## Period Summary

| Daily Average | Cals (kcal) | Fat (g) | Carbs (g) | Prot (g) |
|---|---|---|---|---|
| Breakfast | 314 | 7.48 | 51.16 | 7.54 |
| Lunch | 404 | 12.05 | 46.61 | 25.55 |
| Dinner | 1043 | 44.43 | 103.27 | 57.34 |
| Snacks/Other | 101 | 3.68 | 11.59 | 1.78 |
| **Total** | **1863** | **67.64** | **212.63** | **92.2** |

## Friday, August 1, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Devondale Skim Milk<br>1/2 x 1 cup, 125 ml | 45 | 0.15 | 0.1 | 6.65 | | 6.65 | 4.25 | 69 | | |
| Uncle Tobys Oat Crisp Almond<br>1 serving, 40 g | 163 | 4 | 0.6 | 25.8 | 3.6 | 8.1 | 4.4 | 124 | | |
| Total | 208 | 4.15 | 0.7 | 32.45 | 3.6 | 14.75 | 8.65 | 193 | | |
| **Lunch** | | | | | | | | | | |
| Protien Fx Lo Carb Protein Bar<br>1serving, 60 g | 201 | 6 | | 4.2 | | | 17.4 | | | |
| Bananas<br>1 small (6" to 6-7/8" long) | 90 | 0.33 | 0.113 | 23.07 | 2.6 | 12.35 | 1.1 | 1 | 0 | 362 |
| Total | 291 | 6.33 | 0.113 | 27.27 | 2.6 | 12.35 | 18.5 | 1 | 0 | 362 |
| **Dinner** | | | | | | | | | | |
| Pumpkin<br>1 cup (1" cubes) | 30 | 0.12 | 0.06 | 7.54 | 0.6 | 1.58 | 1.16 | 1 | 0 | 394 |
| Evaporated Milk (Nonfat)<br>1 cup | 200 | 0.51 | 0.31 | 29.06 | 0 | 29.06 | 19.33 | 294 | 10 | 850 |
| Dry Whole Wheat Pasta<br>150 g | 522 | 2.1 | 0.387 | 112.54 | | | 21.94 | 12 | 0 | 322 |
| Woolworths White Bread Roll<br>1 roll | 201 | 2.8 | | 32.6 | | | 8.8 | | | |
| Total | 953 | 5.53 | 0.757 | 181.74 | 0.6 | 30.64 | 51.23 | 307 | 10 | 1566 |
| **Snacks/Other** | | | | | | | | | | |
| **Total** | **1452** | **16.01** | **1.57** | **241.46** | **6.8** | **57.74** | **78.38** | **501** | **10** | **1928** |

## Saturday, August 2, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Devondale Skim Milk<br>1/2 x 1 cup, 125 ml | 45 | 0.15 | 0.1 | 6.65 | | 6.65 | 4.25 | 69 | | |
| Uncle Tobys Oat Crisp Almond<br>1 serving, 40 g | 163 | 4 | 0.6 | 25.8 | 3.6 | 8.1 | 4.4 | 124 | | |
| Total | 208 | 4.15 | 0.7 | 32.45 | 3.6 | 14.75 | 8.65 | 193 | | |
| **Lunch** | | | | | | | | | | |
| Max's Muscle Meal Cookie<br>1serving, 90 g | 378 | 13.8 | | 39.2 | | | 24.3 | | | |
| Apples<br>1 medium (2-3/4" dia) (approx 3 per lb) | 72 | 0.23 | 0.039 | 19.06 | 3.3 | 14.34 | 0.36 | 1 | 0 | 148 |
| Total | 450 | 14.03 | 0.039 | 58.26 | 3.3 | 14.34 | 24.66 | 1 | 0 | 148 |
| **Dinner** | | | | | | | | | | |
| Devondale Light Margarine<br>3 x 1 serving, 15 g | 54 | 6 | | 3 | | | 3 | | | |
| Toasted White Bread<br>3 slices | 193 | 2.64 | 0.381 | 35.9 | 1.6 | 3.13 | 5.94 | 391 | 1 | 86 |
| Dry Whole Wheat Pasta<br>150 g | 522 | 2.1 | 0.387 | 112.54 | | | 21.94 | 12 | 0 | 322 |
| Evaporated Milk (Nonfat)<br>1 cup | 200 | 0.51 | 0.31 | 29.06 | 0 | 29.06 | 19.33 | 294 | 10 | 850 |
| Total | 969 | 11.25 | 1.078 | 180.5 | 1.6 | 32.19 | 50.21 | 697 | 11 | 1258 |
| **Snacks/Other** | | | | | | | | | | |
| **Total** | **1627** | **29.43** | **1.817** | **271.21** | **8.5** | **61.28** | **83.52** | **891** | **11** | **1406** |

## Sunday, August 3, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| **Lunch** | | | | | | | | | | |
| Devondale Skim Milk<br>1/2 x 1 cup, 125 ml | 45 | 0.15 | 0.1 | 6.65 | | 6.65 | 4.25 | 69 | | |
| Uncle Tobys Oat Crisp Almond<br>2 x 1 serving, 80 g | 326 | 8 | 1.2 | 51.6 | 7.2 | 16.2 | 8.8 | 248 | | |
| Total | 371 | 8.15 | 1.3 | 58.25 | 7.2 | 22.85 | 13.05 | 317 | | |
| **Dinner** | | | | | | | | | | |
| Mayonnaise<br>1 tbsp | 57 | 4.91 | 0.72 | 3.51 | 0 | 0.94 | 0.13 | 105 | 4 | 1 |
| Coles Thin Beef Sausages<br>4 x 1 sausage, 300 g | 628 | 49.2 | 21.2 | 12.8 | | 4 | 36 | 2432 | | |
| Cooked Cauliflower (from Fresh)<br>1 cup pieces | 62 | 4.28 | 0.785 | 5.2 | 3.4 | 1.76 | 2.3 | 376 | 0 | 178 |
| Cooked Broccoli (from Fresh)<br>1 cup fresh, cut stalks | 87 | 4.33 | 0.815 | 11.24 | 5.2 | 2.16 | 3.7 | 465 | 0 | 456 |
| Mashed Potato (from Fresh)<br>1 cup | 256 | 14.62 | 3.349 | 27.76 | 2.1 | 4.7 | 4.43 | 823 | 6 | 504 |
| White Bread<br>2 slices | 133 | 1.64 | 0.358 | 25.3 | 1.2 | 2.16 | 3.82 | 340 | 0 | 50 |
| Total | 1223 | 78.98 | 27.227 | 85.81 | 11.9 | 15.72 | 50.38 | 4541 | 10 | 1189 |
| **Snacks/Other** | | | | | | | | | | |
| Apples<br>1 medium (2-3/4" dia) (approx 3 per lb) | 72 | 0.23 | 0.039 | 19.06 | 3.3 | 14.34 | 0.36 | 1 | 0 | 148 |

## Sunday, August 3, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Total | 1666 | 87.36 | 28.566 | 163.12 | 22.4 | 52.91 | 63.79 | 4859 | 10 | 1337 |

## Monday, August 4, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Sanitarium Granola Oat Clusters Berry Delicious<br>1 1/2 x 1 serving, 75 g | 302 | 6 | 0.75 | 54.75 | 4.95 | 14.25 | 6.45 | 184.5 | | 90 |
| **Lunch** | | | | | | | | | | |
| Max's Muscle Meal Cookie<br>1serving, 90 g | 378 | 13.8 | | 39.2 | | | 24.3 | | | |
| Apples<br>1 medium (2-3/4" dia) (approx 3 per lb) | 72 | 0.23 | 0.039 | 19.06 | 3.3 | 14.34 | 0.36 | 1 | 0 | 148 |
| Total | 450 | 14.03 | 0.039 | 58.26 | 3.3 | 14.34 | 24.66 | 1 | 0 | 148 |
| **Dinner** | | | | | | | | | | |
| Ricotta Cheese (Whole Milk)<br>100 g | 174 | 12.98 | 8.295 | 3.04 | 0 | 0.27 | 11.26 | 84 | 51 | 105 |
| Quorn Southern Style Burgers<br>2 x 1 burger, 124 g | 246 | 13.4 | 2.4 | 16.4 | | 2.4 | 12.6 | 498 | | |
| Devondale Light Margarine<br>3 x 1 serving, 15 g | 54 | 6 | | 3 | | | 3 | | | |
| Woolworths White Bread Roll<br>2 x 1 roll | 402 | 5.6 | | 65.2 | | | 17.6 | | | |
| Mayonnaise<br>1 tbsp | 57 | 4.91 | 0.72 | 3.51 | 0 | 0.94 | 0.13 | 105 | 4 | 1 |
| Total | 933 | 42.89 | 11.415 | 91.15 | 0 | 3.61 | 44.59 | 687 | 55 | 106 |
| **Snacks/Other** | | | | | | | | | | |
| Chocolate Fudge with Nuts<br>2 pieces 1 cubic inch | 203 | 8.33 | 2.655 | 29.9 | 1.1 | 28.12 | 1.93 | 18 | 5 | 79 |

