerel                 | 1 Fillet                | 88 g   | 231 kcal     |
| Mandarin                 | 1 Mandarin              | 88 g   | 47 kcal      |
| Mandarin Orange          | 1 Mandarin Orange       | 90 g   | 48 kcal      |
| Mango                    | 1 Mango                 | 336 g  | 202 kcal     |
| Manti                    | 3 Pieces of Manti       | 100 g  | 200 kcal     |
| Maracuya / Passion Fruit | 1 Maracuya              | 18 g   | 17 kcal      |
| Marble Cake              | 1 pc                    | 109 g  | 370 kcal     |
| Margarine                | 1 Tablespoon            | 14 g   | 100 kcal     |
| Margherita Pizza         | 1 Slice                 | 63 g   | 173 kcal     |
| Marmalade                | 1 Tablespoon            | 20 g   | 57 kcal      |
| Mashed Potato            | 1 Drinking Cup          | 242 g  | 215 kcal     |
| Mashed Spinach           | 1 Drinking Cup          | 200 g  | 148 kcal     |
| Matzo                    | 1 Matzo                 | 28 g   | 98 kcal      |
| Mayonnaise               | 1 Tablespoon            | 13 g   | 90 kcal      |
| Meringue                 | 1 pc                    | 127 g  | 362 kcal     |
| Milk                     |                         | 100 ml | 61 kcal      |
| Milkshake                |                         | 100 ml | 329 kcal     |
| Millet                   | 1 Drinking Cup          | 128 g  | 484 kcal     |



Bike  
Friendly

Eat Sleep Cycle Repeat

| PRODUCT                           | PORTION         | G      | AVERAGE KCAL |
|-----------------------------------|-----------------|--------|--------------|
| Millet Flour                      | 1 Drinking Cup  | 140 g  | 521 kcal     |
| Millet Porridge                   | 1 Drinking Cup  | 174 g  | 80 kcal      |
| Mosaic Cake                       | 1 Slice         | 110 g  | 471 kcal     |
| Mozzarella                        | 1 Slice         | 28 g   | 78 kcal      |
| Muesli                            | 1 Portion       | 37.5 g | 124 kcal     |
| Muesli with Dried Fruits and Nuts | 1 Portion       | 37.5 g | 132 kcal     |
| Muffin                            | 1 Muffin        | 71 g   | 210 kcal     |
| Mulberry                          | 1 Drinking Cup  | 140 g  | 60 kcal      |
| Multi-grain Bread                 | 1 Slice         | 26 g   | 69 kcal      |
| Mung Bean                         |                 | 100 g  | 12 kcal      |
| Mushroom                          | 1 Mushroom      | 5.4 g  | 1 kcal       |
| Mushroom Pizza                    | 1 Slice         | 288 g  | 611 kcal     |
| Mushroom Soup                     | 1 Drinking Cup  | 244 g  | 85 kcal      |
| Mussel                            | 1 Portion       | 48 g   | 83 kcal      |
| Mustard Sauce                     | 1 Tablespoon    | 13 g   | 84 kcal      |
| Neapolitan Pizza                  | 1 Slice         | 123 g  | 248 kcal     |
| Neck Steak                        | 1 Steak         | 310 g  | 859 kcal     |
| Nectar                            |                 | 100 ml | 53 kcal      |
| Nectarine                         | 1 Nectarine     | 150 g  | 66 kcal      |
| Nestea                            |                 | 100 ml | 36 kcal      |
| Nutella                           | 1 Portion       | 15 g   | 82 kcal      |
| Oat Bran                          | 1 Drinking Cup  | 94 g   | 231 kcal     |
| Oatmeal Cookie                    | 1 Cookie        | 25 g   | 113 kcal     |
| Octopus                           | 1 Portion       | 48 g   | 79 kcal      |
| Okra                              | 1 Tablespoon    | 18 g   | 6 kcal       |
| Olive                             | 1 Olive         | 2.7 g  | 2 kcal       |
| Onion                             | 1 onion         | 85 g   | 34 kcal      |
| Onion Powder                      | 1 Dessert Spoon | 2.4 g  | 7 kcal       |
| Onion Rings                       | 1 Ring          | 6.5 g  | 25 kcal      |
| Onion Soup                        | 1 Drinking Cup  | 243 g  | 56 kcal      |
| Orange                            | 1 Orange        | 131 g  | 62 kcal      |
| Orange Sauce                      | 1 Tablespoon    | 15 g   | 27 kcal      |
| Oregano                           | 1 Dessert Spoon | 1 g    | 3 kcal       |



