

ADAM PERERA-MORRIS
PERSONAL TRAINING

NUTRITION SURVIVAL GUIDE TO
NANDOS

CALORIES AND MACRONUTRIENTS

ADAMMORRISFITNESS.CO.UK

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

FIRE-STARTERS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
3 Chicken Wings	280	32.3	0.1	0.5	0.1	16.7	1.6
Houmous with PERI-PERi Drizzle	800	23.3	97.9	9.4	4.4	31.9	3.6
Red Pepper Dip	444	14.4	83.1	5.9	6.5	4.7	2.8
Spicy Mixed Olives	138	1.2	4.7	3.9	0	13.5	4.6
PERi-PERi Nuts	793	27.3	14.8	9	5.9	67.4	1.2
Halloumi Sticks & Dip	441	24	13.2	0.2	11.8	30.7	2.9

MAINS (PERI-PERi CHICKEN)

1/4 Chicken Breast	278	52	3	0	0.2	6.5	1.2
1/4 Chicken Leg	279	30.1	0.4	0	0.1	17.4	0.9
1/2 Chicken	557	82.1	3.4	0	0.3	24	2.1
5 Chicken Wings	467	53.9	0.2	0.9	0.2	27.8	2.6
10 Chicken Wings	935	107.8	0.4	1.8	0.4	55.7	5.2
Whole Chicken	1114	164.2	6.9	0	0.6	47.9	4.2
Chicken Thighs	571	72	0.9	1.2	0.5	31.2	2.3
Chicken Butterfly	310	57.2	0.2	1	0.2	8.9	1.7

MAINS (BURGERS, PITTAS, WRAPS)

Sunset Burger	600	47.3	42.9	3.3	9.8	26	2.5
Butterfly Burger	560	66.2	44.8	3	4.8	12.5	3.1
Fino Pitta	793	55.6	54.5	3.9	14.5	37.4	3.9
Grilled Chicken - Burger	380	37.1	44.8	2.1	4.7	5.4	2.3
Grilled Chicken - Pitta	381	35.5	43.8	3.2	4.9	6.6	2.2
Grilled Chicken - Wrap	523	37	59.4	3.1	17.8	14	2.4
Double Chicken - Burger	509	65.3	44.9	2.1	4.8	7.3	3.1
Double Chicken - Pitta	510	63.7	44	3.2	5	8.4	3.1
Double Chicken - Wrap	652	65.1	59.6	3.1	17.9	15.8	3.3
Sweet Potato & Butternut - Burger	429	12.8	67	7.1	9.2	10.7	1.7
Sweet Potato & Butternut - Pitta	470	14.2	74.3	7.4	9.2	11.5	2.1
Sweet Potato & Butternut - Wrap	612	15.7	89.8	7.3	22.2	19	2.3
Supergreen - Burger	402	14.5	55.7	8	7.9	11.9	2
Supergreen - Pitta	444	15.9	63	8.2	7.9	12.7	2.5
Supergreen - Wrap	586	17.4	78.6	8.1	20.9	20.2	2.6
Portobello Mushroom & Grilled Halloumi - Burger	660	22.5	61.8	3.2	19.3	34.5	3.2
Portobello Mushroom & Grilled Halloumi - Pitta	637	20.9	59.4	4.2	18.5	33.7	2.9
Portobello Mushroom & Grilled Halloumi - Wrap	720	22	60.8	3.8	19.2	41.1	2.9
Beanie - Burger	545	22.9	68.2	5.2	7.2	18.8	3.2
Beanie - Pitta	546	21.3	67.3	6.3	7.4	19.9	3.2
Beanie - Wrap	688	22.8	82.9	6.2	20.4	27.4	3.4

1-200 CAL

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501+ CAL

MAINS (SPECIAL GUESTS)