## Monday, August 4, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Total | 1888 | 71.25 | 14.859 | 234.06 | 9.35 | 60.32 | 77.63 | 890.5 | 60 | 423 |

## Tuesday, August 5, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Jordans Crispy Oat Cluster<br>2 x 1 serving | 410 | 14 | | 60.8 | | | 6.8 | | | |
| **Lunch** | | | | | | | | | | |
| Max's Muscle Meal Cookie<br>1serving, 90 g | 378 | 13.8 | | 39.2 | | | 24.3 | | | |
| Bananas<br>1 small (6" to 6-7/8" long) | 90 | 0.33 | 0.113 | 23.07 | 2.6 | 12.35 | 1.1 | 1 | 0 | 362 |
| Total | 468 | 14.13 | 0.113 | 62.27 | 2.6 | 12.35 | 25.4 | 1 | 0 | 362 |
| **Dinner** | | | | | | | | | | |
| Thousand Island Salad Dressing<br>1 tbsp | 59 | 5.61 | 0.815 | 2.34 | 0.1 | 2.43 | 0.17 | 138 | 4 | 17 |
| Pasta Salad<br>1/4 cup | 89 | 4.7 | 0.725 | 10.17 | 0.6 | 1.02 | 1.66 | 231 | 2 | 33 |
| Hard Rolls (Includes Kaiser)<br>2 rolls (3-1/2" dia) | 334 | 4.9 | 0.691 | 60.08 | 2.6 | 2.02 | 11.29 | 620 | 0 | 123 |
| Woolworths Chicken and Cheese Rissoles<br>2 x 1 serving | 717 | 46 | | 36 | | | 39 | | | |
| Total | 1199 | 61.21 | 2.231 | 108.59 | 3.3 | 5.47 | 52.12 | 989 | 6 | 173 |
| **Snacks/Other** | | | | | | | | | | |
| **Total** | **2077** | **89.34** | **2.344** | **231.66** | **5.9** | **17.82** | **84.32** | **990** | **6** | **535** |

## Wednesday, August 6, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Weet-Bix Weet-Bix Organic<br>2 x 2 biscuits, 60 g | 214 | 0.8 | 0.2 | 40.2 | 6.6 | 2 | 7.4 | 174 | | 204 |
| **Lunch** | | | | | | | | | | |
| Musashi P45 High Protein<br>1 serving | 335 | 6.8 | | 2.3 | | | 45.9 | | | |
| Apples<br>1 medium (2-3/4" dia) (approx 3 per lb) | 72 | 0.23 | 0.039 | 19.06 | 3.3 | 14.34 | 0.36 | 1 | 0 | 148 |
| Total | 407 | 7.03 | 0.039 | 21.36 | 3.3 | 14.34 | 46.26 | 1 | 0 | 148 |
| **Dinner** | | | | | | | | | | |
| Hamburger or Hotdog Rolls<br>2 rolls | 240 | 3.72 | 0.939 | 42.53 | 1.8 | 5.38 | 8.17 | 412 | 0 | 81 |
| Continental Alfredo<br>50 g | 250 | 11.35 | 2.7 | 16.85 | | 4.45 | 19.15 | | | |
| McCormick Rice A Riso<br>1 serving, 136 g | 161 | 0.5 | 0.1 | 33.9 | | 1.5 | 4.1 | 356 | | |
| Lamb Chop<br>2 medium (6 oz, with bone, raw) (yield after cooking, bone removed) | 685 | 53.13 | 23.22 | 0 | 0 | 0 | 48.03 | 850 | 207 | 556 |
| Total | 1336 | 68.7 | 26.959 | 93.28 | 1.8 | 11.33 | 79.45 | 1618 | 207 | 637 |
| **Snacks/Other** | | | | | | | | | | |
| **Total** | **1957** | **76.53** | **27.198** | **154.84** | **11.7** | **27.67** | **133.11** | **1793** | **207** | **989** |

## Thursday, August 7, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Jordans Crispy Oat Cluster<br>2 x 1 serving | 410 | 14 | | 60.8 | | | 6.8 | | | |
| **Lunch** | | | | | | | | | | |
| Max's Muscle Meal Cookie<br>1serving, 90 g | 378 | 13.8 | | 39.2 | | | 24.3 | | | |
| Bananas<br>1 small (6" to 6-7/8" long) | 90 | 0.33 | 0.113 | 23.07 | 2.6 | 12.35 | 1.1 | 1 | 0 | 362 |
| Total | 468 | 14.13 | 0.113 | 62.27 | 2.6 | 12.35 | 25.4 | 1 | 0 | 362 |
| **Dinner** | | | | | | | | | | |
| Woolworths Coleslaw<br>1 serving, 110 g | 139 | 8.5 | | 14.3 | | | 1.2 | | | |
| Ricotta Cheese<br>50 g | 78 | 5.22 | 3.306 | 2.04 | 0 | 0.14 | 5.66 | 52 | 20 | 58 |
| Steggles Chicken Burger Patty<br>3 x 1serving | 518 | 24.9 | | 12.3 | | | 60 | | | |
| Mayonnaise<br>1 tbsp | 57 | 4.91 | 0.72 | 3.51 | 0 | 0.94 | 0.13 | 105 | 4 | 1 |
| Woolworths White Bread Roll<br>2 x 1 roll | 402 | 5.6 | | 65.2 | | | 17.6 | | | |
| Total | 1194 | 49.13 | 4.026 | 97.35 | 0 | 1.08 | 84.59 | 157 | 24 | 59 |
| **Snacks/Other** | | | | | | | | | | |
| **Total** | **2072** | **77.26** | **4.139** | **220.42** | **2.6** | **13.43** | **116.79** | **158** | **24** | **421** |

## Friday, August 8, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Weet-Bix Weet-Bix Organic<br>2 x 2 biscuits, 60 g | 214 | 0.8 | 0.2 | 40.2 | 6.6 | 2 | 7.4 | 174 | | 204 |
| **Lunch** | | | | | | | | | | |
| Apples<br>1 small (2-1/2" dia) (approx 4 per lb) | 55 | 0.18 | 0.03 | 14.64 | 2.5 | 11.01 | 0.28 | 1 | 0 | 113 |
| Lenny and Larry's Muscle Brownie<br>1 serving | 170 | 6 | | 19 | | | 10 | | | |
| Total | 225 | 6.18 | 0.03 | 33.64 | 2.5 | 11.01 | 10.28 | 1 | 0 | 113 |
| **Dinner** | | | | | | | | | | |
| Woolworths White Bread Roll<br>2 x 1 roll | 402 | 5.6 | | 65.2 | | | 17.6 | | | |
| Light Sour Cream<br>3 tbsps | 65 | 5.09 | 3.168 | 3.41 | 0 | 0.11 | 1.68 | 34 | 17 | 102 |
| Taco or Tostada with Beef, Cheese, Lettuce, Tomato and Salsa<br>4 tacos or tostadas | 694 | 41 | 15.168 | 43.83 | 6.3 | 4.38 | 38.68 | 910 | 116 | 833 |
| Total | 1161 | 51.69 | 18.336 | 112.44 | 6.3 | 4.49 | 57.96 | 944 | 133 | 935 |
| **Snacks/Other** | | | | | | | | | | |
| Chocolate Fudge with Nuts<br>2 pieces 1 cubic inch | 203 | 8.33 | 2.655 | 29.9 | 1.1 | 28.12 | 1.93 | 18 | 5 | 79 |
| **Total** | **1803** | **67** | **21.221** | **216.18** | **16.5** | **45.62** | **77.57** | **1137** | **138** | **1331** |

