Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	614	52.7	20.8	24.13
Lunch	532	45.35	5.73	24.66
Dinner	258	16.29	6.5	21.74
Snacks/Other	349	34.31	7.87	6.59
Total	**1752**	**148.65**	**40.91**	**77.12**

Monday, September 26, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Mushrooms 152 g	33	0.52	0.076	4.99	1.5	2.51	4.7	8	0	483
Egg 2 medium	129	8.75	2.727	0.68	0	0.68	11.07	123	372	118
KTC 100% Pure Coconut Oil 30.2 g	271	30.05	28.66	0	0	0	0.06			
Tesco Unsmoked Back Bacon Rashers 7 g	14	1.15		0			0.94	70.2		
Brussels Sprouts 100 g	43	0.3	0.062	8.95	3.8	2.2	3.38	25	0	389
Butter 3 g	22	2.43	1.541	0	0	0	0.03	0	6	1
Good Hemp Unsweetened Milk 50 g	12	1.35	0.15	0.05	0.02	0.05	0.1	0.02		
Coffee 3 g	0	0	0	0	0	0	0	0	0	1
Total	524	44.55	33.216	14.67	5.32	5.44	20.28	226.22	378	992
Lunch										
Princes Mackerel Fillets in Olive Oil 110 g	298	23.43	4.51	0	0	0	21.67	0.33		
Hellmann's Mayonnaise 54 g	321	35.71	5.36	0	0	0	0	321.39	17.86	
Crisp and Colourful Mixed Leaf Salad 100 g	19	0.5		2.2	1.9	1.8	1.2	0.1		
Celery	5	0.06	0.015	1.04	0.6	0.64	0.24	28	0	91

Monday, September 26, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
35 g										
Tesco Baby Plum Tomatoes	6	0.11		1.42	0.34	1.08	0.23		0	
56.7 g										
Radishes	5	0.03	0.01	1.16	0.5	0.72	0.23	13	0	79
34 g										
Sweet Red Peppers	9	0.1	0.021	2.11	0.7	1.47	0.35	1	0	74
35 g										
Total	663	59.94	9.916	7.93	4.04	5.71	23.92	363.82	17.86	244
Dinner										
Avocados	109	9.97	1.446	5.8	4.6	0.45	1.36	5	0	330
68 g										
Chicken Thigh	304	19.05	5.324	0	0	0	30.81	503	114	273
2 medium (yield after cooking, bone removed)										
okra soup	102	7.66	3.738	7.95	3.3	1.74	2.15	8	0	328
1 serving										
Total	515	36.68	10.508	13.75	7.9	2.19	34.32	516	114	931
Snacks/Other										
Cocoa Powder (Unsweetened)	23	1.37	0.807	5.43	3.3	0.18	1.96	2	0	152
10 g										
Splenda Granulated Splenda	2	0		0.5	0	0	0	0	0	
1 packet, 1 g										
Good Hemp Unsweetened Milk	8	0.94	0.1	0.04	0.02	0.04	0.07	0.02		
35 g										
Sainsbury's Creme Fraiche	151	15.55	10.8	1.4		1.35	1.35	0		
50 ml										
Philadelphia Full Fat Soft Cheese (Original)	122	11.5	7	1.6	0.1	1.6	2.9	0.2		
1/2 x per serving, 50 g										

Monday, September 26, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	306	29.36	18.707	8.97	3.42	3.17	6.28	2.22	0	152
Total	**2008**	**170.53**	**72.347**	**45.32**	**20.68**	**16.51**	**84.8**	**1108.26**	**509.86**	**2319**

Tuesday, September 27, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cabbage 151 g	36	0.18	0.024	8.43	3.5	5.41	2.17	27	0	371
Sainsbury's Double Cream 1 tbsp, 15 ml	67	7.15	4.45	0.4		0.4	0.25			
Coffee 3 g	0	0	0	0	0	0	0	0	0	1
Mushrooms 152 g	33	0.52	0.076	4.99	1.5	2.51	4.7	8	0	483
Egg 2 medium	129	8.75	2.727	0.68	0	0.68	11.07	123	372	118
Tesco Unsmoked Back Bacon Rashers 10 g	20	1.64		0			1.34	100.2		
KTC 100% Pure Coconut Oil 30.2 g	271	30.05	28.66	0	0	0	0.06			
Total	556	48.29	35.937	14.5	5	9	19.59	258.2	372	973
Lunch										
Dinner										
Sainsburys aubergine 1 1/2 x 100g	36	0.28		8.55	5.01	3.52	1.52			
Sainsbury's Extra Lean British Beef Casserole Steak 125 g	212	5.25	2	0.62	0	0	40.5	100		
Sunflower Oil 10 g	88	10	1.03	0	0	0	0	0	0	
Red Onions	4	0.01	0.003	1.01	0.1	0.43	0.09	0	0	