Bike  
Friendly

Eat Sleep Cycle Repeat

| PRODUCT                         | PORTION         | G      | AVERAGE KCAL |
|---------------------------------|-----------------|--------|--------------|
| Organic Oatmeal                 | 1 Portion       | 37.5 g | 143 kcal     |
| Organic Yogurt                  | 1 Drinking Cup  | 227 g  | 170 kcal     |
| Orzo                            | 1 Portion       | 200 g  | 714 kcal     |
| Ostrich                         | 1 Portion       | 85 g   | 123 kcal     |
| Oven Roasted Chicken            | 1 Breast        | 172 g  | 282 kcal     |
| Oven Roasted Potato             | 1 Potato        | 173 g  | 161 kcal     |
| Pancake                         | 1 Pancake       | 38 g   | 89 kcal      |
| Panettone                       | 1 Slice         | 27 g   | 86 kcal      |
| Papaya                          | 1 Papaya        | 500 g  | 215 kcal     |
| Parsley                         | 1 Tablespoon    | 3.8 g  | 1 kcal       |
| Passion Fruit                   | 1 Passion Fruit | 18 g   | 17 kcal      |
| Pasta                           | 1 Drinking Cup  | 114 g  | 422 kcal     |
| Pastry with feta cheese filling | 1 Portion       | 200 g  | 458 kcal     |
| Pastry with Potato              | 1 pc            | 74 g   | 137 kcal     |
| Pastry with Spinach             | 1 pc            | 57 g   | 140 kcal     |
| Peach                           | 1 Peach         | 150 g  | 59 kcal      |
| Peach Pie                       | 1 pc            | 117 g  | 261 kcal     |
| Peanut                          | 1 Drinking Cup  | 146 g  | 828 kcal     |
| Peanut Butter                   | 1 Tablespoon    | 16 g   | 94 kcal      |
| Pear                            | 1 Pear          | 178 g  | 101 kcal     |
| Pecan                           | 1 Drinking Cup  | 99 g   | 684 kcal     |
| Penne                           | 1 Portion       | 200 g  | 702 kcal     |
| Pepper                          | 1 Dessert Spoon | 2.4 g  | 5 kcal       |
| Pepper                          | 1 Pepper        | 75 g   | 20 kcal      |
| Peppergrass                     | 1 Sprig         | 1 g    | 0 kcal       |
| Peppermint                      | 1 Tablespoon    | 1.6 g  | 1 kcal       |
| Persimmon                       | 1 Persimmon     | 25 g   | 32 kcal      |
| Pesto                           | 1 Tablespoon    | 15 g   | 69 kcal      |
| Phyllo                          | 1 Phyllo        | 80 g   | 189 kcal     |
| Pickled Herring                 | 1 Drinking Cup  | 140 g  | 367 kcal     |
| Pide                            | 1 Pide          | 60 g   | 161 kcal     |
| Pide with Minced Meat/Meat      | 1 Pide          | 100 g  | 297 kcal     |
| Pie                             | 1 pc            | 125 g  | 296 kcal     |



