

# TAKE AWAY GUIDE

BILLY BUTLER PERSONAL TRAINING



# TAKE AWAY GUIDE

The Ultimate Guide for staying on track whilst enjoying foods you love...

E: Kcals P: Protein C: Carbs F: Fats

## KEBABS

Chicken in Pitta w/ salad



SMALL E322 P25 C39 F9  
LARGE E490 P38 C58 F13

Shish in Pitta w/salad



SMALL E343 P31 C35 F9  
LARGE E522 P47 C54 F14

Doner Meat Only



SMALL E320 P20 C0 F27  
LARGE E490 P30 C0 F40

Doner in Pitta w/ salad



SMALL E570 P32 C29 F37  
LARGE E781 P44 C39 F50

Shish skewers w/veg



1 skewer: E288 P18 C6 21F

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## CHIP SHOP

### CHIPS



CONE E321 P5 C50 F13  
S: E606 P10 C94 F4  
M: E788 P13 C122 F31  
L: E972 P16 C150 F38

### Fish & Chips



S: E946 P36 C104 F46  
M: E1332 P51 C146 F64  
L: E1649 P181 C181 F79

### Battered Cod



PER 100G: E240 P17 C11 F15

### Battered Sausage



SMALL: E356 P15 C16 F28  
LARGE: E463 P20 C25 F36

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## CHIP SHOP

### SAUSAGE



100G: E296 P14 C11 F22

### HADDOCK



100G: E232 P17 C10 F14

### PIES



CHICKEN MUSHROOM: E475 P17 C35 F30

STEAK & KIDNEY: E537 P23 C42 F28

BEEF & ONION: E529 P15 C42 F31

### SAUCE (100G)



CURRY: E74 P1 C5 F5

PEAS: E81 P6 C14 F1

GRAVY: E40 P0 C6 F2

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## CHINESE

### EGG FRIED RICE



PER 100G: E186 P4 C33 F5

### CHIPS



PER 100G: E214 P4 C33 F8

### CHICKEN CHOW MEIN



PER 100G: E147 P9 C13 F7

### PRAWN CRACKER



PER 1: E23 P0 C2 F2

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## CHINESE

### Sweet n sour chicken balls



per 100g: E:194 P8 C20 F 10

### Salt n Chili Chicken



Per 100g: E201 P16 C9 F11

### Beef in black bean sauce



per 100g: E:103 P11 C3 F6

### Curries



DATA IS LIMITED!  
ESTIMATED 340 CALORIES  
PER 1/2 TUB

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## INDIAN

### CURRIES PER 100G

CHICKEN BIRYANI: E163 P9 C17 F8

CHICKEN CURRY: E145 P12 C3 F10

CHICKEN KORMA: E166 P13 C5 F10

CHICKEN JALFREZI: E119 P10 C5 F7

CHICKEN TIKKA BALTI: E152 P14 C5 F7

TARKA DHAL: E171 P6 C16 F9

VEGETABLE JALFREZI: E112 P2 C6 F8

PRAWN BHUNA: E120 P9 C2 F9

PRAWN MADRAS: E115 P8 C3 F8

KING PRAWN BALTI: E118 P8 C2 F9



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## INDIAN

### Mango Chutney



Per 20g: E38 P0 C10 F0

### Peshwari Naan



Per 100g: E251 P8 C40 F8

### Vegetable Pakora



Per 100g: E293 P8 C17 F22

### Meat Samosa



Per 100g: E272 P11 C19 F17

### Tandoori Chicken



Per 100g: E143 P20 C3 F7