Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	327	5.52	58.05	7.67
Lunch	625	26.46	69.69	19
Dinner	640	25.46	78.73	24.31
Snacks/Other	396	3.63	28.07	4.57
Total	1988	61.06	234.54	55.56

Monday, January 5, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Tetley Tea with Semi-Skimmed Milk	8	0		0			0.3			
1 cup, 420 ml										
Ocean Spray Cranberry Classic	123	0		29		29	0			
1 serving, 250 ml										
Kellogg's Special K Multi-Grain Porridge	104	1.5	0.2	19	2.5	4	2.5	10		
1 serving, 27 g										
Total	235	1.5	0.2	48	2.5	33	2.8	10		
Lunch										
Mince Pie (Individual Size or Tart)	358	16.91	3.622	49.06	1.9	20.21	3.88	514	1	188
1 tart										
Ryvita Crackerbread	76	0.8		15.2			2			
4 x 1 slice										
Tesco Corned Beef	70	3.5		0.3		0.3	7.2			
1 slice, 27 g										
Tea (Brewed)	5	0	0.009	1.42	0	0	0	14	0	175
2 cups (8 fl oz)										
Bananas	158	0.58	0.198	40.43	4.6	21.65	1.93	2	0	634
1 1/2 medium (7" to 7-7/8" long)										
Total	667	21.79	3.829	106.41	6.5	42.16	15.01	530	1	997
Dinner										
Tea (Brewed)	2	0	0.005	0.71	0	0	0	7	0	88
1 cup (8 fl oz)										
Cooked Mushrooms (from Fresh, Fat Added in Cooking)	77	4.41	0.788	8.31	3.4	3.41	3.38	404	0	554

Monday, January 5, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 cup										
Irish Extra Lean Beef Mince	197	4.8		0			38.4			
160 g										
Potatoes (Skin, with Salt, Boiled)	112	0.14	0.037	24.6	4.7		4.09	358	0	582
143 g										
Cooked Carrots (from Fresh)	31	1.41	0.265	4.53	1.6	1.89	0.42	174	0	129
2 oz										
Total	419	10.76	1.095	38.15	9.7	5.3	46.29	943	0	1353
Snacks/Other										
Whiskey	140	0	0	0.06	0	0	0	1	0	1
2 fl oz (no ice)										
Carte Noire Coffee	35	0.1		5			3.4			
mug										
Total	175	0.1	0	5.06	0	0	3.4	1	0	1
Total	**1496**	**34.15**	**5.124**	**197.62**	**18.7**	**80.46**	**67.5**	**1484**	**1**	**2351**

Tuesday, January 6, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Ocean Spray Cranberry Classic	123	0		29		29	0			
1 serving, 250 ml										
Vanilla	80	1.5	1.1	13		12.9	2.7	0		
100 g										
Sultana Bran	149	2.1		24.9			5.92			
3/4 x 40g (with 125ml skimmed milk)										
Tea (Brewed)	5	0	0.009	1.42	0	0	0	14	0	175
2 cups (8 fl oz)										
Dried Fruit Mixture	37	0.07	0.009	9.72	1.1	7.15	0.33	3	0	112
15 g										
Total	394	3.67	1.118	78.04	1.1	49.05	8.95	17	0	287
Lunch										
Tea (Brewed)	2	0	0.005	0.71	0	0	0	7	0	88
1 cup (8 fl oz)										
Mince Pie (Individual Size or Tart)	358	16.91	3.622	49.06	1.9	20.21	3.88	514	1	188
1 tart										
Asda White Baps (Large)	330	4.2		61.35			10.5			
1 1/2 x 1 bap										
Heinz Cream of Mushroom Soup	214	11.4	1.6	21.4	0.4	9	6.6	2600		
200 g										
Total	904	32.51	5.227	132.52	2.3	29.21	20.98	3121	1	276
Dinner										
Mince Pie (Individual Size or Tart)	358	16.91	3.622	49.06	1.9	20.21	3.88	514	1	188

Tuesday, January 6, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 tart										
Tea (Brewed)	2	0	0.005	0.71	0	0	0	7	0	88
1 cup (8 fl oz)										
Tilda Brown Basmati Rice	158	2.3	0.5	30	1.6	0.3	3.5	0.3		
100 g										
Tesco Breaded Chicken Breast Fillets	235	8.2		25.4			14.5			
100 g										
Total	753	27.41	4.127	105.17	3.5	20.51	21.88	521.3	1	276
Snacks/Other										
Marks & Spencer All Butter Scottish Shortbread	420	23.7	15	47.4	1.2	13.5	4.5			
3 x 1 biscuit										
Total	2471	87.29	25.472	363.13	8.1	112.27	56.31	3659.3	2	839

