Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	157	1.83	23.89	7.74
Lunch	215	2.91	47.13	4.67
Dinner	989	45.82	103.22	39.17
Snacks/Other				
Total	1361	50.56	174.24	51.59

Monday, March 9, 2015

	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 2 x 2 biscuits, 66 g	214	0.8	0.2	40	6.6	2.2	7.4	174		204
Lunch										
Progenetics Hunger Bites 4 x 1 serving	60	2		16			0			
Granny Smith Apples 1 small (2-1/2" dia)	55	0.18	0.03	14.64	2.5	11.01	0.28	1	0	
Bananas 1 small (6" to 6-7/8" long)	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
Rapid Loss Vanilla Shake 1 scoop, 41 g	148	2	1	21.2	6.3	19.4	7.8	160		
Total	353	4.51	1.143	74.91	11.4	42.76	9.18	162	0	362
Dinner										
Coles Frozen Mixed Vegetables (Peas, Corn, Carrot) 100 g	64	0.5		10			2.7			
Woolworths Thin Sausages 1 1/2 x 2 sausages	663	53.55	28.35	14.85		2.25	31.8	1305		
Bakers Delight Turkish Bread Roll 1 roll, 80 g	215	3.8	0.5	36.8	2	1.1	6.4	446		
Mayonnaise 1 tbsp	57	4.91	0.72	3.51	0	0.94	0.13	105	4	1
Total	999	62.76	29.57	65.16	2	4.29	41.03	1856	4	1
Snacks/Other										

Monday, March 9, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1566	68.07	30.913	180.07	20	49.25	57.61	2192	4	567

Tuesday, March 10, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Rapid Loss Vanilla Shake 1 scoop, 41 g	148	2	1	21.2	6.3	19.4	7.8	160		
Lunch										
Progenetics Hunger Bites 4 x 1 serving	60	2		16			0			
Rapid Loss Vanilla Shake 1 scoop, 41 g	148	2	1	21.2	6.3	19.4	7.8	160		
Total	208	4	1	37.2	6.3	19.4	7.8	160		
Dinner										
Bakers Delight Turkish Bread Roll 1 roll, 80 g	215	3.8	0.5	36.8	2	1.1	6.4	446		
Continental Deb Instant Mashed Potato 1/2 cup, 190 g	151	2.9	0.5	26.3		1.8	3.5	525		440
Mayonnaise 1 tbsp	57	4.91	0.72	3.51	0	0.94	0.13	105	4	1
French Fried Potatoes (As Purchased, Salt Added, Frozen) 100 g	174	5.05	0.975	29.92	2.7	0.21	2.12	358	0	416
Coles Chicken Kiev 1 kiev, 175 g	406	26.4	11	20.8		3	21.7	669		
Total	1003	43.06	13.695	117.33	4.7	7.05	33.85	2103	4	857
Snacks/Other										

Tuesday, March 10, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1359	49.06	15.695	175.73	17.3	45.85	49.45	2423	4	857

Wednesday, March 11, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Rapid Loss Vanilla Shake	148	2	1	21.2	6.3	19.4	7.8	160		
1 scoop, 41 g										
Lunch										
Dinner										
Toasted White Bread	129	1.76	0.254	23.94	1.1	2.09	3.96	260	0	58
2 slices										
Mayonnaise	57	4.91	0.72	3.51	0	0.94	0.13	105	4	1
1 tbsp										
McCain Crunchy Potato Wedges	567	20.7		78.9			9			
3 x 1 serving, 375 g										
Continental Deb Instant Mashed Potato	303	5.8	1	52.6		3.6	7	1050		880
2 x 1/2 cup, 380 g										
Total	1056	33.17	1.974	158.95	1.1	6.63	20.09	1415	4	939
Snacks/Other										
Total	1204	35.17	2.974	180.15	7.4	26.03	27.89	1575	4	939

Thursday, March 12, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Rapid Loss Vanilla Shake	148	2	1	21.2	6.3	19.4	7.8	160		
1 scoop, 41 g										
Lunch										
Granny Smith Apples	55	0.18	0.03	14.64	2.5	11.01	0.28	1	0	
1 small (2-1/2" dia)										
Progenetics Hunger Bites	60	2		16			0			
4 x 1 serving										
Total	115	2.18	0.03	30.64	2.5	11.01	0.28	1	0	
Dinner										
Woolworths Beef Rissoles	592	41.62	19.8	8.1		2.02	47.48	1017		
2 1/4 x 1 rissole, 169 g										
Baked Sweetpotato (Peel Not Eaten)	134	3.86	0.75	23.57	3.7	9.57	2.28	441	0	539
1 medium (2" dia, 5" long, raw)										
Cooked Broccoli (from Fresh)	87	4.33	0.815	11.24	5.2	2.16	3.7	465	0	456
1 cup fresh, cut stalks										
Green String Beans	34	0.13	0.029	7.84	3.7	1.54	2	7	0	230
1 cup										
Bakers Delight Turkish Bread Roll	215	3.8	0.5	36.8	2	1.1	6.4	446		
1 roll, 80 g										
Mayonnaise	57	4.91	0.72	3.51	0	0.94	0.13	105	4	1
1 tbsp										
Total	1119	58.65	22.614	91.06	14.6	17.33	61.99	2481	4	1226