Tuesday, September 27, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
10 g										
Scotch Bonnet Pepper	3	0.03		0.7		0.42	0.15			
8 g										
Garlic	3	0.01	0.002	0.66	0	0.02	0.13	0	0	8
2 g										
Total	346	15.58	3.035	11.54	5.11	4.39	42.39	100	0	8
Snacks/Other										
Sainsbury's Macadamia Halves	185	19	2.8	1.2		1	2.3			
25g										
Butter	179	20.28	12.842	0.02	0	0.02	0.21	3	54	6
25 g										
Philadelphia Full Fat Soft Cheese (Original)	122	11.5	7	1.6	0.1	1.6	2.9	0.2		
1/2 x per serving, 50 g										
Sainsbury's Creme Fraiche	151	15.55	10.8	1.4		1.35	1.35	0		
50 ml										
Good Hemp Unsweetened Milk	8	0.94	0.1	0.04	0.02	0.04	0.07	0.02		
35 g										
Splenda Granulated Splenda	2	0		0.5	0	0	0	0	0	
1 packet, 1 g										
Cocoa Powder (Unsweetened)	16	0.96	0.565	3.8	2.3	0.12	1.37	1	0	107
7 g										
Total	663	68.23	34.107	8.56	2.42	4.13	8.2	4.22	54	113
Total	**1565**	**132.1**	**73.079**	**34.6**	**12.53**	**17.52**	**70.18**	**362.42**	**426**	**1094**

Wednesday, September 28, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee 3 g	0	0	0	0	0	0	0	0	0	1
Poultry Seasoning 1 tsp	5	0.11	0.049	0.98	0.2	0.05	0.14	0	0	10
Sainsbury's Double Cream 1 tbsp, 15 ml	67	7.15	4.45	0.4		0.4	0.25			
Egg 2 medium	129	8.75	2.727	0.68	0	0.68	11.07	123	372	118
Cabbage 151 g	36	0.18	0.024	8.43	3.5	5.41	2.17	27	0	371
Coconut Vegetable Oil 25 g	216	25	21.625	0	0	0	0	0	0	
Mushrooms 152 g	33	0.52	0.076	4.99	1.5	2.51	4.7	8	0	483
Bacon 15 g	81	6.27	2.061	0.21	0	0	5.56	346	16	85
Hodgson Mill Milled Flaxseed 28 g	129	10.77	0	8.62	8.62	0	6.46	0	0	
Total	**696**	**58.75**	**31.012**	**24.31**	**13.82**	**9.05**	**30.35**	**504**	**388**	**1068**
Lunch										
Extra Virgin Olive Oil 15 g	133	15	2.071	0	0	0	0	0	0	
Chicken Thigh Meat and Skin (Roasted, Cooked) 180 g	445	27.88	7.794	0	0	0	45.11	151	167	400
Cucumber (with Peel) 74 g	11	0.08	0.025	2.69	0.4	1.24	0.48	1	0	109

Wednesday, September 28, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Baby Zucchini 66 g	14	0.26	0.055	2.05	0.7		1.79	2	0	303
Tomatoes 10 g	2	0.02	0.005	0.39	0.1	0.26	0.09	0	0	24
By Sainsbury's Crisp and Colourful Mixed Leaf Salad 80 g	15	0.4		1.76	1.52	1.44	0.96	0.08		
Vinegar (Cider) 15 g	3	0	0	0.14	0	0.06	0	1	0	11
Radishes 36 g	6	0.04	0.011	1.22	0.6	0.76	0.24	14	0	84
Sweet Red Peppers 35 g	9	0.1	0.021	2.11	0.7	1.47	0.35	1	0	74
Hellmann's Mayonnaise 54 g	321	35.71	5.36	0	0	0	0	321.39	17.86	
Tesco Baby Plum Tomatoes 51.7 g	6	0.1		1.29	0.31	0.98	0.21		0	
Celery 35 g	5	0.06	0.015	1.04	0.6	0.64	0.24	28	0	91
Total	970	79.65	15.357	12.69	4.93	6.85	49.47	519.47	184.86	1096

