Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	32	1.17	4.67	0.33
Lunch	484	8.29	75.56	24.77
Dinner	507	17.13	48.51	26.17
Snacks/Other	268	11.17	37.1	3.2
Total	**1291**	**37.75**	**165.84**	**54.47**

Tuesday, April 18, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Tesco Seedless Red Grapes 147 g	94	0.15		22.64		22.64	0.59			
Flora Light 1 1/2 x 1 serving, 15 g	42	4.5	0.9	0.42		0	0	78		
Co-Op White Demi Baguette 74 g	186	0.72	0.52	38.72	2.07	2.07	6.05	310.2		
Bananas 85 g	76	0.28	0.095	19.41	2.2	10.4	0.93	1	0	304
Actimel Fat Free Yoghurt Drink 100 g	29	0.1		3.7		3.5	2.7	4		
Total	427	5.75	1.515	84.89	4.27	38.61	10.27	393.2	0	304
Dinner										
Sainsbury's Mint Chocolate Indulgence 0.8 x 1 ice cream	190	11.28	6.56	19.84	0.8	15.84	1.68			
Toby Carvery Roast Gammon 150 g	290	14.25	5.55	1.5			38.85			
Flora Light 1 serving, 10 g	28	3	0.6	0.28		0	0	52		
Own New Potatoes 3 x 75g	168	0.9		0			0		0	
Total	676	29.43	12.71	21.62	0.8	15.84	40.53	52	0	
Snacks/Other										

Tuesday, April 18, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Walkers Baked Ready Salted Crisps (25g) 1 packet, 25 g	102	2	0.2	18.7	1.2	1.4	1.7	0.12		
Thorntons Continental 5 x 1 chocolate	320	19.5	12.5	32.5	1.5	31	3.5	0		
Kellogg's Special K Dark Chocolate Chewy Delight 1 bar, 24 g	97	3.5	1.5	14	4	5	1	0		
Total	519	25	14.2	65.2	6.7	37.4	6.2	0.12		
Total	**1622**	**60.18**	**28.425**	**171.71**	**11.77**	**91.85**	**57**	**445.32**	**0**	**304**

Saturday, April 22, 2017

	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 Dark Chocolate Chewy Delight 1 bar, 24 g	97	3.5	1.5	14	4	5	1	0		
Lunch										
Popchips Salt & Vinegar Potato Chips 1 pack, 17 g	94	3.1	0.4	14.7	0.9	1.3	1.3			
Waitrose Flame Grilled Chicken Pieces 40 g	66	0.84	0.28	0	0	0	14.6	0		
Boots Shapers Hot Chocolate Nougat Bar 23 g	96	2.5	1.54	17.28	0.48	9.31	1.06	0.05		
Boots Shapers Barbecue Chicken Wrap 0.951 x 1 wrap	280	4.47	1.24	39.94	4.09	10.46	16.17	0.29		
Total	536	10.91	3.46	71.92	5.47	21.07	33.13	0.34		
Dinner										
Sainsbury's Be Good to Yourself Chocolate Muffin Dessert 100 g	143	2.6	1.6	23.7	1.7	21.7	5.2	270		
Tesco Strawberries 98 g	29	0.1	0	6.96	1.08	5.88	0.78	38.22		
Lowfat (1-2% Fat) Cottage Cheese 60 g	43	0.61	0.387	1.63	0	1.63	7.43	244	2	52
Heinz Baby Beetroot in Sweet Vinegar	22	0.05	0	4.35	0.8	3.6	0.6	50		

Saturday, April 22, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
50 g										
Tomatoes	22	0.25	0.057	4.82	1.5	3.23	1.08	6	0	292
1 medium whole (2-3/5" dia)										
Waitrose Lettuce	7	0		0			0			
50/										
Potato (Flesh and Skin, without Salt, Baked)	256	0.36	0.096	58.16	6	3.24	6.88	28	0	1471
275 g										
Flora Light	28	3	0.6	0.28		0	0	52		
1 serving, 10 g										
Birds Eye Inspirations Chicken with Cheese & Ham Sauce	295	15	2.6	24	0.9	1	16	520		
1 portion, 125 g										
Total	845	21.97	5.34	123.9	11.98	40.28	37.97	1208.22	2	1815
Snacks/Other										
Snack a Jacks Salt & Vinegar (26g)	106	1.9	0.2	20.1	0.2	0.5	1.8	280		
1 bag, 26 g										
Boots Shapers Chocolate Mint Nougat Bar	81	3.1	1.9	12		8	0.6	0.1		
1 bar, 23 g										
Total	187	5	2.1	32.1	0.2	8.5	2.4	280.1		
Total	**1665**	**41.38**	**12.4**	**241.92**	**21.65**	**74.85**	**74.5**	**1488.66**	**2**	**1815**

Sunday, April 23, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Walkers Baked Cheese & Onion Crisps (25g) 1 bag, 22 g	103	2.1	0.2	18.6	1.2	1.8	1.8	96		
Tesco Seedless Red Grapes 100 g	64	0.1		15.4		15.4	0.4			
Bernard Matthews Roast Chicken Breast Pieces 100 g	104	1.3		1.3			21.1			
Flora Light 1 serving, 10 g	28	3	0.6	0.28		0	0	52		
Kingsmill White Bread 1 slice	95	0.8	0.1	17.8	1.1	1.5	3.6	1700		
Kingsmill 50/50 Bread 1 slice, 40 g	94	0.9	0.2	16.5	2	1.4	4	160	0	
Total	488	8.2	1.1	69.88	4.3	20.1	30.9	2008	0	
Dinner										
Snacks/Other										
Kellogg's Special K Dark Chocolate Chewy Delight 1 bar, 24 g	97	3.5	1.5	14	4	5	1	0		
Total	585	11.7	2.6	83.88	8.3	25.1	31.9	2008	0	