Monday, July 17, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Musashi P45 High Protein 1 serving	335	6.8		2.3			45.9			
Dinner										
Carrots 1 cup chopped	52	0.31	0.047	12.26	3.6	5.81	1.19	88	0	410
Woolworths Beef & Cheese Rissoles with Honey 2 x 2 rissoles, 250 g	526	36.6	18.8	7.6		6.2	42	626		
Helga's Turkish Pide Garlic 1 1/4 x 1 serving , 112 g	284	3		52			9.62			
Aioli 1 tbsp	91	9.83	1.36	1.06	0.1	0.07	0.19	1	0	
Coles Frozen Mixed Vegetables - Peas, Corn, Carrot 100 g	64	0.5		10			2.7			
Total	1017	50.24	20.207	82.92	3.7	12.08	55.7	715	0	410
Snacks/Other										
O&G Craneberry,Almond and Quinoa Bircher Muesli 1 serving , 45 g	177	5		25.6			5.3			
Gippsland Dairy Smooth & Creamy Yoghurt 1 serving, 100 g	125	6.8	4.5	13		13	4.6	50		
Total	302	11.8	4.5	38.6		13	9.9	50		

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1654	68.84	24.707	123.82	3.7	25.08	111.5	765	0	410