Wednesday, January 7, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kellogg's Special K Multi-Grain Porridge	104	1.5	0.2	19	2.5	4	2.5	10		
1 serving, 27 g										
Tea (Brewed)	5	0	0.009	1.42	0	0	0	14	0	175
2 cups (8 fl oz)										
Ocean Spray Cranberry Classic	123	0		29		29	0			
1 serving, 250 ml										
Total	232	1.5	0.209	49.42	2.5	33	2.5	24	0	175
Lunch										
Cathedral City Mature Cheddar Cheese	200	16.75	10.42	0.05	0	0.05	12.19	336		
48 g										
Ryvita Crackerbread	76	0.8		15.2			2			
4 x 1 slice										
Tea (Brewed)	5	0	0.009	1.42	0	0	0	14	0	175
2 cups (8 fl oz)										
Total	281	17.55	10.429	16.67	0	0.05	14.19	350	0	175
Dinner										
Chips	239	12.4		30			0			
1/2 small portion, 100 g										
Fried Battered Cod	392	18.12	3.781	15.74	0.5	0.95	39.53	283	113	869
8 oz boneless										
Tesco Roast Potatoes	144	3.12	0.5	26.25	2.38	0.38	2.25	0.25		
125 g										
Tea (Brewed)	2	0	0.005	0.71	0	0	0	7	0	88
1 cup (8 fl oz)										

Wednesday, January 7, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Fried Egg	92	7.04	1.975	0.4	0	0.38	6.27	94	210	68
1 large										
Bacon (Cured, Grilled, Pan-Fried or Roasted, Cooked)	87	6.68	2.198	0.23	0	0	5.93	370	18	90
2 slices cooked										
Total	956	47.36	8.459	73.33	2.88	1.71	53.98	754.25	341	1115
Snacks/Other										
Bordeaux	608	0	0	20.33	0	1.56	0.55	8	0	
1 bottle										
Tea (Brewed)	5	0	0.009	1.42	0	0	0	14	0	175
2 cups (8 fl oz)										
Ryvita Crackerbread	76	0.8		15.2			2			
4 x 1 slice										
Carte Noire Coffee	70	0.2		10			6.8			
2 x mug										
Total	759	1	0.009	46.95	0	1.56	9.35	22	0	175
Total	**2228**	**67.41**	**19.106**	**186.37**	**5.38**	**36.32**	**80.02**	**1150.25**	**341**	**1640**

Thursday, January 8, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Tea (Brewed)	5	0	0.009	1.42	0	0	0	14	0	175
2 cups (8 fl oz)										
Ocean Spray Cranberry Classic	123	0		29		29	0			
1 serving, 250 ml										
Tea (Brewed)	5	0	0.009	1.42	0	0	0	14	0	175
2 cups (8 fl oz)										
Weetabix Minibix Honey	112	0.6	0.15	22.5	2.78	7.2	2.85	0.02		
3/4 x 1 serving, 30 g										
Total	245	0.6	0.168	54.34	2.78	36.2	2.85	28.02	0	350
Lunch										
Tea (Brewed)	5	0	0.009	1.42	0	0	0	14	0	175
2 cups (8 fl oz)										
Chips	239	12.4		30			0			
1/2 small portion, 100 g										
Fried Battered Cod	392	18.12	3.781	15.74	0.5	0.95	39.53	283	113	869
8 oz boneless										
Total	636	30.52	3.79	47.16	0.5	0.95	39.53	297	113	1044
Dinner										
Tea (Brewed)	2	0	0.005	0.71	0	0	0	7	0	88
1 cup (8 fl oz)										
Warburtons Medium Sliced White Bread	192	1.6	0.6	35.4	2	1.8	8	0.32		
2 x 1 slice										
Iceland Straight Cut Chips	340	9.3	1.35	57.3	3.45	0.3	5.1	150		
150 g										

Thursday, January 8, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Fried Egg	92	7.04	1.975	0.4	0	0.38	6.27	94	210	68
1 large										
Total	626	17.94	3.93	93.81	5.45	2.48	19.37	251.32	210	156
Snacks/Other										
Carte Noire Coffee	70	0.2		10			6.8			
2 x mug										
OXO Beef Stock Cube	19	0.4	0.2	2.66	0.1	0.19	1.14	420		
100 g										
John Smith's John Smiths Extra Smooth	728	0		52.4			6.8			
4 x Pint, 2272 ml										
Total	817	0.6	0.2	65.06	0.1	0.19	14.74	420		
Total	**2324**	**49.66**	**8.088**	**260.37**	**8.83**	**39.82**	**76.49**	**996.34**	**323**	**1550**