Snacks/Other

Thursday, March 12, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1382	62.83	23.644	142.9	23.4	47.74	70.07	2642	4	1226

Friday, March 13, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Rapid Loss Vanilla Shake	148	2	1	21.2	6.3	19.4	7.8	160		
1 scoop, 41 g										
Lunch										
Progenetics Hunger Bites	60	2		16			0			
4 x 1 serving										
Chocolate Milk Shake (with Skim Milk)	264	2.11	1.295	56.9	3.8	51.89	10.41	145	10	597
2 cups										
Total	324	4.11	1.295	72.9	3.8	51.89	10.41	145	10	597
Dinner										
Steggles Chicken Burger Patty	259	12.45		6.15			30			
1 1/2 x 1serving										
McCormick Rice A Riso	161	0.5	0.1	33.9		1.5	4.1	356		
1 serving, 136 g										
Mayonnaise	57	4.91	0.72	3.51	0	0.94	0.13	105	4	1
1 tbsp										
Bakers Delight Turkish Bread Roll	215	3.8	0.5	36.8	2	1.1	6.4	446		
1 roll, 80 g										
Green String Beans	34	0.13	0.029	7.84	3.7	1.54	2	7	0	230
1 cup										
Total	726	21.79	1.349	88.2	5.7	5.08	42.63	914	4	231
Snacks/Other										
Total	**1198**	**27.9**	**3.644**	**182.3**	**15.8**	**76.37**	**60.84**	**1219**	**14**	**828**

Saturday, March 14, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Rapid Loss Vanilla Shake 1 scoop, 41 g	148	2	1	21.2	6.3	19.4	7.8	160		
Lunch										
Granny Smith Apples 1 small (2-1/2" dia)	55	0.18	0.03	14.64	2.5	11.01	0.28	1	0	
Bananas 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	145	0.51	0.143	37.71	5.1	23.36	1.38	2	0	362
Dinner										
Mayonnaise 2 tbsps	115	9.82	1.441	7.03	0	1.88	0.26	209	8	3
Wattle Valley Wholegrain Soft Wraps 3 x 1 wrap, 129 g	348	8.1	3	56.1	6.9	2.4	9.9	723		
Heinz Shredded Chicken Mustard Mayo 1/2 x 1 serving, 42.5 g	76	4.6	0.6	2.25		1.15	6.4	302.5		
Lowfat Cheddar or Colby Cheese 1/4 cup shredded	49	1.98	1.227	0.54	0	0.15	6.88	173	6	19
Bacon 1 thin slice (yield after cooking)	27	2.09	0.687	0.07	0	0	1.85	116	6	28
Pepperoni 4 slices (1-3/8" dia x 1/8" thick)	103	8.86	3.54	0.89	0.3	0.16	4.48	393	26	69
Primo Cabanossi 40 g	132	11.6	4.96	0.8		0	6.56	480		
Total	850	47.05	15.455	67.68	7.2	5.74	36.33	2396.5	46	119

Saturday, March 14, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Total	1143	49.56	16.598	126.59	18.6	48.5	45.51	2558.5	46	481

Sunday, March 15, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Rapid Loss Vanilla Shake	148	2	1	21.2	6.3	19.4	7.8	160		
1 scoop, 41 g										
Lunch										
Granny Smith Apples	55	0.18	0.03	14.64	2.5	11.01	0.28	1	0	
1 small (2-1/2" dia)										
Sponge Cake with Icing	302	4.91	1.121	61.93	0.3	46.54	3.37	208	63	64
1 piece (1/12 10" dia)										
Total	357	5.09	1.151	76.57	2.8	57.55	3.65	209	63	64
Dinner										
Cooked Cauliflower (from Fresh)	62	4.28	0.785	5.2	3.4	1.76	2.3	376	0	178
1 cup pieces										
Cooked Broccoli (from Fresh)	87	4.33	0.815	11.24	5.2	2.16	3.7	465	0	456
1 cup fresh, cut stalks										
Mashed Potato (from Fresh)	256	14.62	3.349	27.76	2.1	4.7	4.43	823	6	504
1 cup										
Quiche Lorraine	476	28.63	14.401	35.55	1.1	0.74	18.46	623	241	
1 piece (1/8 9" dia)										
Bakers Delight White Bread Stick	289	2.4	0.3	54.4	2.9	1.5	9.4	563		
100 g										
Total	1170	54.26	19.65	134.15	14.7	10.86	38.29	2850	247	1138
Snacks/Other										
Total	**1675**	**61.35**	**21.801**	**231.92**	**23.8**	**87.81**	**49.74**	**3219**	**310**	**1202**