## Saturday, August 9, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Jordans Crispy Oat Cluster<br>2 x 1 serving | 410 | 14 | | 60.8 | | | 6.8 | | | |
| **Lunch** | | | | | | | | | | |
| Aussie Bodies Hplc Bar Chocolate<br>100 g | 355 | 12.2 | 5 | 6.4 | 0 | 4.5 | 45.2 | 77 | | |
| **Dinner** | | | | | | | | | | |
| Cheese and Spinach Filled Ravioli with Cream Sauce<br>1 cup | 362 | 16.65 | 6.075 | 37.9 | 1.8 | 4.68 | 14.62 | 963 | 160 | 365 |
| Bakers Delight Cheese, Herb and Garlic Pullapart<br>2 x 1 piece, 130 g | 380 | 11 | 6.2 | 51.8 | 2.8 | 1.6 | 15.4 | 774 | | |
| Woolworths White Bread Roll<br>1 roll | 201 | 2.8 | | 32.6 | | | 8.8 | | | |
| South Cape Crumbled Feta<br>1/4 cup, 25 g | 81 | 7 | | 0.7 | | 0.7 | 4.7 | 235 | | |
| Bacon<br>2 thin slices (yield after cooking) | 54 | 4.18 | 1.374 | 0.14 | 0 | 0 | 3.7 | 231 | 11 | 56 |
| Roasted Grilled or Baked Chicken Thigh<br>2 small (yield after cooking, bone removed) | 270 | 16.9 | 4.723 | 0 | 0 | 0 | 27.34 | 447 | 101 | 242 |
| Total | 1348 | 58.53 | 18.372 | 123.14 | 4.6 | 6.98 | 74.56 | 2650 | 272 | 663 |
| **Snacks/Other** | | | | | | | | | | |
| **Total** | **2113** | **84.73** | **23.372** | **190.34** | **4.6** | **11.48** | **126.56** | **2727** | **272** | **663** |

## Sunday, August 10, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Jordans Crispy Oat Cluster<br>2 x 1 serving | 410 | 14 | | 60.8 | | | 6.8 | | | |
| **Lunch** | | | | | | | | | | |
| Rapid Tone Low Carb Bites<br>2 x 1 serving | 220 | 7 | | 2 | | | 19.4 | | | |
| Tangerines (Mandarin Oranges)<br>2 small (2-1/4" dia) | 74 | 0.43 | 0.055 | 18.68 | 2.5 | 14.81 | 1.13 | 3 | 0 | 232 |
| Bananas<br>2 extra small (less than 6" long) | 144 | 0.53 | 0.181 | 37 | 4.2 | 19.81 | 1.77 | 2 | 0 | 580 |
| Total | 438 | 7.96 | 0.236 | 57.68 | 6.7 | 34.62 | 22.3 | 5 | 0 | 812 |
| **Dinner** | | | | | | | | | | |
| Coles Beef Sausage<br>4 x 1 sausage, 280 g | 388 | 22 | | 8.8 | | | 39.6 | | | |
| Mayonnaise<br>1 tbsp | 57 | 4.91 | 0.72 | 3.51 | 0 | 0.94 | 0.13 | 105 | 4 | 1 |
| Woolworths Coleslaw<br>1 serving, 110 g | 139 | 8.5 | | 14.3 | | | 1.2 | | | |
| Bakers Delight Cheese, Herb and Garlic Pullapart<br>2 x 1 piece, 130 g | 380 | 11 | 6.2 | 51.8 | 2.8 | 1.6 | 15.4 | 774 | | |
| Total | 964 | 46.41 | 6.92 | 78.41 | 2.8 | 2.54 | 56.33 | 879 | 4 | 1 |
| **Snacks/Other** | | | | | | | | | | |
| **Total** | **1812** | **68.37** | **7.156** | **196.89** | **9.5** | **37.16** | **85.43** | **884** | **4** | **813** |

## Monday, August 11, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Bananas<br>1 small (6" to 6-7/8" long) | 90 | 0.33 | 0.113 | 23.07 | 2.6 | 12.35 | 1.1 | 1 | 0 | 362 |
| **Lunch** | | | | | | | | | | |
| Apples<br>1 small (2-1/2" dia) (approx 4 per lb) | 55 | 0.18 | 0.03 | 14.64 | 2.5 | 11.01 | 0.28 | 1 | 0 | 113 |
| Max's Muscle Meal Cookie<br>1serving, 90 g | 378 | 13.8 | | 39.2 | | | 24.3 | | | |
| Total | 433 | 13.98 | 0.03 | 53.84 | 2.5 | 11.01 | 24.58 | 1 | 0 | 113 |
| **Dinner** | | | | | | | | | | |
| Margarine (Regular)<br>1 tsp | 34 | 3.77 | 0.705 | 0.02 | 0 | 0 | 0.02 | 0 | 0 | 1 |
| White Bread<br>2 slices | 133 | 1.64 | 0.358 | 25.3 | 1.2 | 2.16 | 3.82 | 340 | 0 | 50 |
| Cooked Carrots (from Fresh)<br>1/2 cup sliced | 43 | 2 | 0.377 | 6.43 | 2.3 | 2.68 | 0.6 | 246 | 0 | 183 |
| Cooked Cauliflower (from Fresh)<br>1 cup pieces | 62 | 4.28 | 0.785 | 5.2 | 3.4 | 1.76 | 2.3 | 376 | 0 | 178 |
| Cooked Broccoli (from Fresh)<br>1/4 cup fresh, cut stalks | 22 | 1.08 | 0.204 | 2.81 | 1.3 | 0.54 | 0.93 | 116 | 0 | 114 |
| Lamb Chop<br>2 medium (6 oz, with bone, raw) (yield after cooking, bone removed) | 685 | 53.13 | 23.22 | 0 | 0 | 0 | 48.03 | 850 | 207 | 556 |
| Mayonnaise<br>1 tbsp | 57 | 4.91 | 0.72 | 3.51 | 0 | 0.94 | 0.13 | 105 | 4 | 1 |
| Total | 1036 | 70.81 | 26.369 | 43.27 | 8.2 | 8.08 | 55.83 | 2033 | 211 | 1083 |

## Monday, August 11, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Snacks/Other** | | | | | | | | | | |
| Pavlova<br>1 slice | 280 | 15.74 | 9.1 | 32.97 | 1.8 | 23.96 | 3.29 | 42 | 116 | |
| **Total** | **1839** | **100.86** | **35.612** | **153.15** | **15.1** | **55.4** | **84.8** | **2077** | **327** | **1558** |

## Tuesday, August 12, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Apples | 72 | 0.23 | 0.039 | 19.06 | 3.3 | 14.34 | 0.36 | 1 | 0 | 148 |
| 1 medium (2-3/4" dia) (approx 3 per lb) | | | | | | | | | | |
| Bananas | 90 | 0.33 | 0.113 | 23.07 | 2.6 | 12.35 | 1.1 | 1 | 0 | 362 |
| 1 small (6" to 6-7/8" long) | | | | | | | | | | |
| Total | 162 | 0.56 | 0.152 | 42.13 | 5.9 | 26.69 | 1.46 | 2 | 0 | 510 |
| **Lunch** | | | | | | | | | | |
| Lenny and Larry's Muscle Brownie | 340 | 12 | | 38 | | | 20 | | | |
| 2 x 1 serving | | | | | | | | | | |
| **Dinner** | | | | | | | | | | |
| Penne | 440 | 2.59 | 0.49 | 85.89 | 5 | 1.56 | 16.14 | 651 | 0 | |
| 2 cups cooked | | | | | | | | | | |
| Roasted Potato | 203 | 9.52 | 1.224 | 27.28 | 3.4 | 1.22 | 3.16 | 137 | 0 | 657 |
| 1 medium (2-1/4" to 3" dia, raw) | | | | | | | | | | |
| Woolworths Beef Rissoles | 789 | 55.5 | 26.4 | 10.8 | | 2.7 | 63.3 | 1356 | | |
| 3 x 1 rissole, 225 g | | | | | | | | | | |
| Mayonnaise | 57 | 4.91 | 0.72 | 3.51 | 0 | 0.94 | 0.13 | 105 | 4 | 1 |
| 1 tbsp | | | | | | | | | | |
| Total | 1489 | 72.52 | 28.834 | 127.48 | 8.4 | 6.42 | 82.73 | 2249 | 4 | 658 |
| **Snacks/Other** | | | | | | | | | | |
| **Total** | **1991** | **85.08** | **28.986** | **207.61** | **14.3** | **33.11** | **104.19** | **2251** | **4** | **1168** |