Bike  
Friendly

Eat Sleep Cycle Repeat

| PRODUCT                         | PORTION        | G      | AVERAGE KCAL |
|---------------------------------|----------------|--------|--------------|
| Pine Nut                        | 1 Drinking Cup | 135 g  | 909 kcal     |
| Pineapple                       | 1 Pineapple    | 905 g  | 453 kcal     |
| Pisi                            | 1 pc           | 40 g   | 103 kcal     |
| Pistachio Ice Cream             | 1 Scoop        | 72 g   | 147 kcal     |
| Pistachios                      | 1 Drinking Cup | 123 g  | 691 kcal     |
| Pita Bread                      | 1 Pita Bread   | 50 g   | 138 kcal     |
| Pizza Dough                     | 1 Portion      | 57 g   | 130 kcal     |
| Pizza Hut's Stuffed Crust Pizza | 1 Slice        | 149 g  | 380 kcal     |
| Pizza Hut's Supreme Pizza       | 1 Slice        | 123 g  | 305 kcal     |
| Pizza Pepperoni                 | 1 Slice        | 71 g   | 181 kcal     |
| Pizza Roll                      | 1 Slice        | 14 g   | 35 kcal      |
| Pizza with Minced Meat          | 1 Slice        | 130 g  | 256 kcal     |
| Pizza with Mozzarella           | 1 Slice        | 62 g   | 154 kcal     |
| Plum                            | 1 Plum         | 66 g   | 30 kcal      |
| Plum Cake                       | 1 pc           | 150 g  | 164 kcal     |
| Plum Jam                        | 1 Tablespoon   | 20 g   | 50 kcal      |
| Pomegranate                     | 1 Pomegranate  | 282 g  | 234 kcal     |
| Pomegranate Molasses            | 1 Tablespoon   | 16 g   | 51 kcal      |
| Potato                          | 1 Potato       | 213 g  | 164 kcal     |
| Potato Gratin                   | 1 Drinking Cup | 245 g  | 323 kcal     |
| Potato Manti                    | 1 pc           | 40 g   | 50 kcal      |
| Potato Salad                    | 1 Drinking Cup | 250 g  | 358 kcal     |
| Potato Soup                     | 1 Portion      | 240 g  | 192 kcal     |
| Potato Wedges                   | 1 Portion      | 100 g  | 123 kcal     |
| Pound Cake                      | 1 Portion      | 55 g   | 215 kcal     |
| Powerade                        |                | 100ml  | 16 kcal      |
| Prebiotic Muesli                | 1 Portion      | 37.5 g | 131 kcal     |
| Probiotic Yogurt                | 1 Drinking Cup | 113 g  | 90 kcal      |
| Profiterole                     | 1 Portion      | 113 g  | 377 kcal     |
| Puff Pastry with Apple          | 1 pc           | 82 g   | 285 kcal     |
| Puffed Rice                     | 1 Portion      | 37.5 g | 142 kcal     |
| Puffed Wheat                    | 1 Portion      | 37.5 g | 136 kcal     |
| Pumpkin Seed                    | 1 Drinking Cup | 129 g  | 721 kcal     |