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Veggie Cataplana	466	11.2	59.4	14.4	15	18.3	3.4
Fillet Steak & Chargrilled Veg Pitta	412	33.1	47.5	4.4	7.3	9.7	2.4
Fillet Steak & Chargrilled Veg Wrap	513	35.2	58	6.3	15.2	15.6	2.8
Fillet Steak Prego Roll	376	34.2	43.7	2.6	3.8	6.9	2.4
Chicken Livers & Portuguese Roll	482	39.7	46.3	4	3.7	14.4	4.9

MAINS (SALADS)

Supergrain Salad - on its own	394	10.9	33.2	9.2	3.6	24.4	1.1
Supergrain Salad - with chicken breast (plain)	524	39.1	33.4	9.2	3.7	26.3	2
Quinoa Salad - on its own	458	16.5	34.8	11.4	6.4	28.6	1.7
Quinoa Salad - with chicken breast (plain)	588	44.6	35	11.4	6.5	30.5	2.6
Caesar Salad - on its own	334	8.7	21.6	3.1	3.8	23.5	1.4
Caesar Salad - with chicken breast (plain)	464	36.9	21.8	3.1	3.9	25.3	2.2
Mediterranean Salad - on its own	288	11.3	11.9	5.1	7.8	22	3.5
Mediterranean Salad - with chicken breast (plain)	417	39.4	12.1	5.1	7.9	23.8	4.4
Mixed Leaf Salad - on its own	25	1.7	2.9	2	2.1	0.4	0.1
Mixed Leaf Salad - with chicken breast (plain)	154	29.8	3.1	2	2.2	2.2	1

SIDES (TO GO WITH YOUR MEAL)

Supergrain - Regular	194	8	29.6	5	2.6	5.9	0.9
Supergrain - Large	371	15.4	58.3	9.9	4.7	10.5	1.5
Spicy Rice - Regular	197	3	33	3.6	1.7	5.1	1.2
Spicy Rice - Large	393	6.1	65.9	7.2	3.3	10.2	2.5
Coleslaw - Regular	268	1.2	12.2	2.6	8.4	24.3	0.6
Coleslaw - Large	535	2.4	24.3	5.2	16.7	48.6	1.2
Garlic Bread - Regular	349	8.8	42.4	1.7	2.4	15.7	1.3
Garlic Bread - Large	697	17.6	84.7	3.4	4.8	31.3	2.7
Corn on the Cob - Regular	144	5.7	22	4.6	12.5	2.7	0
Corn on the Cob - Large	288	11.4	44	9.2	25	5.4	0.1
Creamy Mash - Regular	294	3.2	32.2	3.4	1.6	17.8	1.2
Creamy Mash - Large	588	6.4	64.4	6.8	3.2	35.6	2.4
Chips - Regular	465	5	66.2	6.8	1.3	18.6	0.7
Chips - Large	1256	13.4	178.6	18.2	3.4	50.3	1.9
PERi-Salted Chips - Regular	467	5	66.5	6.8	1.4	18.7	1.3
PERi-Salted Chips - Large	1260	13.5	179.2	18.4	3.7	50.4	3
Mixed Leaf Side Salad - Regular	13	0.8	1.5	1	1.1	0.2	0
Mixed Leaf Side Salad - Large	25	1.7	2.9	2	2.1	0.4	0.1
Macho Peas - Regular	141	7.7	17.5	8.5	0.8	6.4	0.4
Macho Peas - Large	283	15.4	35	17.1	1.7	12.9	0.8

1-200 CAL

SIDES (FINO SIDES)

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Chargrilled Veg	93	2.4	14.2	3.5	10.8	3.5	0.5
Sweet Potato Wedges	320	8.7	43.5	11.5	15.1	13.8	0.5
Sweet Potato Wedges with PERi-PERi salt	323	8.8	44.1	11.7	15.4	13.8	1.6
Sweet Potato Mash	97	2.2	19.8	4.4	14.6	0.2	0.5

201-300 CAL

DESSERTS (FROZEN YOGURT)