## Wednesday, August 13, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Jordans Crispy Oat Cluster<br>2 x 1 serving | 410 | 14 | | 60.8 | | | 6.8 | | | |
| **Lunch** | | | | | | | | | | |
| Musashi Mass Gain Choc Peanut<br>1 serving | 332 | 12.9 | | 23 | | | 30.3 | | | |
| Tangerines (Mandarin Oranges)<br>1 medium (2-3/8" dia) | 45 | 0.26 | 0.033 | 11.21 | 1.5 | 8.89 | 0.68 | 2 | 0 | 139 |
| Total | 377 | 13.16 | 0.033 | 34.21 | 1.5 | 8.89 | 30.98 | 2 | 0 | 139 |
| **Dinner** | | | | | | | | | | |
| Margarine-Like Spread (40% Fat)<br>4 tsps | 66 | 7.45 | 1.478 | 0.08 | 0 | 0 | 0.1 | 184 | 0 | 5 |
| Mayonnaise<br>1 tbsp | 57 | 4.91 | 0.72 | 3.51 | 0 | 0.94 | 0.13 | 105 | 4 | 1 |
| Woolworths White Bread Roll<br>2 x 1 roll | 402 | 5.6 | | 65.2 | | | 17.6 | | | |
| Woolworths Fresh Stir Fry Vegetables<br>100 g | 31 | 0 | 0 | 6 | 0 | 3 | 0 | 25 | 0 | 0 |
| Coles Chunky Potato Wedges<br>100 g | 174 | 7.6 | 0.6 | 23.7 | | 0.1 | 2.7 | 370 | | |
| Coles Beef Sausage<br>4 x 1 sausage, 280 g | 388 | 22 | | 8.8 | | | 39.6 | | | |
| Total | 1118 | 47.56 | 2.798 | 107.29 | 0 | 4.04 | 60.13 | 684 | 4 | 6 |

## Wednesday, August 13, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Snacks/Other** | | | | | | | | | | |
| **Total** | **1905** | **74.72** | **2.831** | **202.3** | **1.5** | **12.93** | **97.91** | **686** | **4** | **145** |

## Thursday, August 14, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Jordans Crispy Oat Cluster<br>2 x 1 serving | 410 | 14 | | 60.8 | | | 6.8 | | | |
| **Lunch** | | | | | | | | | | |
| Celebrity Slim Low-Carb Crunchy Choc Crisp Meal Bar<br>1 bar, 55 g | 218 | 8 | 3.6 | 4.4 | | 2.5 | 18.4 | 140 | | 200 |
| Tangerines (Mandarin Oranges)<br>1 medium (2-3/8" dia) | 45 | 0.26 | 0.033 | 11.21 | 1.5 | 8.89 | 0.68 | 2 | 0 | 139 |
| Total | 263 | 8.26 | 3.633 | 15.61 | 1.5 | 11.39 | 19.08 | 142 | 0 | 339 |
| **Dinner** | | | | | | | | | | |
| Penne<br>2 cups cooked | 440 | 2.59 | 0.49 | 85.89 | 5 | 1.56 | 16.14 | 651 | 0 | |
| Roasted Grilled or Baked Chicken Drumstick (Skin Eaten)<br>2 large (yield after cooking, bone removed) | 291 | 15.04 | 4.113 | 0 | 0 | 0 | 36.45 | 560 | 122 | 309 |
| Woolworths White Bread Roll<br>2 x 1 roll | 402 | 5.6 | | 65.2 | | | 17.6 | | | |
| Total | 1133 | 23.23 | 4.603 | 151.09 | 5 | 1.56 | 70.19 | 1211 | 122 | 309 |
| **Snacks/Other** | | | | | | | | | | |
| Sponge Cake with Icing<br>1 piece (1/12 10" dia) | 302 | 4.91 | 1.121 | 61.93 | 0.3 | 46.54 | 3.37 | 208 | 63 | 64 |
| **Total** | **2108** | **50.4** | **9.357** | **289.43** | **6.8** | **59.49** | **99.44** | **1561** | **185** | **712** |

## Friday, August 15, 2014

| | 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 Advantage<br>1 cup, 40 g | 140 | 0.2 | | 26 | 6.2 | | 5.4 | | | |
| Jordans Crispy Oat Cluster<br>1 serving | 205 | 7 | | 30.4 | | | 3.4 | | | |
| Total | 345 | 7.2 | | 56.4 | 6.2 | | 8.8 | | | |
| **Lunch** | | | | | | | | | | |
| Max's Muscle Meal Cookie<br>1serving, 90 g | 378 | 13.8 | | 39.2 | | | 24.3 | | | |
| Apples<br>1 small (2-1/2" dia) (approx 4 per lb) | 55 | 0.18 | 0.03 | 14.64 | 2.5 | 11.01 | 0.28 | 1 | 0 | 113 |
| Total | 433 | 13.98 | 0.03 | 53.84 | 2.5 | 11.01 | 24.58 | 1 | 0 | 113 |
| **Dinner** | | | | | | | | | | |
| Chicken Drumstick (Skin Not Eaten)<br>4 small (yield after cooking, bone and skin removed) | 219 | 7.18 | 1.879 | 0 | 0 | 0 | 35.9 | 534 | 118 | 312 |
| Woolworths White Bread Roll<br>1 roll | 201 | 2.8 | | 32.6 | | | 8.8 | | | |
| Roasted Grilled or Baked Chicken Drumstick (Skin Eaten)<br>2 large (yield after cooking, bone removed) | 291 | 15.04 | 4.113 | 0 | 0 | 0 | 36.45 | 560 | 122 | 309 |
| Penne<br>2 cups cooked | 440 | 2.59 | 0.49 | 85.89 | 5 | 1.56 | 16.14 | 651 | 0 | |
| Total | 1151 | 27.61 | 6.482 | 118.49 | 5 | 1.56 | 97.29 | 1745 | 240 | 621 |
| **Snacks/Other** | | | | | | | | | | |

## Friday, August 15, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Skinny Cow Choc Mint Sundae<br>1 tub, 82 g | 110 | 2.5 | 2.1 | 8.3 | 5.4 | 7.5 | 4.5 | 70 | | |
| **Total** | **2039** | **51.29** | **8.612** | **237.03** | **19.1** | **20.07** | **135.17** | **1816** | **240** | **734** |

## Saturday, August 16, 2014

| | 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 Advantage<br>2 x 1 cup, 80 g | 281 | 0.4 | | 52 | 12.4 | | 10.8 | | | |
| **Lunch** | | | | | | | | | | |
| Max's Muscle Meal Cookie<br>1serving, 90 g | 378 | 13.8 | | 39.2 | | | 24.3 | | | |
| Bananas<br>1 small (6" to 6-7/8" long) | 90 | 0.33 | 0.113 | 23.07 | 2.6 | 12.35 | 1.1 | 1 | 0 | 362 |
| Total | 468 | 14.13 | 0.113 | 62.27 | 2.6 | 12.35 | 25.4 | 1 | 0 | 362 |
| **Dinner** | | | | | | | | | | |
| Lowfat Cheddar or Colby Cheese<br>2 slices (1 oz) | 98 | 3.97 | 2.462 | 1.08 | 0 | 0.29 | 13.81 | 347 | 12 | 37 |
| Coles Beef Sausage<br>4 x 1 sausage, 280 g | 388 | 22 | | 8.8 | | | 39.6 | | | |
| Mayonnaise<br>1 tbsp | 57 | 4.91 | 0.72 | 3.51 | 0 | 0.94 | 0.13 | 105 | 4 | 1 |
| Margarine-Like Spread (40% Fat)<br>4 tsps | 66 | 7.45 | 1.478 | 0.08 | 0 | 0 | 0.1 | 184 | 0 | 5 |
| Woolworths White Bread Roll<br>2 x 1 roll | 402 | 5.6 | | 65.2 | | | 17.6 | | | |
| Total | 1011 | 43.93 | 4.66 | 78.67 | 0 | 1.23 | 71.24 | 636 | 16 | 43 |
| **Snacks/Other** | | | | | | | | | | |
| Rapid Tone Low Carb Bites<br>2 x 1 serving | 220 | 7 | | 2 | | | 19.4 | | | |

## Saturday, August 16, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Total | 1980 | 65.46 | 4.773 | 194.94 | 15 | 13.58 | 126.84 | 637 | 16 | 405 |