Bike  
Friendly

Eat Sleep Cycle Repeat

| PRODUCT                 | PORTION         | G      | AVERAGE KCAL |
|-------------------------|-----------------|--------|--------------|
| Quail                   | 1 Quail         | 92 g   | 209 kcal     |
| Quail Breast            | 1 Breast        | 56 g   | 69 kcal      |
| Quince                  | 1 Quince        | 92 g   | 52 kcal      |
| Quinoa                  | 1 Drinking Cup  | 170 g  | 626 kcal     |
| Radish                  | 1 Radish        | 4.5 g  | 1 kcal       |
| Raisin                  | 1 Drinking Cup  | 145 g  | 434 kcal     |
| Rambutan                | 1 Rambutan      | 9 g    | 7 kcal       |
| Ranch Salad Dressing    | 1 Tablespoon    | 15 g   | 77 kcal      |
| Raspberry               | 1 Drinking Cup  | 123 g  | 64 kcal      |
| Raspberry Pie           | 1 pc            | 137 g  | 329 kcal     |
| Ravioli                 | 1 Portion       | 200 g  | 154 kcal     |
| Ready-to-Cook Ramen     | 1 Pack          | 85 g   | 371 kcal     |
| Red Bean                |                 | 100 g  | 337 kcal     |
| Red Beet                | 1 Red Beet      | 82 g   | 35 kcal      |
| Red Cabbage             | 1 Leaf          | 22 g   | 7 kcal       |
| Red Kidney Bean         |                 | 100 g  | 124 kcal     |
| Red Lentil              |                 | 100 g  | 329 kcal     |
| Red Pepper              | 1 Dessert Spoon | 3 g    | 8 kcal       |
| Red Pepper              | 1 Pepper        | 45 g   | 12 kcal      |
| Red Wine Vinegar        | 1 Tablespoon    | 14.9 g | 3 kcal       |
| Red-Pepper Pizza        | 1 Slice         | 86 g   | 165 kcal     |
| Remoulade Sauce         | 1 Tablespoon    | 13 g   | 83 kcal      |
| Rhubarb                 | 1 pc            | 51 g   | 11 kcal      |
| Rib                     | 1 pc            | 1400 g | 3332 kcal    |
| Rice Flour              | 1 Drinking Cup  | 165 g  | 591 kcal     |
| Rice Soup and Chicken   | 1 Drinking Cup  | 243 g  | 58 kcal      |
| Rice Soup with Tomato   | 1 Drinking Cup  | 247 g  | 116 kcal     |
| Rigatoni                | 1 Portion       | 200 g  | 740 kcal     |
| Roast Beef              | 1 Roast Beef    | 515 g  | 721 kcal     |
| Roasted Chickpea        | 1 Drinking Cup  | 150 g  | 401 kcal     |
| Roasted Rib             | 1 Portion       | 113 g  | 376 kcal     |
| Rosemary                | 1 Tablespoon    | 1.7 g  | 1 kcal       |
| Rosemary Roasted Potato | 1 Potato        | 173 g  | 161 kcal     |



Bike  
Friendly

Eat Sleep Cycle Repeat



| PRODUCT                    | PORTION                 | G      | AVERAGE KCAL |
|----------------------------|-------------------------|--------|--------------|
| Round Cake                 | 1 Slice                 | 91 g   | 337 kcal     |
| Rye Bread                  | 1 Slice                 | 28.4 g | 73 kcal      |
| Rye Seed                   | 1 Drinking Cup          | 150 g  | 422 kcal     |
| Sacher Pie                 | 1 pc                    | 125 g  | 440 kcal     |
| Sago                       | 1 Drinking Cup          | 173 g  | 612 kcal     |
| Salad Dressing             | 1 Tablespoon            | 16 g   | 72 kcal      |
| Salad Dressing with Yogurt | 1 Tablespoon            | 15 g   | 7 kcal       |
| Salami Pizza               | 1 Slice                 | 71 g   | 181 kcal     |
| Salmon                     | 1/2 Fillet              | 178 g  | 367 kcal     |
| Salt-Free Oil              | 1 Drinking Cup          | 227 g  | 1628 kcal    |
| Salty Pie                  | 1 Portion               | 50 g   | 272 kcal     |
| Sambal Oelek (Hot Sauce)   | 1 Dessert Spoon         | 5 g    | 1 kcal       |
| Sandwich                   | 1 Sandwich              | 83 g   | 252 kcal     |
| Sandwich Cheese            | 1 Slice                 | 21 g   | 31 kcal      |
| Sandwich with Meatball     | 1 Sandwich              | 299 g  | 481 kcal     |
| Sardine                    | 1 Drinking Cup          | 149 g  | 310 kcal     |
| Sausage Pizza              | 1 Slice                 | 72 g   | 177 kcal     |
| Savoy                      | 1 Drinking Cup, Chopped | 67 g   | 33 kcal      |
| Sea Bass                   | 1 Fillet                | 124 g  | 154 kcal     |
| Sea Bean                   | 1 Portion               | 120 g  | 160 kcal     |
| Sea Bream                  | 1 Portion               | 125 g  | 169 kcal     |
| Sesame Paste               | 1 Tablespoon            | 15 g   | 89 kcal      |
| Shrimp Cracker             | 1 Cracker               | 3 g    | 16 kcal      |
| Shrimp Pizza               | 1 Slice                 | 91 g   | 190 kcal     |
| Sicilian Pizza             | 1 Slice                 | 133 g  | 321 kcal     |
| Sirloin                    | 1 Steak                 | 140 g  | 305 kcal     |
| Slush Puppy                |                         | 100 ml | 50 kcal      |
| Small Coconut              | 1 Dessert Spoon         | 2.2 g  | 11 kcal      |
| Smoked Cheese              | 1 Slice                 | 20 g   | 82 kcal      |
| Smoked Herring             | 1 Fillet                | 40 g   | 87 kcal      |
| Smokes Salmon              | 1/2 Fillet              | 178 g  | 281 kcal     |
| Smoothie- Classic          |                         | 100 ml | 37 kcal      |
| Soda Bread                 | 1 Slice                 | 28.4 g | 81 kcal      |



