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What to have with Be Fit Food's 40g granola

Be Fit Food's granola is high in protein, whilst being calorie and carb controlled. For best results, we recommend serving with one of the following yoghurt, milk or dairy alternatives, in order to achieve optimal calorie and carb control.

Best Options

Product + 40g Granola	Serving Size Suggestion	Total calories (w/ granola)	Total protein (w/ granola)	Total carbohydrates (w/ granola)
Chobani 0.5% Fat Free Plain Greek Yoghurt	llOg	253	19.4g	l5g
YoPro Natural Yoghurt	100g	252	19.3g	14.6g
ProCal Icelandic SKYR Natural	100g	256	19.7g	15.2g
Rockeby Farms QUARK Natural Yoghurt	100g	256	18.7g	14.6g
Paul's PhysiCAL Skim Milk	130ml	250	l6.lg	17.2g
Farmers Union Greek High Protein 0.2% Fat Yoghurt	100g	252	16.8g	16.8g

Suitable Options

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Coles Greek Plain Yoghurt	100g	285	18.6g	14.9g	
Chobani Whole Milk Plain Greek Yoghurt	100g	278	17.4g	17.5g	
The Complete Dairy High Protein Lite Milk	100ml	254	16.2g	14.5g	
The Complete Dairy High Protein Milk	100ml	258	14.7g	l3.7g	
Coles Greek Plain Yoghurt	100g	285	18.6g	14.9g	
Jalna Fat Free Natural Yoghurt	llOg	247	14.5g	17.8g	
Pura Tone Milk	150ml	249	14.4g	18.5g	
Vitasoy Protein Plus Soy Milk	110ml	249	13.3g	12.8g	
Paul's Skinny Milk	140ml	249	14.6g	18.5g	
Bonsoy Soy Milk	110ml	254	l3.2g	l6.5g	
Paul's Full Cream Milk	100ml	257	12.lg	14.9g	
Paul's Full Cream Milk	100ml	257	12.1g	14.9g	
Liddel's Lactose Free Yoghurt	100g	275	13.2g	20.4g	