Saturday, April 19, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Western Star Butter Mini Portions	72	8.1	5.3	0			0	64		
1 serving, 10 g										
Bakers Delight Traditional Hot Cross Bun	231	3.8	0.6	42	2.8	17	5.3	277		
1 bun, 75 g										
Porridge	224	4.48	0.678	40.82	5.3	7.2	7.28	85	0	
3/4 cup										
Hermesetas Stevia Sweet Granulated	4	0		0.9	0.6	0	0	0		
3 x 1 tsp, 1.5 g										
Yakult Yakult	50	0	0	12	0	11	1	20	0	0
1 bottle, 80 ml										
Total	581	16.38	6.578	95.72	8.7	35.2	13.58	446	0	0
Lunch										
The Natural Confectionary Co. Snakes	85	0.1	0.1	19.9		12.7	0.8	4		
2 snakes, 25 g										
Edgell Sliced Beetroot	26	0.1	0.1	5.2		5.2	0.7	168		
100 g										
Cherry Tomatoes	18	0.2	0.047	4	1.2	2.68	0.9	5	0	
6 cherry										
Tesco Roast Chicken Breast Fillet	195	8.2	2.8	0.2			23.9			
1 breast, 123 g										
Butter	102	11.52	7.294	0.01	0	0.01	0.12	2	31	3
1 tbsp										
Bakers Delight Traditional Hot Cross Bun	462	7.6	1.2	84	5.6	34	10.6	554		

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 x 1 bun, 150 g										
Total	888	27.72	11.541	113.31	6.8	54.59	37.02	733	31	3
Dinner										
Snacks/Other										
Ferrero Rocher Hazelnut Chocolates	73	5.2	1.7	5.4		4.9	1	7		
1 piece, 12.5 g										
Chocolate Eggs	162	9.55	5.117	19.6	1.5	16.96	1.9	14	4	
4 pieces										
Total	235	14.75	6.817	25	1.5	21.86	2.9	21	4	
Total	**1704**	**58.85**	**24.936**	**234.03**	**17**	**111.65**	**53.5**	**1200**	**35**	**3**