## Sunday, August 17, 2014

| | 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 Advantage<br>2 x 1 cup, 80 g | 281 | 0.4 | | 52 | 12.4 | | 10.8 | | | |
| **Lunch** | | | | | | | | | | |
| Max's Muscle Meal Cookie<br>1serving, 90 g | 378 | 13.8 | | 39.2 | | | 24.3 | | | |
| Tangerines (Mandarin Oranges)<br>1 medium (2-3/8" dia) | 45 | 0.26 | 0.033 | 11.21 | 1.5 | 8.89 | 0.68 | 2 | 0 | 139 |
| **Total** | **423** | **14.06** | **0.033** | **50.41** | **1.5** | **8.89** | **24.98** | **2** | **0** | **139** |
| **Dinner** | | | | | | | | | | |
| Mayonnaise<br>1 tbsp | 57 | 4.91 | 0.72 | 3.51 | 0 | 0.94 | 0.13 | 105 | 4 | 1 |
| Toasted White Bread<br>2 slices | 129 | 1.76 | 0.254 | 23.94 | 1.1 | 2.09 | 3.96 | 260 | 0 | 58 |
| Cooked Carrots (from Fresh)<br>1/2 cup sliced | 43 | 2 | 0.377 | 6.43 | 2.3 | 2.68 | 0.6 | 246 | 0 | 183 |
| Corned Beef (Lean Only Eaten)<br>3 thick slices (approx 4-1/2" x 2-1/2" x 3/8") | 472 | 28.22 | 11.68 | 0 | 0 | 0 | 51.22 | 1901 | 163 | 257 |
| Potato Bake<br>1 cup | 364 | 17.14 | 10.072 | 38.95 | 2.8 | 4.7 | 14.17 | 231 | 66 | |
| **Total** | **1065** | **54.03** | **23.103** | **72.83** | **6.2** | **10.41** | **70.08** | **2743** | **233** | **499** |
| **Snacks/Other** | | | | | | | | | | |
| Upside Down Cake (All Fruits)<br>1/2 piece (1/12 9" dia) | 193 | 7.24 | 1.729 | 30.64 | 0.5 | 20.44 | 2.09 | 183 | 13 | 67 |

## Sunday, August 17, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Total | 1962 | 75.73 | 24.865 | 205.88 | 20.6 | 39.74 | 107.95 | 2928 | 246 | 705 |

## Monday, August 18, 2014

| | 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 Advantage<br>2 x 1 cup, 80 g | 281 | 0.4 | | 52 | 12.4 | | 10.8 | | | |
| **Lunch** | | | | | | | | | | |
| Apples<br>1 small (2-1/2" dia) (approx 4 per lb) | 55 | 0.18 | 0.03 | 14.64 | 2.5 | 11.01 | 0.28 | 1 | 0 | 113 |
| Aussie Bodies Protein Delite Choc Caramel<br>1 1/2 x 1 bar, 75 g | 302 | 10.65 | 8.55 | 7.65 | | 5.25 | 33.75 | 90 | | |
| Total | 357 | 10.83 | 8.58 | 22.29 | 2.5 | 16.26 | 34.03 | 91 | 0 | 113 |
| **Dinner** | | | | | | | | | | |
| Continental Creamy Bacon Carbonara<br>1/4 serving, 43 g | 104 | 2.8 | 1.2 | 16.3 | | 3.6 | 3.6 | 235 | | |
| Woolworths White Bread Roll<br>2 x 1 roll | 402 | 5.6 | | 65.2 | | | 17.6 | | | |
| Corned Beef (Lean Only Eaten)<br>3 thick slices (approx 4-1/2" x 2-1/2" x 3/8") | 472 | 28.22 | 11.68 | 0 | 0 | 0 | 51.22 | 1901 | 163 | 257 |
| Lowfat Cheddar or Colby Cheese<br>2 slices (1 oz) | 98 | 3.97 | 2.462 | 1.08 | 0 | 0.29 | 13.81 | 347 | 12 | 37 |
| Mayonnaise<br>1 tbsp | 57 | 4.91 | 0.72 | 3.51 | 0 | 0.94 | 0.13 | 105 | 4 | 1 |
| Total | 1133 | 45.5 | 16.062 | 86.09 | 0 | 4.83 | 86.36 | 2588 | 179 | 295 |
| **Snacks/Other** | | | | | | | | | | |
| Skinny Cow Choc Mint Sundae | 110 | 2.5 | 2.1 | 8.3 | 5.4 | 7.5 | 4.5 | 70 | | |

## Monday, August 18, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| 1 tub, 82 g | | | | | | | | | | |
| **Total** | **1881** | **59.23** | **26.742** | **168.68** | **20.3** | **28.59** | **135.69** | **2749** | **179** | **408** |

## Tuesday, August 19, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Max's Muscle Meal Cookie<br>1serving, 90 g | 378 | 13.8 | | 39.2 | | | 24.3 | | | |
| Tangerines (Mandarin Oranges)<br>1 small (2-1/4" dia) | 37 | 0.22 | 0.027 | 9.34 | 1.3 | 7.41 | 0.57 | 1 | 0 | 116 |
| Kellogg's Special K Advantage<br>1 cup, 40 g | 140 | 0.2 | | 26 | 6.2 | | 5.4 | | | |
| Uncle Tobys Oat Flakes<br>1 serving, 30 g | 118 | 1.4 | 0.3 | 21.9 | 2.2 | 3.6 | 2.9 | 116 | | |
| Total | 673 | 15.62 | 0.327 | 96.44 | 9.7 | 11.01 | 33.17 | 117 | 0 | 116 |
| **Lunch** | | | | | | | | | | |
| **Dinner** | | | | | | | | | | |
| Minced Beef (70% Lean / 30% Fat)<br>150 g | 498 | 45 | 16.934 | 0 | 0 | 0 | 21.52 | 100 | 117 | 327 |
| Potatoes (Flesh, with Salt, Boiled)<br>1 cup | 136 | 0.16 | 0.041 | 31.4 | 3.1 | 1.36 | 2.92 | 374 | 0 | 591 |
| Woolworths Fresh Stir Fry Vegetables<br>100 g | 31 | 0 | 0 | 6 | 0 | 3 | 0 | 25 | 0 | 0 |
| Margarine-Like Spread (40% Fat)<br>4 tsps | 66 | 7.45 | 1.478 | 0.08 | 0 | 0 | 0.1 | 184 | 0 | 5 |
| Woolworths White Bread Roll<br>1 roll | 201 | 2.8 | | 32.6 | | | 8.8 | | | |
| Continental Creamy Bacon Carbonara | 104 | 2.8 | 1.2 | 16.3 | | 3.6 | 3.6 | 235 | | |

## Tuesday, August 19, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| 1/4 serving, 43 g | | | | | | | | | | |
| Total | 1036 | 58.21 | 19.653 | 86.38 | 3.1 | 7.96 | 36.94 | 918 | 117 | 923 |
| **Snacks/Other** | | | | | | | | | | |
| Total | 1709 | 73.83 | 19.98 | 182.82 | 12.8 | 18.97 | 70.11 | 1035 | 117 | 1039 |

## Wednesday, August 20, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Uncle Tobys Oat Flakes<br>2 1/4 x 1 serving, 68 g | 265 | 3.15 | 0.68 | 49.28 | 4.95 | 8.1 | 6.52 | 261 | | |
| **Lunch** | | | | | | | | | | |
| Rapid Tone Low Carb Bites<br>2 x 1 serving | 220 | 7 | | 2 | | | 19.4 | | | |
| Lenny and Larry's Muscle Brownie<br>1 serving | 170 | 6 | | 19 | | | 10 | | | |
| Bananas<br>1 small (6" to 6-7/8" long) | 90 | 0.33 | 0.113 | 23.07 | 2.6 | 12.35 | 1.1 | 1 | 0 | 362 |
| Total | 480 | 13.33 | 0.113 | 44.07 | 2.6 | 12.35 | 30.5 | 1 | 0 | 362 |
| **Dinner** | | | | | | | | | | |
| Deep Fried Potato French Fries (from Frozen)<br>1 10 strip portion (1" to 2") | 112 | 5.96 | 1.412 | 13.14 | 1.2 | 0.24 | 1.32 | 68 | 0 | 194 |
| Quorn Southern Style Burgers<br>2 x 1 burger, 124 g | 246 | 13.4 | 2.4 | 16.4 | | 2.4 | 12.6 | 498 | | |
| Potatoes (Flesh, with Salt, Boiled)<br>1 cup | 136 | 0.16 | 0.041 | 31.4 | 3.1 | 1.36 | 2.92 | 374 | 0 | 591 |
| Mayonnaise<br>3 tbsps | 172 | 14.73 | 2.161 | 10.54 | 0 | 2.82 | 0.4 | 314 | 11 | 4 |
| Lowfat Cheddar or Colby Cheese<br>1 slice (1 oz) | 49 | 1.98 | 1.231 | 0.54 | 0 | 0.15 | 6.9 | 174 | 6 | 19 |
| Woolworths White Bread Roll<br>1 roll | 201 | 2.8 | | 32.6 | | | 8.8 | | | |

## Wednesday, August 20, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Total | 916 | 39.03 | 7.245 | 104.62 | 4.3 | 6.97 | 32.94 | 1428 | 17 | 808 |