Vanilla	71	2.6	15	0.1	13	0.1	0.1
Strawberry	70	2.5	15	0.1	13	0.1	0
Chocolate	79	3.3	15	0.7	13	0.3	0.2
Mango	71	2.5	15	0.1	13	0.1	0

301-400 CAL

401-500 CAL

DESSERTS (GELADO)

Coconut	157	2	20.3	1	19.5	8.3	0.1
Mango	99	0.4	24	1.7	20.3	0.4	0.2
Chocolate	145	1.6	18	2.6	17.3	7.5	0.1
Vanilla	161	2.5	19.5	0	17.3	8.3	0.2

501+ CAL

DESSERTS (HAVE YOUR CAKE)

Goey Caramel Cheesecake	415	7.8	38.9	0.6	25.1	25.3	0.5
Choc-A-Lot Cake	582	8.1	67.4	3.3	42.8	31.7	1.3
White Choc & Raspberry Cheesecake	446	7.4	47.3	0.7	30.2	25.3	0.5
Carrot Cake	737	8.1	67.8	2.6	46.9	48.7	1.1

DESSERTS (BROWNIES)

Salted Caramel Brownie	389	4.2	42.9	2.1	29	21.7	0.4
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DESSERTS (NATAS)

Naughty Natas	180	2.9	24.7	0.6	15.1	7.6	0.4
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DRINKS (GO BOTTOMLESS)

Coca-Cola	139	0	35	0	35	0	0
Diet Coke	1	0	0	0	0	0	0
Coke Zero	2	0	0	0	0	0	0
Fanta	57	0	13.5	0	13.5	0	0
Sprite Zero	3	0	0	0	0	0	0

1-200 CAL

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501+ CAL

DRINKS (SOFT DRINKS)

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Rubro	89	0	22	0	22	0	0
Pressed Apple Juice	118	0.3	28	1.4	28	0.6	0
Mango Quencher	126	0.9	29.7	1.4	26.3	0.8	0
Orange Juice	118	2.1	26.3	1.4	24.1	0.6	0
Cloudy Lemonade	129	0.3	31.1	1.4	28.8	0.6	0
Mineral Water	0	0	0	0	0	0	0

DRINKS (COFFEE)

Cappuccino	73	4.7	9.1	0.2	8.9	2	0.2
Galão	63	4.8	6.3	0	6.3	2.1	0.2
Espresso	0	0	0	0	0	0	0
Espresso Espresso	0	0	0	0	0	0	0
Americano	0	0	0	0	0	0	0

DRINKS (HOT DRINKS)

Organic Everyday Tea	23	1.7	2.3	0	2.3	0.8	0.1
Tea Infusions	0	0	0	0	0	0	0
Hot Chocolate	291	15	43.9	2	43.1	5.7	0.7

DRINKS (BEER & CIDER)

Sagres	129	0.7	10.2	1	0.7	0.3	0
2M (Mozambique)	109	0	7.1	0	7.1	0	0
Savanna Cider (South Africa)	132	1.7	8.3	0	8.3	0	0
Raspberry and Lime Cider	235	0.3	28.9	0	26.1	0.1	0
Apple Cider	105	0.5	24	5	19	0.5	0.2
Five Points XPA	56	1	11.9	0.3	0.3	0.3	0.2
Freedom Pilsner	119	1.3	8.6	1.7	0.3	0.3	0

1-200 CAL

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DRINKS (WINE)

