

Volume Eating



VS



40g of mixed nuts
160kcal

150g skyr & 1/2 cup berries
135kcal



VS



Ham & cheese sandwich with crisps
660kcal

Chicken Salad sandwich & side salad
420kcal



VS



Dairymilk
220kcal

150g skyr & purple snack
215kcal



500ml bottle
of Coke
215kcal

VS



3 rice cakes & 1 tbsp PB
205kcal



VS



Chicken & Rice

Balanced meal with chicken, rice & veg