Dinner

Snacks/Other

Cocoa Powder (Unsweetened) 7 g	16	0.96	0.565	3.8	2.3	0.12	1.37	1	0	107
Splenda Granulated Splenda 1 packet, 1 g	2	0		0.5	0	0	0	0	0	
Good Hemp Unsweetened Milk 35 g	8	0.94	0.1	0.04	0.02	0.04	0.07	0.02		

Wednesday, September 28, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Sainsbury's Creme Fraiche 25 ml	76	7.78	5.4	0.7		0.68	0.68	0		
Sainsbury's Macadamia Halves 0.6 x 25g	111	11.4	1.68	0.72		0.6	1.38			
Total	213	21.08	7.745	5.76	2.32	1.44	3.5	1.02	0	107
Total	1879	159.48	54.114	42.76	21.07	17.34	83.32	1024.49	572.86	2271

Thursday, September 29, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Good Hemp Unsweetened Milk 47 g	11	1.27	0.14	0.05	0.02	0.05	0.09	0.02		
Hodgson Mill Milled Flaxseed 27 g	125	10.38	0	8.31	8.31	0	6.23	0	0	
Mushrooms 152 g	33	0.52	0.076	4.99	1.5	2.51	4.7	8	0	483
Coconut Vegetable Oil 25 g	216	25	21.625	0	0	0	0	0	0	
Cabbage 151 g	36	0.18	0.024	8.43	3.5	5.41	2.17	27	0	371
Egg 2 medium	129	8.75	2.727	0.68	0	0.68	11.07	123	372	118
Sainsbury's Double Cream 1 tbsp, 15 ml	67	7.15	4.45	0.4		0.4	0.25			
Poultry Seasoning 1 tsp	5	0.11	0.049	0.98	0.2	0.05	0.14	0	0	10
Coffee 3 g	0	0	0	0	0	0	0	0	0	1
Total	**622**	**53.36**	**29.091**	**23.84**	**13.53**	**9.1**	**24.65**	**158.02**	**372**	**983**
Lunch										
Avocados 43 g	69	6.3	0.914	3.67	2.9	0.28	0.86	3	0	209
Tomatoes 20 g	4	0.04	0.009	0.78	0.2	0.53	0.18	1	0	47
Vinegar (Cider) 15 g	3	0	0	0.14	0	0.06	0	1	0	11
Tomatoes	2	0.02	0.005	0.39	0.1	0.26	0.09	0	0	24

Thursday, September 29, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
10 g										
Sweet Red Peppers	10	0.11	0.022	2.29	0.8	1.6	0.38	1	0	80
38 g										
Princes Mackerel Fillets in Olive Oil	298	23.43	4.51	0	0	0	21.67	0.33		
110 g										
Hellmann's Real Mayonnaise	208	23.08	3.46	0	0	0	0	207.72	11.54	0
30 g										
Morrisons Wild Rocket, Spinach & Watercress	8	0.2	0.05	0.5	0.48	0.35	0.7	0.02		
25 g										
By Sainsbury's Crisp and Colourful Mixed Leaf Salad	19	0.5		2.2	1.9	1.8	1.2	0.1		
100 g										
Total	**621**	**53.68**	**8.97**	**9.97**	**6.38**	**4.88**	**25.08**	**214.17**	**11.54**	**371**
Dinner										
Butter	50	5.68	3.596	0	0	0	0.06	1	15	2
7 g										
Tendergreen Medley	39	0.5		4.3		2.7	2.9			
100g, 100 g										
Chicken Thigh	294	18.43	5.153	0	0	0	29.82	487	110	264
120 g										
Total	**383**	**24.61**	**8.749**	**4.3**	**0**	**2.7**	**32.78**	**488**	**125**	**266**
Snacks/Other										
Philadelphia Full Fat Soft Cheese (Original)	61	5.75	3.5	0.8	0.05	0.8	1.45	0.1		
1/4 x per serving, 25 g										
Sainsbury's Macadamia Halves	111	11.4	1.68	0.72		0.6	1.38			
0.6 x 25g										

Thursday, September 29, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Sainsbury's Creme Fraiche 25 ml	76	7.78	5.4	0.7		0.68	0.68	0		
Good Hemp Unsweetened Milk 30 g	7	0.81	0.09	0.03	0.02	0.03	0.06	0.02		
Splenda Granulated Splenda 1 packet, 1 g	2	0		0.5	0	0	0	0	0	
Cocoa Powder (Unsweetened) 7 g	16	0.96	0.565	3.8	2.3	0.12	1.37	1	0	107
Total	273	26.7	11.235	6.55	2.37	2.23	4.94	1.12	0	107
Total	**1899**	**158.35**	**58.045**	**44.66**	**22.28**	**18.91**	**87.45**	**861.31**	**508.54**	**1727**