Bike  
Friendly

Eat Sleep Cycle Repeat

| PRODUCT                     | PORTION        | G      | AVERAGE KCAL |
|-----------------------------|----------------|--------|--------------|
| Soda Pop                    |                | 100 ml | 42 kcal      |
| Soft Oily Bun               | 1 Bun          | 40 g   | 145 kcal     |
| Sole                        | 1 Fillet       | 127 g  | 109 kcal     |
| Solid Tofu                  |                | 100 g  | 70 kcal      |
| Souflé                      | 1 Drinking Cup | 136 g  | 277 kcal     |
| Soup with Carrot and Ginger | 1 Portion      | 381 g  | 95 kcal      |
| Sour Pie                    | 1 pc           | 144 g  | 547 kcal     |
| Sourdough Bread             | 1 Slice        | 35 g   | 101 kcal     |
| Soy Milk                    |                | 100 ml | 45 kcal      |
| Soy Sauce                   | 1 Tablespoon   | 15 g   | 10 kcal      |
| Soybean                     |                | 100 g  | 147 kcal     |
| Spaghetti                   | 1 Portion      | 200 g  | 740 kcal     |
| Spelt                       | 1 Drinking Cup | 174 g  | 588 kcal     |
| Spinach                     | 1 Portion      | 340 g  | 78 kcal      |
| Sponge Cake                 | 1 Portion      | 100 g  | 180 kcal     |
| Spring Roll                 | 1 pc           | 80 g   | 200 kcal     |
| Squid                       | 1 pc           | 12 g   | 21 kcal      |
| Star Fruit                  | 1 Star Fruit   | 91 g   | 28 kcal      |
| Stevia                      | 1 Tablespoon   | 15 g   | 0 kcal       |
| Strained Yogurt             | 1 Drinking Cup | 227 g  | 204 kcal     |
| Strawberry                  | 1 Drinking Cup | 152 g  | 49 kcal      |
| Strawberry Activia          | 1 Drinking Cup | 113 g  | 110 kcal     |
| Strawberry Ice Cream        | 1 Scoop        | 72 g   | 170 kcal     |
| Strawberry Jam              | 1 Tablespoon   | 20 g   | 50 kcal      |
| Strawberry Milkshake        |                | 100 ml | 113 kcal     |
| Strawberry Pie              | 1 pc           | 167 g  | 384 kcal     |
| Strawberry Sundae           |                |        |              |
| Strawberry Yogurt           | 1 Drinking Cup | 227 g  | 227 kcal     |
| Strip Steak                 | 1 Steak        | 250 g  | 408 kcal     |
| Sujuk Pizza                 | 1 Slice        | 130 g  | 330 kcal     |
| Sunflower Seed              | 1 Drinking Cup | 140 g  | 818 kcal     |
| Sushi                       | 1 pc           | 26 g   | 39 kcal      |
| Swedish Cake                | 1 pc           | 31 g   | 136 kcal     |

