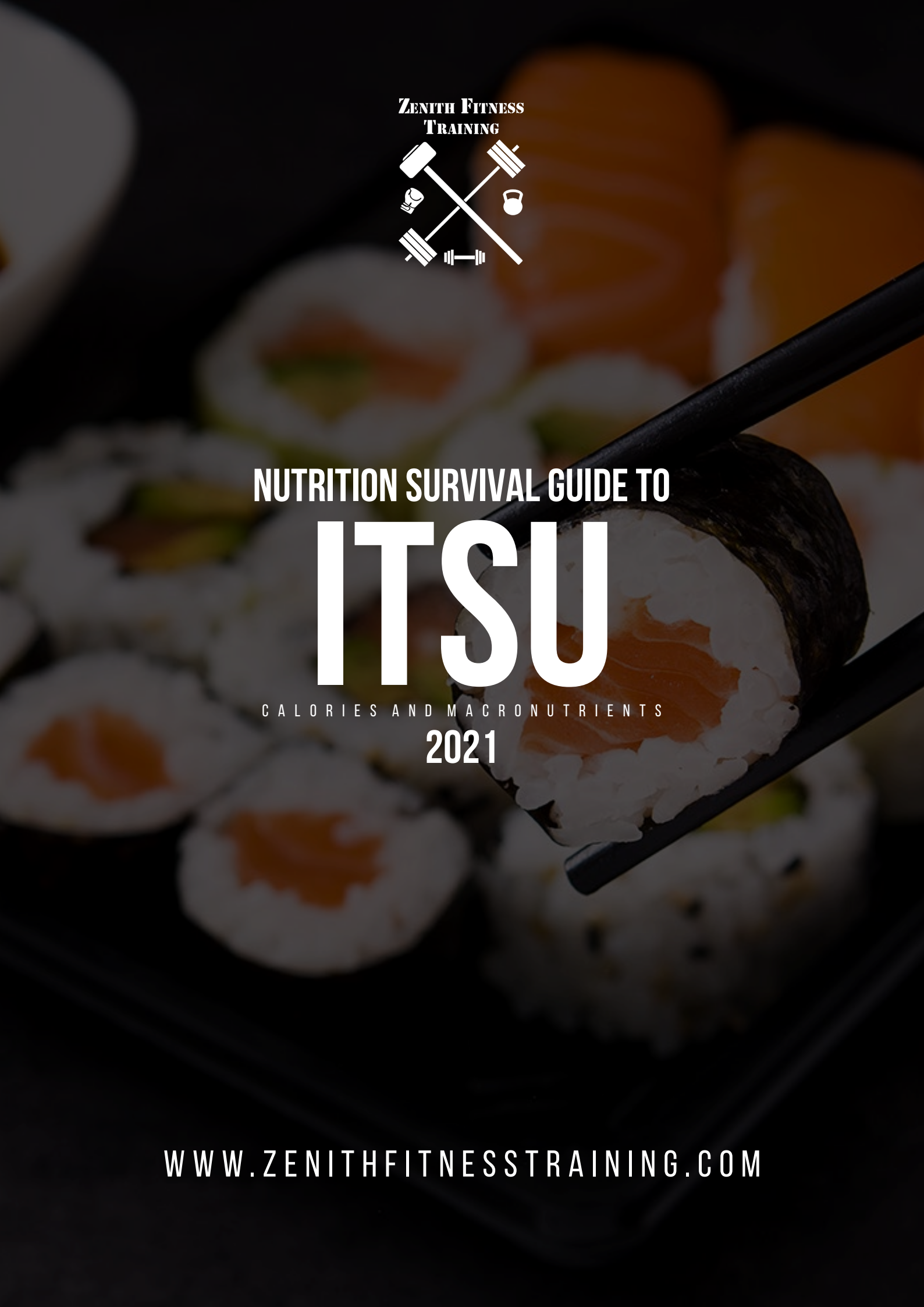

ZENITH FITNESS TRAINING

NUTRITION SURVIVAL GUIDE TO

ITSU

CALORIES AND MACRONUTRIENTS

2021

WWW.ZENITHFITNESSTRAINING.COM

1-200 CAL
201-300 CAL
301-400 CAL
401-500 CAL
501+ CAL

SUSHI & SALADS

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Line Caught Tuna Bento	333	14.2	67	1.9	4.8	2.1	2.2
[Low Carb] Japanese Sushi Salad	203	11.2	5.3	4	0.8	14.3	1.37
Salmon Sashimi	240	23.6	1.6	3.5	1	14.7	1.7
Salmon Sushi	299	13.9	47.9	2.9	2.9	5.3	1.41
Salmon Avocado Rolls	287	13	34.8	5.8	4.3	9.5	1.12
California Rolls	292	6.9	34	7.9	5.6	12.7	1.55
Sushi Festival	517	20.9	80.7	4.3	7.7	11.4	2.6
Super Salmon Light	401	17.4	59.5	4.4	6.9	9.4	1.9
Avo Baby Rolls	259	4.8	46.4	4.3	6.5	2.5	1.18
Itsu Poke'on A Bed	541	19.5	84.4	3	4.9	13.1	2.55
Chicken Teriyaki On A Bed	471	23.7	70.5	11.4	9.5	8	4
Salmon Teriyaki On A Bed	501	23.7	77.8	3.6	14.6	9.6	3.05
Spicy Tuna Dragon Roll	373	10.1	52.3	6	15	12.4	2.5
Salmon & Avo Dragon Roll	422	11.5	42.4	10.4	11.5	20.7	1.95
Veggie Dragon Roll	358	5.6	45.6	8.8	15	15	2.5
Itsu Classics	616	26	86.2	5.5	6.6	17.3	2.98
Veggie Sushi Collection	476	14.3	70.9	10	9.3	12.9	2.7
Salmon Fullhouse	636	33.7	81.5	7.6	12.7	17.9	2.9
Health & Happiness	575	26.3	77.4	5.2	4.2	16.6	2.73
No Meat Mondays	406	22.1	34.6	19.3	2.8	15.7	2.33
The Sesame Chicken Salad	369	24	46.3	10.7	8.3	7.4	2.89
Salmon'tuna Sharing	1,194	73.8	155	5.9	14	29.84	10.4
The Sushi Sharing	1118	38.9	163.7	20.2	23.1	29.6	6.6
Veggie Sharing Box	809	19.2	98.9	13.4	30	36.7	4.92
Veggie Dumplings	192	12.6	23.4	4	0.1	4.1	0.66
Edamame	192	11.7	9.4	4.7	3.8	8.7	1.15