Friday, September 30, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cabbage 100 g	24	0.12	0.016	5.58	2.3	3.58	1.44	18	0	246
Sainsbury's Double Cream 1 tbsp, 15 ml	67	7.15	4.45	0.4		0.4	0.25			
Hodgson Mill Milled Flaxseed 27 g	125	10.38	0	8.31	8.31	0	6.23	0	0	
Good Hemp Unsweetened Milk 47 g	11	1.27	0.14	0.05	0.02	0.05	0.09	0.02		
Coffee 3 g	0	0	0	0	0	0	0	0	0	1
Egg 2 medium	129	8.75	2.727	0.68	0	0.68	11.07	123	372	118
Coconut Vegetable Oil 25 g	216	25	21.625	0	0	0	0	0	0	
Mushrooms 152 g	33	0.52	0.076	4.99	1.5	2.51	4.7	8	0	483
By Sainsbury's Tendergreen Medley 70 g	27	0.35		3.01		1.89	2.03			
Total	**632**	**53.54**	**29.034**	**23.02**	**12.13**	**9.11**	**25.81**	**149.02**	**372**	**848**
Lunch										
Baked or Grilled Mackerel 202 g	448	27.86	6.85	0.83	0	0.18	45.57	836	151	927
Zucchini 60 g	10	0.11	0.022	2.01	0.7	1.04	0.73	6	0	157
Extra Virgin Olive Oil 20 g	177	20	2.762	0	0	0	0	0	0	

Friday, September 30, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
By Sainsbury's Crisp and Colourful Mixed Leaf Salad 100 g	19	0.5		2.2	1.9	1.8	1.2	0.1		
Morrisons Wild Rocket, Spinach & Watercress 25 g	8	0.2	0.05	0.5	0.48	0.35	0.7	0.02		
Hellmann's Real Mayonnaise 56 g	388	43.08	6.46	0	0	0	0	387.72	21.54	0
Sweet Red Peppers 38 g	10	0.11	0.022	2.29	0.8	1.6	0.38	1	0	80
Vinegar (Cider) 15 g	3	0	0	0.14	0	0.06	0	1	0	11
Total	1063	91.86	16.166	7.97	3.88	5.03	48.58	1231.84	172.54	1175

Dinner

Snacks/Other

Cocoa Powder (Unsweetened) 7 g	16	0.96	0.565	3.8	2.3	0.12	1.37	1	0	107
Splenda Granulated Splenda 1 packet, 1 g	2	0		0.5	0	0	0	0	0	
Good Hemp Unsweetened Milk 30 g	7	0.81	0.09	0.03	0.02	0.03	0.06	0.02		
Sainsbury's Creme Fraiche 25 ml	76	7.78	5.4	0.7		0.68	0.68	0		
Sainsbury's Macadamia Halves 0.6 x 25g	111	11.4	1.68	0.72		0.6	1.38			
Philadelphia Full Fat Soft Cheese (Original) 1/4 x per serving, 25 g	61	5.75	3.5	0.8	0.05	0.8	1.45	0.1		
Total	273	26.7	11.235	6.55	2.37	2.23	4.94	1.12	0	107

Friday, September 30, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1968	172.1	56.435	37.54	18.38	16.37	79.33	1381.98	544.54	2130

Saturday, October 1, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Poultry Seasoning 1 tsp	5	0.11	0.049	0.98	0.2	0.05	0.14	0	0	10
Mushrooms 152 g	33	0.52	0.076	4.99	1.5	2.51	4.7	8	0	483
Coconut Vegetable Oil 25 g	216	25	21.625	0	0	0	0	0	0	
Egg 2 medium	129	8.75	2.727	0.68	0	0.68	11.07	123	372	118
Coffee 3 g	0	0	0	0	0	0	0	0	0	1
Good Hemp Unsweetened Milk 47 g	11	1.27	0.14	0.05	0.02	0.05	0.09	0.02		
Hodgson Mill Milled Flaxseed 27 g	125	10.38	0	8.31	8.31	0	6.23	0	0	
Sainsbury's Double Cream 1 tbsp, 15 ml	67	7.15	4.45	0.4		0.4	0.25			
Cabbage 125 g	30	0.15	0.02	6.98	2.9	4.48	1.8	22	0	308
Total	**616**	**53.33**	**29.087**	**22.39**	**12.93**	**8.17**	**24.28**	**153.02**	**372**	**920**
Lunch										
Dinner										
Avocados 34 g	54	4.98	0.723	2.9	2.3	0.22	0.68	2	0	165
Butter 10 g	72	8.11	5.137	0.01	0	0.01	0.08	1	22	2
Brussels Sprouts	32	0.22	0.046	6.62	2.8	1.63	2.5	18	0	288