| PRODUCT                 | PORTION         | G      | AVERAGE KCAL |
|-------------------------|-----------------|--------|--------------|
| Sweet and Sour Sauce    | 1 Tablespoon    | 15 g   | 27 kcal      |
| Sweet Potato            | 1 Drinking Cup  | 150 g  | 177 kcal     |
| Sweet Yeast Bread       | 1 Slice         | 23 g   | 65 kcal      |
| Tabasco                 | 1 Dessert Spoon | 5 g    | 4 kcal       |
| Tagliatelle             | 1 Portion       | 200 g  | 740 kcal     |
| Tahini                  | 1 Tablespoon    | 20 g   | 117 kcal     |
| Talas Boregi            | 1 pc            | 47 g   | 262 kcal     |
| Tamarind                | 1 Tamarind      | 2 g    | 5 kcal       |
| Tandir Bread            | 1 Tandir Bread  | 160 g  | 440 kcal     |
| Tatine Tart             | 1 pc            | 100 g  | 210 kcal     |
| Tava Yogurt             | 1 Drinking Cup  | 227 g  | 211 kcal     |
| T-Bone Steak            | 1 Steak         | 287 g  | 580 kcal     |
| Tea                     |                 | 100 ml | 1 kcal       |
| Teriyaki Sauce          | 1 Tablespoon    | 18 g   | 16 kcal      |
| Thyme                   | 1 Dessert Spoon | 1 g    | 3 kcal       |
| Tiramisu                | 1 Portion       | 174 g  | 492 kcal     |
| Tiramisu Cake           | 1 pc            | 108 g  | 314 kcal     |
| Tofu                    |                 | 100 g  | 76 kcal      |
| Tomato                  | 1 Tomato        | 111 g  | 20 kcal      |
| Tomato Soup             | 1 Drinking Cup  | 248 g  | 74 kcal      |
| Tortellini              | 1 Drinking Cup  | 113 g  | 329 kcal     |
| Tortellini with Spinach | 1 Drinking Cup  | 102 g  | 320 kcal     |
| Tortilla                | 1 Tortilla      | 68 g   | 180 kcal     |
| Tortilla Chips          | 20 Chips        | 32 g   | 160 kcal     |
| Tortilla Wrap           | 1 Wrap          | 63 g   | 171 kcal     |
| Tranche                 | 1 Steak         | 236 g  | 430 kcal     |
| Trout                   | 1 Fillet        | 62 g   | 118 kcal     |
| Tulum Cheese            | 1 Slice         | 24 g   | 87 kcal      |
| Tuna                    | 1/2 Fillet      | 154 g  | 132 kcal     |
| Tuna Pizza              | 1 Slice         | 125 g  | 318 kcal     |
| Tuna Salad              | 1 Drinking Cup  | 205 g  | 383 kcal     |
| Turbot                  | 1/2 Fillet      | 159 g  | 194 kcal     |
| Turkey                  | 1 Turkey        | 3812 g | 7205 kcal    |



Bike  
Friendly

Eat Sleep Cycle Repeat

| PRODUCT                      | PORTION             | G      | AVERAGE KCAL |
|------------------------------|---------------------|--------|--------------|
| Turkey Breast                | 1/2 Breast          | 864 g  | 1166 kcal    |
| Turkey Chop                  | 1 Chop              | 113 g  | 214 kcal     |
| Turkey Leg                   | 1 Leg               | 546 g  | 1136 kcal    |
| Turkey Steak                 | 1 Steak             | 170 g  | 321 kcal     |
| Turkey Wing                  | 1 Wing              | 24 g   | 53 kcal      |
| Turkish Coffee               |                     | 100 ml | 2 kcal       |
| Turkish Flatbread            | 1 Turkish Flatbread | 210 g  | 504 kcal     |
| Turkish Shortbread           | 1 pc                | 19 g   | 95 kcal      |
| Turkish Tea                  |                     | 100 ml | 2 kcal       |
| Turmeric                     | 1 Dessert Spoon     | 2.2 g  | 7 kcal       |
| Vanilla Ice-Cream            | 1 Scoop             | 72 g   | 145 kcal     |
| Vanilla Milkshake            |                     | 100 ml | 149 kcal     |
| Vanilla Yogurt               | 1 Drinking Cup      | 227 g  | 229 kcal     |
| Vegetable Pizza              | 1 Slice             | 156 g  | 399 kcal     |
| Vegetable Soup               | 1 Drinking Cup      | 241 g  | 67 kcal      |
| Vegetable Soup with Chicken  | 1 Drinking Cup      | 248 g  | 77 kcal      |
| Vegetable Soup with Pasta    | 1 Drinking Cup      | 241 g  | 82 kcal      |
| Vegetable Stock              | 1 Drinking Cup      | 235 g  | 12 kcal      |
| Vegetable Stuffed With Mince | 1 Stuffed Vegetable | 100 g  | 114 kcal     |
| Vegetarian Baton Sandwich    | 1 Sandwich          | 166 g  | 229 kcal     |
| Vegetarian Burger            | 1 Burger            | 215 g  | 389 kcal     |
| Vegetarian Pizza             | 1 Slice             | 156 g  | 399 kcal     |
| Vegetarian Round Sandwich    | 1 Sandwich          | 247 g  | 963 kcal     |
| Vercimelli                   | 1 Portion           | 200 g  | 736 kcal     |
| Vinaigrette Salad Dressing   | 1 Tablespoon        | 15 g   | 18 kcal      |
| Waffle                       | 1 Waffle            | 33 g   | 103 kcal     |
| Walnut                       | 1 Drinking Cup      | 80 g   | 523 kcal     |
| Wasabi                       | 1 Dessert Spoon     | 5 g    | 8 kcal       |
| Watermelon                   | 1 pc                | 286 g  | 86 kcal      |
| Wedding Cake                 | 1 pc                | 109 g  | 415 kcal     |
| Wheat Bran                   | 1 Drinking Cup      | 58 g   | 125 kcal     |
| Wheat Farina                 | 1 Drinking Cup      | 167 g  | 601 kcal     |
| Wheat Germ                   | 1 Drinking Cup      | 113 g  | 432 kcal     |