**Snacks/Other**

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| **Total** | **1661** | **55.51** | **8.038** | **197.97** | **11.85** | **27.42** | **69.96** | **1690** | **17** | **1170** |

## Thursday, August 21, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Uncle Tobys Oat Flakes<br>2 1/4 x 1 serving, 68 g | 265 | 3.15 | 0.68 | 49.28 | 4.95 | 8.1 | 6.52 | 261 | | |
| **Lunch** | | | | | | | | | | |
| Musashi Mass Gain Choc Peanut<br>1 serving | 332 | 12.9 | | 23 | | | 30.3 | | | |
| Apples<br>2 small (2-1/2" dia) (approx 4 per lb) | 110 | 0.36 | 0.059 | 29.28 | 5.1 | 22.03 | 0.55 | 2 | 0 | 227 |
| Total | 442 | 13.26 | 0.059 | 52.28 | 5.1 | 22.03 | 30.85 | 2 | 0 | 227 |
| **Dinner** | | | | | | | | | | |
| Mayonnaise<br>2 tbsps | 115 | 9.82 | 1.441 | 7.03 | 0 | 1.88 | 0.26 | 209 | 8 | 3 |
| Toasted White Bread<br>2 slices | 129 | 1.76 | 0.254 | 23.94 | 1.1 | 2.09 | 3.96 | 260 | 0 | 58 |
| Cooked Pumpkin (from Fresh)<br>1 cup mashed | 83 | 3.85 | 0.783 | 12.08 | 2.7 | 2.5 | 1.78 | 405 | 0 | 563 |
| Cooked Cauliflower (from Fresh)<br>1 cup pieces | 62 | 4.28 | 0.785 | 5.2 | 3.4 | 1.76 | 2.3 | 376 | 0 | 178 |
| Cooked Broccoli (from Fresh)<br>1 cup fresh, cut stalks | 87 | 4.33 | 0.815 | 11.24 | 5.2 | 2.16 | 3.7 | 465 | 0 | 456 |
| Coles Beef Sausage<br>4 x 1 sausage, 280 g | 388 | 22 | | 8.8 | | | 39.6 | | | |
| Total | 864 | 46.04 | 4.078 | 68.29 | 12.4 | 10.39 | 51.6 | 1715 | 8 | 1258 |
| **Snacks/Other** | | | | | | | | | | |

## Thursday, August 21, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Total | 1571 | 62.45 | 4.817 | 169.85 | 22.45 | 40.52 | 88.97 | 1978 | 8 | 1485 |

## Friday, August 22, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Jordans Crispy Oat Cluster<br>1 serving | 205 | 7 | | 30.4 | | | 3.4 | | | |
| Uncle Tobys Oat Flakes<br>1 serving, 30 g | 118 | 1.4 | 0.3 | 21.9 | 2.2 | 3.6 | 2.9 | 116 | | |
| Total | 323 | 8.4 | 0.3 | 52.3 | 2.2 | 3.6 | 6.3 | 116 | | |
| **Lunch** | | | | | | | | | | |
| Bananas<br>1 small (6" to 6-7/8" long) | 90 | 0.33 | 0.113 | 23.07 | 2.6 | 12.35 | 1.1 | 1 | 0 | 362 |
| Lenny and Larry's Muscle Brownie<br>1 serving | 170 | 6 | | 19 | | | 10 | | | |
| Apples<br>1 small (2-1/2" dia) (approx 4 per lb) | 55 | 0.18 | 0.03 | 14.64 | 2.5 | 11.01 | 0.28 | 1 | 0 | 113 |
| Total | 315 | 6.51 | 0.143 | 56.71 | 5.1 | 23.36 | 11.38 | 2 | 0 | 475 |
| **Dinner** | | | | | | | | | | |
| Devondale Light Margarine<br>4 x 1 serving, 20 g | 72 | 8 | | 4 | | | 4 | | | |
| Lowfat Cheddar or Colby Cheese<br>2 slices (1 oz) | 98 | 3.97 | 2.462 | 1.08 | 0 | 0.29 | 13.81 | 347 | 12 | 37 |
| Mayonnaise<br>2 tbsps | 115 | 9.82 | 1.441 | 7.03 | 0 | 1.88 | 0.26 | 209 | 8 | 3 |
| Woolworths White Bread Roll<br>3 x 1 roll | 602 | 8.4 | | 97.8 | | | 26.4 | | | |
| Quorn Classic Burgers<br>2 x 1 burger, 120 g | 146 | 6 | 0 | 8 | 6 | 2 | 22 | 576 | | |

## Friday, August 22, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Total | 1033 | 36.19 | 3.903 | 117.91 | 6 | 4.17 | 66.47 | 1132 | 20 | 40 |

**Snacks/Other**

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| **Total** | **1671** | **51.1** | **4.346** | **226.92** | **13.3** | **31.13** | **84.15** | **1250** | **20** | **515** |

## Saturday, August 23, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Jordans Crispy Oat Cluster<br>1 serving | 205 | 7 | | 30.4 | | | 3.4 | | | |
| Uncle Tobys Oat Flakes<br>1 serving, 30 g | 118 | 1.4 | 0.3 | 21.9 | 2.2 | 3.6 | 2.9 | 116 | | |
| **Total** | **323** | **8.4** | **0.3** | **52.3** | **2.2** | **3.6** | **6.3** | **116** | | |
| **Lunch** | | | | | | | | | | |
| Pita Bread<br>1 small (4" dia) | 77 | 0.34 | 0.046 | 15.6 | 0.6 | 0.36 | 2.55 | 150 | 0 | 34 |
| Mayonnaise<br>2 tbsps | 115 | 9.82 | 1.441 | 7.03 | 0 | 1.88 | 0.26 | 209 | 8 | 3 |
| French Fried Potatoes (As Purchased, Salt Added, Frozen)<br>100 g | 174 | 5.05 | 0.975 | 29.92 | 2.7 | 0.21 | 2.12 | 358 | 0 | 416 |
| Subway 6" Veggie Delite Sandwich<br>2 x 1 serving, 306 g | 411 | 5.4 | 1.8 | 69 | 8.6 | 10.2 | 17.2 | 570 | | |
| **Total** | **777** | **20.61** | **4.262** | **121.55** | **11.9** | **12.65** | **22.13** | **1287** | **8** | **453** |
| **Dinner** | | | | | | | | | | |
| Margarine (Vegetable Oil, 20% Fat without Salt)<br>4 tbsps | 90 | 9.98 | 1.469 | 0.2 | 0 | 0 | 0 | 0 | 0 | 13 |
| Toasted White Bread<br>4 slices | 258 | 3.52 | 0.509 | 47.87 | 2.2 | 4.17 | 7.92 | 521 | 1 | 115 |
| Continental Classic Pea & Ham Soup<br>1 serving, 250 ml | 78 | 1.6 | | 12.8 | | | 2.6 | | | |
| **Total** | **426** | **15.1** | **1.978** | **60.87** | **2.2** | **4.17** | **10.52** | **521** | **1** | **128** |

## Saturday, August 23, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Snacks/Other** | | | | | | | | | | |
| Cheesecake No Bake Philly Light<br>1 1/4 x 1 serving of an eighth | 585 | 27.69 | | 38.06 | | | 2.5 | | | |
| **Total** | **2111** | **71.8** | **6.54** | **272.78** | **16.3** | **20.42** | **41.45** | **1924** | **9** | **581** |

## Sunday, August 24, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Jordans Crispy Oat Cluster<br>1 serving | 205 | 7 | | 30.4 | | | 3.4 | | | |
| Uncle Tobys Oat Flakes<br>1 serving, 30 g | 118 | 1.4 | 0.3 | 21.9 | 2.2 | 3.6 | 2.9 | 116 | | |
| Total | 323 | 8.4 | 0.3 | 52.3 | 2.2 | 3.6 | 6.3 | 116 | | |
| **Lunch** | | | | | | | | | | |
| Chocolate Fudge<br>2 pieces (1 cubic inch) | 181 | 4.58 | 2.604 | 33.65 | 0.7 | 32.45 | 1.05 | 21 | 6 | 58 |
| Musashi Mass Gain Choc Peanut<br>1 serving | 332 | 12.9 | | 23 | | | 30.3 | | | |
| Apples<br>1 small (2-1/2" dia) (approx 4 per lb) | 55 | 0.18 | 0.03 | 14.64 | 2.5 | 11.01 | 0.28 | 1 | 0 | 113 |
| Total | 568 | 17.66 | 2.634 | 71.29 | 3.2 | 43.46 | 31.63 | 22 | 6 | 171 |
| **Dinner** | | | | | | | | | | |
| Ingham Southern Style Chicken Tenders<br>1/2 x 2 strips, 49 g | 108 | 6.15 | 1.7 | 6.8 | | 0.05 | 6.55 | 446.5 | | |
| Mayonnaise<br>2 tbsps | 115 | 9.82 | 1.441 | 7.03 | 0 | 1.88 | 0.26 | 209 | 8 | 3 |
| Lowfat Cheddar or Colby Cheese<br>2 slices (1 oz) | 98 | 3.97 | 2.462 | 1.08 | 0 | 0.29 | 13.81 | 347 | 12 | 37 |
| Woolworths White Bread Roll<br>2 x 1 roll | 402 | 5.6 | | 65.2 | | | 17.6 | | | |
| Devondale Light Margarine<br>4 x 1 serving, 20 g | 72 | 8 | | 4 | | | 4 | | | |