Saturday, October 1, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
74 g										
Sainsburys aubergine	27	0.21		6.38	3.74	2.63	1.13			
1.12 x 100g										
Chicken Thigh	377	23.65	6.613	0	0	0	38.27	625	142	339
154 g										
Total	562	37.17	12.519	15.91	8.84	4.49	42.66	646	164	794
Snacks/Other										
Sainsbury's Creme Fraiche	121	12.44	8.64	1.12		1.08	1.08	0		
40 ml										
Good Hemp Unsweetened Milk	7	0.81	0.09	0.03	0.02	0.03	0.06	0.02		
30 g										
Splenda Granulated Splenda	1	0		0.25	0	0	0	0	0	
1/2 x 1 packet, 0.5 g										
Cocoa Powder (Unsweetened)	16	0.96	0.565	3.8	2.3	0.12	1.37	1	0	107
7 g										
Total	145	14.21	9.295	5.2	2.32	1.23	2.51	1.02	0	107
Total	**1323**	**104.71**	**50.901**	**43.5**	**24.09**	**13.89**	**69.45**	**800.04**	**536**	**1821**

Sunday, October 2, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee 3 g	0	0	0	0	0	0	0	0	0	1
Poultry Seasoning 1 tsp	5	0.11	0.049	0.98	0.2	0.05	0.14	0	0	10
Sainsbury's Double Cream 1 tbsp, 15 ml	67	7.15	4.45	0.4		0.4	0.25			
Egg 2 medium	129	8.75	2.727	0.68	0	0.68	11.07	123	372	118
Cabbage 151 g	36	0.18	0.024	8.43	3.5	5.41	2.17	27	0	371
Mushrooms 152 g	33	0.52	0.076	4.99	1.5	2.51	4.7	8	0	483
Coconut Vegetable Oil 30 g	259	30	25.95	0	0	0	0	0	0	
Good Hemp Unsweetened Milk 41 g	9	1.11	0.12	0.04	0.02	0.04	0.08	0.02		
Hodgson Mill Milled Flaxseed 24 g	111	9.23	0	7.38	7.38	0	5.54	0	0	
Total	**649**	**57.05**	**33.396**	**22.9**	**12.6**	**9.09**	**23.95**	**158.02**	**372**	**983**
Lunch										
Extra Virgin Olive Oil 10 g	88	10	1.381	0	0	0	0	0	0	
Tesco Curly Kale 110 g	37	1.76	0.22	1.54		1.43	3.74			
Lamb Loin Chop (Lean and Fat Eaten) 1 medium (5 oz, with bone, raw) (yield after cooking, bone removed)	279	20.55	9.145	0	0	0	21.83	349	91	252

Sunday, October 2, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	404	32.31	10.746	1.54	0	1.43	25.57	349	91	252
Dinner										
Snacks/Other										
Butter	36	4.06	2.568	0	0	0	0.04	1	11	1
5 g										
Peanuts	227	19.7	2.734	6.45	3.4	1.59	10.32	7	0	282
40 g										
Philadelphia Full Fat Soft Cheese (Original)	98	9.2	5.6	1.28	0.08	1.28	2.32	0.16		
40 g										
Cocoa Powder (Unsweetened)	16	0.96	0.565	3.8	2.3	0.12	1.37	1	0	107
7 g										
Splenda Granulated Splenda	1	0		0.25	0	0	0	0	0	
1/2 x 1 packet, 0.5 g										
Good Hemp Unsweetened Milk	9	1	0.11	0.04	0.02	0.04	0.07	0.02		
37 g										
Sainsbury's Creme Fraiche	184	18.97	13.18	1.71		1.65	1.65	0		
61 ml										
Total	571	53.89	24.757	13.53	5.8	4.68	15.77	9.18	11	390
Total	**1624**	**143.25**	**68.899**	**37.97**	**18.4**	**15.2**	**65.29**	**516.2**	**474**	**1625**