Bike  
Friendly

Eat Sleep Cycle Repeat

| PRODUCT                   | PORTION           | G      | AVERAGE KCAL |
|---------------------------|-------------------|--------|--------------|
| Wheat Paste               | 1 Portion         | 37.5 g | 135 kcal     |
| Wheat Starch              | 1 Drinking Cup    | 110 g  | 386 kcal     |
| White Bread               | 1 Slice           | 28 g   | 67 kcal      |
| White Pepper              | 1 Dessert Spoon   | 2.4 g  | 6 kcal       |
| White Potato              | 1 Potato          | 138 g  | 130 kcal     |
| Whole Grain Oat           | 1 Drinking Cup    | 80 g   | 300 kcal     |
| Whole Grain Wheat         | 1 Drinking Cup    | 120 g  | 407 kcal     |
| Whole Wheat Bread         | 1 Slice           | 46 g   | 114 kcal     |
| Whole Wheat Noodle        | 1 Portion         | 200 g  | 694 kcal     |
| Whole Wheat Spaghetti     | 1 Portion         | 200 g  | 702 kcal     |
| Wild Honey                | 1 Tablespoon      | 21 g   | 60 kcal      |
| Worcester Sauce           | 1 Tablespoon      | 15 g   | 12 kcal      |
| Yag Mantisi (Fried Manti) | 1 Pieces of Manti | 50 g   | 79 kcal      |
| Yardlong bean             |                   | 100 g  | 85 kcal      |
| Yellow Cheese             | 1 Slice           | 28 g   | 94 kcal      |
| Yellow Lentil             |                   | 100 g  | 304 kcal     |
| Yerba Mate                |                   | 100 ml | 62 kcal      |
| Yogurt with Blueberry     | 1 Drinking Cup    | 227 g  | 238 kcal     |
| Yogurt with Cherry        | 1 Drinking Cup    | 227 g  | 220 kcal     |
| Yogurt with Flaxseed      | 1 Drinking Cup    | 113 g  | 70 kcal      |
| Yogurt with Muesli        | 1 Drinking Cup    | 227 g  | 247 kcal     |
| Yogurt with Peach         | 1 Drinking Cup    | 113 g  | 110 kcal     |
| Yogurt with Sugar         | 1 Drinking Cup    | 227 g  | 268 kcal     |
| Zucchini                  | 1 Zucchini        | 196 g  | 33 kcal      |
| Zucchini Soup             | 1 Drinking Cup    | 245 g  | 71 kcal      |

 Eat  
Sleep  
Cycle  
Repeat