Friday, January 9, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cranberry Classic	98	0		23.2		23.2	0			
200 ml										
38% vegetable fat spread with buttermilk	35	3.8	1.1	0.3			0.01	0.06		
2 tsp (10g), 10 g										
Toasted White Bread	129	1.76	0.254	23.94	1.1	2.09	3.96	260	0	58
2 slices										
Tea (Brewed)	5	0	0.009	1.42	0	0	0	14	0	175
2 cups (8 fl oz)										
Total	267	5.56	1.363	48.86	1.1	25.29	3.97	274.06	0	233
Lunch										
Marks & Spencer All Butter Scottish Shortbread	140	7.9	5	15.8	0.4	4.5	1.5			
1 biscuit										
Pears	96	0.2	0.01	25.66	5.1	16.27	0.63	2	0	198
1 medium (approx 2-1/2 per lb)										
Tea (Brewed)	5	0	0.009	1.42	0	0	0	14	0	175
2 cups (8 fl oz)										
Iceland Cocktail Sausage Rolls.	408	27.25		29			9.5			
2 1/2 x 4 rolls.										
Total	649	35.35	5.019	71.88	5.5	20.77	11.63	16	0	373
Dinner										
Snacks/Other										
Total	916	40.91	6.382	120.74	6.6	46.06	15.6	290.06	0	606

Saturday, January 10, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fried Egg 1 large	92	7.04	1.975	0.4	0	0.38	6.27	94	210	68
Ocean Spray Cranberry Classic 200 ml	98	0		23.2		23.2	0			
Toasted White Bread 2 slices	129	1.76	0.254	23.94	1.1	2.09	3.96	260	0	58
Actimel Vanilla Yoghurt 100 g	80	1.5	1.1	13		12.9	2.7	0		
Tea (Brewed) 2 cups (8 fl oz)	5	0	0.009	1.42	0	0	0	14	0	175
Total	404	10.3	3.338	61.96	1.1	38.57	12.93	368	210	301
Lunch										
Tea (Brewed) 2 cups (8 fl oz)	5	0	0.009	1.42	0	0	0	14	0	175
Marks & Spencer Soft White Bap 1 bap	170	3.7	0.7	28.5	1.4		7			
Lidl Harbour Fresh 2 Breaded Cod Fishcakes 135 g	262	11.88	1.08	24.98	1.35	1.89	12.96	0.32		
Total	437	15.58	1.789	54.9	2.75	1.89	19.96	14.32	0	175
Dinner										
Asda Chosen By You Triple Chocolate Muffins 45 g	141	6.51		17.89			2.22			
Chocolate Cake (without Icing)	340	14.34	5.158	50.73	1.5		5.04	299	55	133

Saturday, January 10, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 piece (1/12 9" dia)										
Tea (Brewed)	2	0	0.005	0.71	0	0	0	7	0	88
1 cup (8 fl oz)										
Butter	72	8.11	5.137	0.01	0	0.01	0.08	1	22	2
10 g										
Warburtons Crumpet	98	0.4	0.1	20			3			
1 crumpet, 55 g										
Fresh & Easy Orange Cranberry Scones	210	8	5	31	1	11	4	200	20	
1 scone , 71 g										
Total	863	37.36	15.4	120.34	2.5	11.01	14.34	507	97	223
Snacks/Other										
Foster's Lager (Can)	600	0		32			0			
4 x 1 can, 1760 ml										
Total	2304	63.24	20.527	269.2	6.35	51.47	47.23	889.32	307	699

Sunday, January 11, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kingsmill White Bread Roll 1 roll, 75 g	156	1.7	0.4	29		1.3	5.5	0.27		
Nescafe Coffee with Semi-Skimmed Milk 1 serving, 270 ml	25	0.2		0.5			0.4			
Actimel Vanilla Yoghurt 100 g	80	1.5	1.1	13		12.9	2.7	0		
Ocean Spray Cranberry Classic 200 ml	98	0		23.2		23.2	0			
Asda Streaky Bacon 50 g	154	12.1		0		0	11.1			
Total	513	15.5	1.5	65.7		37.4	19.7	0.27		
Lunch										
Foster's Lager (Can) 2 x 1 can, 880 ml	300	0		16			0			
ASDA Chosen By You Smoked Bacon & Cheddar Cheers Tart 1/2 tart	339	22.9	12.3	23.5	1.3	3	9	800		
Cooked Carrots (from Fresh) 52 g	28	1.29	0.243	4.15	1.5	1.73	0.38	159	0	118
Mashed Potato (from Fresh) 111 g	135	7.73	1.77	14.67	1.1	2.49	2.34	435	3	266
Total	802	31.92	14.313	58.32	3.9	7.22	11.72	1394	3	384
Dinner										
Warburtons Crumpet 1 crumpet, 55 g	98	0.4	0.1	20			3			

Sunday, January 11, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Asda Chosen By You Triple Chocolate Muffins 45 g	141	6.51		17.89			2.22			
Fresh & Easy Orange Cranberry Scones 1 scone , 71 g	210	8	5	31	1	11	4	200	20	
Chocolate Cake (without Icing) 1 piece (1/12 9" dia)	340	14.34	5.158	50.73	1.5		5.04	299	55	133
Tea (Brewed) 1 cup (8 fl oz)	2	0	0.005	0.71	0	0	0	7	0	88
Butter 10 g	72	8.11	5.137	0.01	0	0.01	0.08	1	22	2
Total	863	37.36	15.4	120.34	2.5	11.01	14.34	507	97	223

Snacks/Other

Total	2178	84.78	31.213	244.36	6.4	55.63	45.76	1901.27	100	607