

# Radix Nutrition Product Range

Meal	Calories	Carbs (g)	Fats (g)	Protein (g)	Weight (g)	Water req. (ml)
<b>Original Breakfasts 400</b>						
Apple Cinnamon	401	36	18	18	100	100
Mixed Berry	400	33	19	18	103	100
Mixed Berry (Plant-based)	402	33	19	18	103	100
<b>Original Meals 400</b>						
Smokey Barbecue	399	27	22	19	98	170
Indian Curry	401	32	20	17	100	170
Mexican Chilli	397	26	23	18	96	170
Basil Pesto	397	23	25	18	95	170
Peri-Peri	399	25	24	18	96	170
Turkish Falafel	402	15	27	19	93	170
<b>Original Meals 600</b>						
Smokey Barbecue	603	38	35	27	140	250
Indian Curry	599	47	32	25	142	250
Mexican Chilli	600	38	36	26	137	250
Basil Pesto	597	33	38	26	135	250
Peri-Peri	603	37	37	26	136	250
Turkish Falafel	595	22	40	29	131	250
<b>Ultra Breakfasts 800</b>						
Apple Cinnamon	798	43	49	37	171	130
Mixed Berry	798	41	50	37	176	130
Mixed Berry (Plant-based)	802	41	50	36	176	130
<b>Ultra Meals 800</b>						
Smokey Barbecue	802	36	59	27	161	175
Indian Curry	795	49	53	24	164	175
Mexican Chilli	799	35	60	27	158	175
Basil Pesto	793	30	61	26	156	175
Peri-Peri	802	34	61	26	157	175
Turkish Falafel	800	20	66	28	152	175
<b>Keto meals 400</b>						
Indian Curry	400	8	32	17	89	160
Meican Chilli	404	7	33	17	88	160
Basil Pesto	406	4	34	17	87	160
Peri-Peri	403	6	33	16	87	160
<b>Keto meals 600</b>						
Indian Curry	598	11	47	25	125	230
Meican Chilli	605	10	49	25	125	230
Basil Pesto	610	5	52	24	123	230
Peri-Peri	601	9	49	24	123	230
<b>FODMAP Friendly Breakfasts</b>						
Mixed Berry	396	40	17	18	102	100
Mixed Berry (Plant-based)	401	40	17	17	102	100
<b>FODMAP Friendly Meals</b>						
Indian Curry	401	33	20	16	100	170
Mexican Chilli	403	30	22	17	98	165
Peri-Peri	396	29	22	17	96	170
<b>Ultimate Recovery Smoothies</b>						
Berry & Banana	249	16	6	30	78	300
Cacao & Banana	244	15	6	31	74	300
Berry & Banana (Plant-based)	257	15	7	31	77	340
Cacao & Banana (Plant-based)	260	15	7	31	76	340
Spirulina & Strawberry	246	14	6	32	77	300
<b>Whey Protein Powder</b>						
Banana	116	2	0	25	44	200
Chocolate	118	3	1	25	45	200
Coconut	116	2	1	25	44	200
Strawberry	119	3	0	25	46	200
Vanilla	115	2	0	25	44	200
<b>Plant Protein Powder</b>						
Banana	140	3	3	25	47	300
Chocolate	146	4	3	25	48	300
Coconut	156	4	4	25	50	300
Strawberry	145	4	3	25	49	300
Vanilla	142	3	3	25	47	300



## Meal Planning Guide via Radix Nutrition Product Range

The information provided in this guide can help you to create an effective nutrition plan for your next big day, heavy training week or expedition.

Use the calorie and macronutrient guide to help set targets for your day and fill those targets with the Radix Nutrition Product Range as part of a complete nutritional strategy.

### Protein

#### Why Is It Important?

The primary building blocks for our bodies. Adequate intake is important to build and maintain muscle.

#### Daily Recommendations

Recommended daily intake for active individuals is between 1.4-2.2g per kg bodyweight, with intensive training increasing demand.

#### Example

For a 70 kilogram individual, 1.4g of protein per kg bodyweight would equal 98 grams of protein per day.

$$1.4g \times 70kg = 98g \text{ protein}$$

### Fats

#### Why Is It Important?

A good source of energy, particularly at low intensities. Fats have more calories per gram than carbs and protein, making them the lightest option to increase your energy intake.

#### Daily Recommendations

Usually, around 20-35% of total daily calories should come from fat. In some cases, such as for ketogenic diets and high-energy demand, calories from fat can increase to up to 80%.

#### Example

For someone with a daily calorie intake of 3000 kcal, 20% of their daily calories is 600 kcal, which translates to 67g of fat (as there are 9 calories per gram of fat).

$$20\% \text{ of } 3000\text{kcal} = 600\text{kcal}$$

$$600\text{kcal} \div 9\text{kcal} = 67\text{g fat}$$

### Carbs

#### Why Is It Important?

The most effective energy source for fuelling intense activity and recovering from hard training sessions. Less important for general health and low-intensity exercise.

#### Daily Recommendations

Intake varies depending on the frequency and intensity of exercise. For active individuals, between 5-8g per kg bodyweight is recommended for moderate training, and up to 8-12g per kg bodyweight for prolonged intense exercise.

#### Example

For a 70 kilogram individual, 5g of carbs per kg bodyweight would equal 350 grams of carbs per day.

$$5g \times 70kg = 350g \text{ carbs}$$

# Meal Planner

Day 1							
Meal	Food	Calories	Carbs	Fats	Protein	Weight	Water
Breakfast							
Lunch							
Dinner							
Snacks							
Totals							
Targets							

Day 2							
Meal	Food	Calories	Carbs	Fats	Protein	Weight	Water
Breakfast							
Lunch							
Dinner							
Snacks							
Totals							
Targets							

Day 3							
Meal	Food	Calories	Carbs	Fats	Protein	Weight	Water
Breakfast							
Lunch							
Dinner							
Snacks							
Totals							
Targets							

Day 4							
Meal	Food	Calories	Carbs	Fats	Protein	Weight	Water
Breakfast							
Lunch							
Dinner							
Snacks							
Totals							
Targets							

Day 5							
Meal	Food	Calories	Carbs	Fats	Protein	Weight	Water
Breakfast							
Lunch							
Dinner							
Snacks							
Totals							
Targets							

## Recommended Calories per Day

Body Weight	Hours of Activity									
	kg	1	2	3	4	5	6	7	8	9
50	1712	1911	2111	2310	2510	2709	2909	3108	3308	3507
55	1883	2102	2322	2541	2760	2980	3199	3419	3638	3858
60	2054	2293	2533	2772	3011	3251	3490	3730	3969	4208
65	2225	2484	2744	3003	3262	3522	3781	4040	4300	4559
70	2396	2675	2955	3234	3513	3793	4072	4351	4631	4910
75	2567	2867	3166	3465	3764	4064	4363	4662	4961	5261
80	2738	3058	3377	3696	4015	4334	4654	4973	5292	5611
85	2910	3249	3588	3927	4266	4605	4944	5284	5623	5962
90	3081	3440	3799	4158	4517	4876	5235	5594	5954	6313
95	3252	3631	4010	4389	4768	5147	5526	5905	6284	6663
100	3423	3822	4221	4620	5019	5418	5817	6216	6615	7014
105	3594	4013	4432	4851	5270	5689	6108	6527	6946	7365
110	3765	4204	4643	5082	5521	5960	6399	6838	7277	7715
115	3936	4395	4854	5313	5772	6231	6690	7169	7607	8066
120	4108	4586	5065	5544	6023	6502	6980	7459	7938	8417