HOT

Meatless Meatballs Rice'bowl	648	24.3	89.4	15.7	9	17.9	4.08
Spicy Korean Chicken Rice'bowl	556	29.7	87.6	5.3	19.5	13.1	3.47
Thai Chicken Rice'bowl	765	36.2	97.5	0.3	5.7	31.4	3.01
Teriyaki Chicken Rice'bowl	596	32.7	88.2	4.5	19	15.8	3.35
I'thai Udon [Stir-fry Style]	669	16.5	68	8.6	8.1	8.1	3.9
Chargrilled'chicken Udon	507	35.6	58.6	6.2	7.9	14.6	5.02
Chilli Chicken Udon	559	36.5	69	6.2	15.9	15.4	5.73
Veggie'gyoza Udon	496	16.7	82.6	4.7	9.3	10.2	3.86
Veggie Meatballs & Coconut Soup	506	14.7	37.2	3.9	4.1	32.5	2.37
Chicken Noodle Soup	293	19.9	24.2	3.6	13.6	12.5	3.3
Detox Miso'noodle Soup	177	7.3	30.6	2.7	1.9	2.3	2.3
Miso Soup	36	3.1	2.8	1.4	1.1	1.4	2
Chicken & Spring Onion Gyoza	251	13.2	32.6	2.1	4	7	1.29

1-200 CAL
201-300 CAL
301-400 CAL
401-500 CAL
501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Korean Bbq Beef Gyoza	352	15.2	40	1.1	7.7	14.2	1.79
King Prawn Gyoza	216	6.6	32.4	2.3	3.5	6.2	1
Vegetable Fusion Gyoza	240	12.6	38.5	3.4	3.4	4.7	0.77
Spicy Veg Bao'buns	262	9.9	44.6	3.2	9.9	4.2	1.8
Hoisin Duck Bao'buns	294	11.1	46	3.4	11.7	6.5	1.6

SNACKS & DRINKS

Chocolate Ganache Mochi	230	2.4	34	-	24	9.6	0.08
Mango Cheesecake Mochi	208	2.2	35.2	-	28.2	8.4	0.2
Chocolate Mousse	248	2	12.7	2	11.8	20.6	0.18
Lemon Zinger	234	0.9	20.9	0.2	18.5	16.3	0.056
White Chocolate Dream	293	1.7	20.2	0.2	19.7	22.7	0.42
Little Salted Caramel Pot	127	0.9	16.7	1.4	13.1	6.3	0.23
Fruit'cup	76	1	8	2.4	7.9	0	0
Miso Caramel Brownie	185	1.6	20.4	1.2	16.3	10.6	0.2
Coconut Matcha Bar	293	2.3	15.3	4.9	10.8	24.6	0.1
Raw Chocolate Pie	167	1.1	12.6	0	3.2	13.7	0.35
Prawn Crackers	-	-	-	-	-	-	-
Crispy Seaweed Thins Wasabi	-	-	-	-	-	-	-
Chocolate Rice Cakes	-	-	-	-	-	-	-
Wasabi Peas	111	4.2	18.3	1.8	4.1	2.3	0.59
Chocolate Edamame	152	3.9	14.2	2.4	13.5	8.3	0.14
Beef Twerky	97	11.5	8.8	0.2	7.3	1.8	1.29
Raw Fruitfix Beauty'smoothie	258	7.6	61.8	7.6	53	36.9	1.61
Raw Veg Beauty'smoothie	232	2.7	31.5	5.5	26.5	10.5	0.6
Aluminium Refill Flask	-	-	-	-	-	-	-
Itsu Still Water	-	-	-	-	-	-	-
Itsu Sparkling Water	-	-	-	-	-	-	-
Passionfruit Kombucha	28	0	5.9	0	0	0.1	0
Ginger & Lemon Kombucha	27	0	5.9	0	5.3	0	0
Original Kombucha	26	0	5.9	0.1	5.3	0.1	0
Peach & Lychee Zen'water	4	0	0	0	0	0	0
Cucumber & Mint Zen'water	3	0	3	0	0	0	0
Ginger Detox Zinger	56	0.5	13	0.5	13	1	0.01
Goji, Mandarin & Lime	33	1.65	6.3	0.6	6.3	1	0
Ginger'low	65	0	13.7	0	9.9	0	0
Lemon'low	66	0	14	0	9.9	0	0
Veg Press	113	2.8	15.3	2.8	12.8	3.8	0.05
Orange Press	118	1.5	27.3	0.8	23.3	0	0