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Cara Viva (Portugal) - Bottle	600	0.8	7.8	0	7.8	0	0
Cara Viva (Portugal) - Glass (250ml)	200	0.3	2.6	0	2.6	0	0
Cara Viva (Portugal) - Glass (175ml)	140	0.2	1.8	0	1.8	0	0
Spier Chenin Blanc (South Africa) - Bottle	638	12	1.5	0	0	0	0
Spier Chenin Blanc (South Africa) - Glass (250ml)	213	4	0.5	0	0	0	0
Spier Chenin Blanc (South Africa) - Glass (175ml)	149	2.8	0.4	0	0	0	0
Stormhoek Pinot Grigio (South Africa) - Bottle	540	7.5	4.5	0	0	0	0
Stormhoek Pinot Grigio (South Africa) - Glass (250ml)	180	2.5	1.5	0	0	0	0
Stormhoek Pinot Grigio (South Africa) - Glass (175ml)	126	1.8	1.1	0	0	0	0
Cara Viva Red (Portugal) - Bottle	600	0.8	14.6	0	14.6	0	0
Cara Viva Red (Portugal) - Glass (250ml)	200	0.3	4.9	0	4.9	0	0
Cara Viva Red (Portugal) - Glass (175ml)	140	0.2	3.4	0	3.4	0	0
Spier Merlot (South Africa) - Bottle	615	0	2.7	0	2.7	0	0
Spier Merlot (South Africa) - Glass (250ml)	205	0	0.9	0	0.9	0	0
Spier Merlot (South Africa) - Glass (175ml)	144	0	0.6	0	0.6	0	0
Grand' Arte Shiraz (Portugal) - Bottle	585	0.8	9.5	0	9.5	0	0
Grand' Arte Shiraz (Portugal) - Glass (250ml)	195	0.3	3.2	0	3.2	0	0
Grand' Arte Shiraz (Portugal) - Glass (175ml)	137	0.2	2.2	0	2.2	0	0
Cara Viva Medium Dry (Portugal) - Bottle	525	0.8	11.2	0	11.2	0	0
Cara Viva Medium Dry (Portugal) - Glass (250ml)	175	0.3	3.7	0	3.7	0	0
Cara Viva Medium Dry (Portugal) - Glass (175ml)	123	0.2	2.6	0	2.6	0	0
Cara Viva Summer Fruit (Portugal) - Bottle	540	0.8	15	0	15	0	0
Cara Viva Summer Fruit (Portugal) - Glass (250ml)	180	0.3	5	0	5	0	0
Cara Viva Summer Fruit (Portugal) - Glass (175ml)	126	0.2	3.5	0	3.5	0	0

DRINKS (BUBBLES)

Portada White Sparkling Wine - Bottle	483	0.8	27.1	0	27.1	0	0
Portada White Sparkling Wine - Glass(125ml)	81	0.1	4.5	0	4.5	0	0

1-200 CAL

NANDINOS (DINO MAINS)

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Chicken Burger	289	32.5	22.7	1.7	4	7.6	1.5
Chicken Breast Fillet Strips	130	28.2	0.2	0	0.1	1.8	0.9
3 Chicken Wings	280	32.3	0.1	0.5	0.1	16.7	1.6
Sweet Potato & Butternut Pattie	219	6.8	30.6	4.2	4.4	6.8	0.7
Sweet Potato & Butternut Burger	333	11.2	53.1	5.9	8.4	7.5	1.3

201-300 CAL

NANDINOS (DINO SIDES)

Chips	336	3.6	47.8	4.9	0.9	13.5	0.5
Sweet Potato Mash	48	1.1	9.9	2.2	7.3	0.1	0.3
Garlic Bread	218	4.2	20.1	1.3	1.7	13.6	0.5
Corn on the Cob	72	2.9	11	2.3	6.3	1.4	0
Little Tomatoes	13	0.7	2.2	0.8	2.2	0.3	0
Sweet Potato Wedges	73	2.4	16	4	5.5	0.9	0
Supergrain	118	5	19.1	3.3	1.4	3	0.4

301-400 CAL

401-500 CAL

NANDINOS (DINO DESSERTS)

Chilly Billy Lolly	30	0.2	7.6	0.3	7.6	0.1	0
Bottomless Frozen Yogurt	71	2.6	15	0.1	13	0.1	0.1
Scoop of Vanilla Gelado	158	2.3	16.8	0.1	15.4	9.4	0.2

501+ CAL

NANDINOS (DINO DRINKS)

Organic Milk	113	8.5	11.3	0	11.3	3.8	0.3
Bottle Green Cordial	26	0	6.3	0	4.8	0	0