## Sunday, August 24, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Total | 795 | 33.54 | 5.603 | 84.11 | 0 | 2.22 | 42.22 | 1002.5 | 20 | 40 |
| **Snacks/Other** | | | | | | | | | | |
| Cheesecake No Bake Philly Light<br>1 serving of an eighth | 468 | 22.15 | | 30.45 | | | 2 | | | |
| **Total** | **2154** | **81.75** | **8.537** | **238.15** | **5.4** | **49.28** | **82.15** | **1140.5** | **26** | **211** |

## Monday, August 25, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Jordans Crispy Oat Cluster<br>1 serving | 205 | 7 | | 30.4 | | | 3.4 | | | |
| Uncle Tobys Oat Flakes<br>1 serving, 30 g | 118 | 1.4 | 0.3 | 21.9 | 2.2 | 3.6 | 2.9 | 116 | | |
| Total | 323 | 8.4 | 0.3 | 52.3 | 2.2 | 3.6 | 6.3 | 116 | | |
| **Lunch** | | | | | | | | | | |
| Max's Muscle Meal Cookie<br>1serving, 90 g | 378 | 13.8 | | 39.2 | | | 24.3 | | | |
| Bananas<br>1 small (6" to 6-7/8" long) | 90 | 0.33 | 0.113 | 23.07 | 2.6 | 12.35 | 1.1 | 1 | 0 | 362 |
| Total | 468 | 14.13 | 0.113 | 62.27 | 2.6 | 12.35 | 25.4 | 1 | 0 | 362 |
| **Dinner** | | | | | | | | | | |
| Leggo's Tomato Paste<br>1 serving, 50 g | 73 | 0 | 0 | 11.1 | | 10.8 | 3.8 | 211 | | |
| Penne<br>3 cups cooked | 660 | 3.88 | 0.735 | 128.84 | 7.5 | 2.34 | 24.21 | 977 | 0 | |
| Total | 733 | 3.88 | 0.735 | 139.94 | 7.5 | 13.14 | 28.01 | 1188 | 0 | |
| **Snacks/Other** | | | | | | | | | | |
| Skinny Cow Creamy Vanilla Ice Cream Cookies<br>1 cookie, 51 g | 122 | 1.5 | 0.7 | 24 | 2 | 11 | 2.7 | 105 | | |
| **Total** | **1646** | **27.91** | **1.848** | **278.51** | **14.3** | **40.09** | **62.41** | **1410** | **0** | **362** |

## Tuesday, August 26, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Jordans Crispy Oat Cluster<br>1 serving | 205 | 7 | | 30.4 | | | 3.4 | | | |
| Uncle Tobys Oat Flakes<br>1 serving, 30 g | 118 | 1.4 | 0.3 | 21.9 | 2.2 | 3.6 | 2.9 | 116 | | |
| Total | 323 | 8.4 | 0.3 | 52.3 | 2.2 | 3.6 | 6.3 | 116 | | |
| **Lunch** | | | | | | | | | | |
| Musashi Mass Gain Choc Peanut<br>1 serving | 332 | 12.9 | | 23 | | | 30.3 | | | |
| Apples<br>1 small (2-1/2" dia) (approx 4 per lb) | 55 | 0.18 | 0.03 | 14.64 | 2.5 | 11.01 | 0.28 | 1 | 0 | 113 |
| Total | 387 | 13.08 | 0.03 | 37.64 | 2.5 | 11.01 | 30.58 | 1 | 0 | 113 |
| **Dinner** | | | | | | | | | | |
| Coles Beef Sausage<br>2 x 1 sausage, 140 g | 194 | 11 | | 4.4 | | | 19.8 | | | |
| Mayonnaise<br>1 tbsp | 57 | 4.91 | 0.72 | 3.51 | 0 | 0.94 | 0.13 | 105 | 4 | 1 |
| Green Peas<br>1/2 cup | 59 | 0.29 | 0.051 | 10.48 | 3.7 | 4.11 | 3.93 | 4 | 0 | 177 |
| Cooked Cauliflower (from Fresh)<br>1 cup pieces | 62 | 4.28 | 0.785 | 5.2 | 3.4 | 1.76 | 2.3 | 376 | 0 | 178 |
| Cooked Broccoli (from Fresh)<br>1 cup fresh, cut stalks | 87 | 4.33 | 0.815 | 11.24 | 5.2 | 2.16 | 3.7 | 465 | 0 | 456 |
| Potatoes (Flesh, with Salt, Boiled)<br>2 cups | 271 | 0.31 | 0.081 | 62.81 | 6.2 | 2.71 | 5.83 | 749 | 0 | 1182 |

## Tuesday, August 26, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Devondale Light Margarine<br>4 x 1 serving, 20 g | 72 | 8 | | 4 | | | 4 | | | |
| Woolworths White Bread Roll<br>2 x 1 roll | 402 | 5.6 | | 65.2 | | | 17.6 | | | |
| Total | 1204 | 38.72 | 2.452 | 166.84 | 18.5 | 11.68 | 57.29 | 1699 | 4 | 1994 |

**Snacks/Other**

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| **Total** | **1914** | **60.2** | **2.782** | **256.78** | **23.2** | **26.29** | **94.17** | **1816** | **4** | **2107** |

## Wednesday, August 27, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Jordans Crispy Oat Cluster<br>1 serving | 205 | 7 | | 30.4 | | | 3.4 | | | |
| Uncle Tobys Oat Flakes<br>1 serving, 30 g | 118 | 1.4 | 0.3 | 21.9 | 2.2 | 3.6 | 2.9 | 116 | | |
| Total | 323 | 8.4 | 0.3 | 52.3 | 2.2 | 3.6 | 6.3 | 116 | | |
| **Lunch** | | | | | | | | | | |
| Max's Muscle Meal Cookie<br>1serving, 90 g | 378 | 13.8 | | 39.2 | | | 24.3 | | | |
| Bananas<br>1 small (6" to 6-7/8" long) | 90 | 0.33 | 0.113 | 23.07 | 2.6 | 12.35 | 1.1 | 1 | 0 | 362 |
| Total | 468 | 14.13 | 0.113 | 62.27 | 2.6 | 12.35 | 25.4 | 1 | 0 | 362 |
| **Dinner** | | | | | | | | | | |
| Coles Wholemeal Bread<br>2 slices, 59.1 g | 157 | 1.8 | | 27.2 | | | 6.1 | | | |
| Woolworths Beef Rissoles<br>2 x 1 rissole, 150 g | 526 | 37 | 17.6 | 7.2 | | 1.8 | 42.2 | 904 | | |
| Cooked Pumpkin (from Fresh)<br>1 cup mashed | 83 | 3.85 | 0.783 | 12.08 | 2.7 | 2.5 | 1.78 | 405 | 0 | 563 |
| Mashed Potato (from Fresh)<br>1 cup | 256 | 14.62 | 3.349 | 27.76 | 2.1 | 4.7 | 4.43 | 823 | 6 | 504 |
| Green Peas<br>1/2 cup | 59 | 0.29 | 0.051 | 10.48 | 3.7 | 4.11 | 3.93 | 4 | 0 | 177 |
| Mayonnaise<br>1 tbsp | 57 | 4.91 | 0.72 | 3.51 | 0 | 0.94 | 0.13 | 105 | 4 | 1 |
| Total | 1138 | 62.47 | 22.503 | 88.23 | 8.5 | 14.05 | 58.57 | 2241 | 10 | 1245 |

## Wednesday, August 27, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Snacks/Other** | | | | | | | | | | |
| Gelativo Greek Style Frozen Yoghurt<br>1 serving | 138 | 4.5 | | 19.9 | | | 3.8 | | | |
| **Total** | **2067** | **89.5** | **22.916** | **222.7** | **13.3** | **30** | **94.07** | **2358** | **10** | **1607** |

## Thursday, August 28, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Jordans Crispy Oat Cluster<br>1 serving | 205 | 7 | | 30.4 | | | 3.4 | | | |
| Uncle Tobys Oat Flakes<br>1 serving, 30 g | 118 | 1.4 | 0.3 | 21.9 | 2.2 | 3.6 | 2.9 | 116 | | |
| Total | 323 | 8.4 | 0.3 | 52.3 | 2.2 | 3.6 | 6.3 | 116 | | |
| **Lunch** | | | | | | | | | | |
| Musashi Mass Gain Choc Peanut<br>1 serving | 332 | 12.9 | | 23 | | | 30.3 | | | |
| Apples<br>1 small (2-1/2" dia) (approx 4 per lb) | 55 | 0.18 | 0.03 | 14.64 | 2.5 | 11.01 | 0.28 | 1 | 0 | 113 |
| Total | 387 | 13.08 | 0.03 | 37.64 | 2.5 | 11.01 | 30.58 | 1 | 0 | 113 |
| **Dinner** | | | | | | | | | | |
| Mayonnaise<br>1 tbsp | 57 | 4.91 | 0.72 | 3.51 | 0 | 0.94 | 0.13 | 105 | 4 | 1 |
| Deep Fried Potato French Fries (from Frozen)<br>1 10 strip portion (1" to 2") | 112 | 5.96 | 1.412 | 13.14 | 1.2 | 0.24 | 1.32 | 68 | 0 | 194 |
| Continental Sour Cream & Chives Pasta and Sauce<br>1 serving, 95 g | 123 | 3.5 | 1.6 | 18.1 | | 3.3 | 4.7 | 310 | | 315 |
| McCormick Rice A Riso<br>1 serving, 136 g | 161 | 0.5 | 0.1 | 33.9 | | 1.5 | 4.1 | 356 | | |
| Woolworths Quiche Lorraine<br>1 serving, 125 g | 349 | 24 | 12.6 | 20 | | 1.5 | 13.9 | 488 | | |
| Total | 802 | 38.87 | 16.432 | 88.65 | 1.2 | 7.48 | 24.15 | 1327 | 4 | 510 |

## Thursday, August 28, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Snacks/Other** | | | | | | | | | | |
| **Total** | **1512** | **60.35** | **16.762** | **178.59** | **5.9** | **22.09** | **61.03** | **1444** | **4** | **623** |

## Friday, August 29, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Jordans Crispy Oat Cluster<br>2 x 1 serving | 410 | 14 | | 60.8 | | | 6.8 | | | |
| **Lunch** | | | | | | | | | | |
| Max's Muscle Meal Cookie<br>1serving, 90 g | 378 | 13.8 | | 39.2 | | | 24.3 | | | |
| Apples<br>1 small (2-1/2" dia) (approx 4 per lb) | 55 | 0.18 | 0.03 | 14.64 | 2.5 | 11.01 | 0.28 | 1 | 0 | 113 |
| Total | 433 | 13.98 | 0.03 | 53.84 | 2.5 | 11.01 | 24.58 | 1 | 0 | 113 |
| **Dinner** | | | | | | | | | | |
| Lowfat Cheddar or Colby Cheese<br>3 slices (1 oz) | 147 | 5.95 | 3.693 | 1.62 | 0 | 0.44 | 20.71 | 521 | 18 | 56 |
| Quorn Classic Burgers<br>2 x 1 burger, 120 g | 146 | 6 | 0 | 8 | 6 | 2 | 22 | 576 | | |
| Mayonnaise<br>1 tbsp | 57 | 4.91 | 0.72 | 3.51 | 0 | 0.94 | 0.13 | 105 | 4 | 1 |
| Woolworths White Bread Roll<br>2 x 1 roll | 402 | 5.6 | | 65.2 | | | 17.6 | | | |
| Deep Fried Potato French Fries (from Frozen)<br>1 10 strip portion (1" to 2") | 112 | 5.96 | 1.412 | 13.14 | 1.2 | 0.24 | 1.32 | 68 | 0 | 194 |
| Devondale Light Margarine<br>4 x 1 serving, 20 g | 72 | 8 | | 4 | | | 4 | | | |
| Total | 936 | 36.42 | 5.825 | 95.47 | 7.2 | 3.62 | 65.76 | 1270 | 22 | 251 |
| **Snacks/Other** | | | | | | | | | | |

## Friday, August 29, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Skinny Cow Creamy Vanilla Ice Cream Cookies<br>1 cookie, 51 g | 122 | 1.5 | 0.7 | 24 | 2 | 11 | 2.7 | 105 | | |
| **Total** | **1901** | **65.9** | **6.555** | **234.11** | **11.7** | **25.63** | **99.84** | **1376** | **22** | **364** |

## Saturday, August 30, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Jordans Crispy Oat Cluster<br>2 x 1 serving | 410 | 14 | | 60.8 | | | 6.8 | | | |
| **Lunch** | | | | | | | | | | |
| Musashi Mass Gain Choc Peanut<br>1 serving | 332 | 12.9 | | 23 | | | 30.3 | | | |
| Apples<br>1 small (2-1/2" dia) (approx 4 per lb) | 55 | 0.18 | 0.03 | 14.64 | 2.5 | 11.01 | 0.28 | 1 | 0 | 113 |
| Total | 387 | 13.08 | 0.03 | 37.64 | 2.5 | 11.01 | 30.58 | 1 | 0 | 113 |
| **Dinner** | | | | | | | | | | |
| Best Foods Mayonnaise<br>200 g | 180 | 20 | 3 | 0 | 0 | 0 | 0 | 180 | 10 | 0 |
| Mashed Potato (from Fresh)<br>1 1/2 cups | 384 | 21.92 | 5.024 | 41.64 | 3.1 | 7.06 | 6.65 | 1235 | 9 | 756 |
| Woolworths Select Skinless Chicken Breast Fillets<br>200 g | 212 | 2.8 | 0.8 | 0.4 | | 0.2 | 45.6 | 66 | | |
| Breaded or Battered Potato French Fries<br>2 10 strip portions (2" to 3-1/2") | 322 | 19.6 | 3.573 | 31.14 | 1.6 | 4.32 | 5.83 | 409 | 1 | 321 |
| Total | 1098 | 64.32 | 12.397 | 73.18 | 4.7 | 11.58 | 58.08 | 1890 | 20 | 1077 |
| **Snacks/Other** | | | | | | | | | | |
| **Total** | **1895** | **91.4** | **12.427** | **171.62** | **7.2** | **22.59** | **95.46** | **1891** | **20** | **1190** |

## Sunday, August 31, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Jordans Crispy Oat Cluster<br>2 x 1 serving | 410 | 14 | | 60.8 | | | 6.8 | | | |
| **Lunch** | | | | | | | | | | |
| Usn Protein Delight Bar<br>1 serving | 407 | 16.1 | | 31.5 | | | 39 | | | |
| **Dinner** | | | | | | | | | | |
| Cooked Carrots (from Fresh)<br>1/2 cup sliced | 43 | 2 | 0.377 | 6.43 | 2.3 | 2.68 | 0.6 | 246 | 0 | 183 |
| Coles Beef Sausage<br>3 x 1 sausage, 210 g | 291 | 16.5 | | 6.6 | | | 29.7 | | | |
| Green Peas<br>1/2 cup | 59 | 0.29 | 0.051 | 10.48 | 3.7 | 4.11 | 3.93 | 4 | 0 | 177 |
| Devondale Light Margarine<br>2 x 1 serving, 10 g | 36 | 4 | | 2 | | | 2 | | | |
| Woolworths White Bread Roll<br>1 roll | 201 | 2.8 | | 32.6 | | | 8.8 | | | |
| Mayonnaise<br>1 tbsp | 57 | 4.91 | 0.72 | 3.51 | 0 | 0.94 | 0.13 | 105 | 4 | 1 |
| Mashed Potato (from Fresh)<br>1 cup | 256 | 14.62 | 3.349 | 27.76 | 2.1 | 4.7 | 4.43 | 823 | 6 | 504 |
| Total | 943 | 45.12 | 4.497 | 89.38 | 8.1 | 12.43 | 49.59 | 1178 | 10 | 865 |
| **Snacks/Other** | | | | | | | | | | |
| **Total** | **1760** | **75.22** | **4.497** | **181.68** | **8.1** | **12.43** | **95.39** | **1178** | **10** | **865** |