Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	339	3.54	28.49	48.09
Lunch	227	3.26	15.82	33.34
Dinner	588	16.86	23.72	59.74
Snacks/Other				
Total	**1154**	**23.65**	**68.03**	**141.17**

Monday, May 16, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Biltong 40 g	100	2	0.712	0.09	0	0	20.8	442	5	
Lunch										
Cherry Tomatoes 200 g	36	0.4	0.092	7.84	2.4	5.26	1.76	10	0	
Tesco Turkey Breast Steaks 100 g	100	1.2	0.6	0	0	0	22.3	100	65	
Multigrain Bread 1 regular slice	65	0.99	0.21	12.06	1.7	2.61	2.6	127	0	53
John West Tuna Chunks in Spring Water 1 can drained, 112 g	127	0.6	0.2	0			30.2	400		
Total	328	3.19	1.102	19.9	4.1	7.87	56.86	637	65	53
Dinner										
Olive Oil 1 tbsp	119	13.5	1.864	0	0	0	0	0	0	0
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Optimum Nutrition 100% Gold Standard Casein 1 rounded scoop, 32 g	114	0.5		3			24.4			
Tesco Courgette 200 g	40	0.8	0.2	5.4	1.8	3.4	3.6	0		
Stella Artois Lager 1 pint, 568 ml	256	0	0	14	0	0	0	0	0	0
Beef or Calves Liver and Onions	496	11.8	3.717	28.08	2	6.88	67.28	1092	936	1116

Monday, May 16, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
400 g										
Total	1138	35.88	11.687	50.84	3.8	10.43	102.25	1266	965	1143
Snacks/Other										
Total	1566	41.07	13.501	70.83	7.9	18.3	179.91	2345	1035	1196

Tuesday, May 17, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Chicken Breast Meat 130 g	143	1.61	0.429	0	0	0	30.02	84	75	332
Optimum Nutrition 100% Gold Standard Casein 1 rounded scoop, 32 g	114	0.5		3			24.4			
Cranberries 175 g	80	0.23	0.019	21.35	8	7.07	0.68	4	0	149
Onken Fat Free Vanilla Yoghurt 175 g	131	0.18	0.18	22.75	0.18	21	7.7	1400		
Total	468	2.52	0.628	47.1	8.18	28.07	62.8	1488	75	481
Lunch										
USN Creatine Anabolic 40 g	106	0	0	26.42	0	24.31	0	52.85	0	52.85
Tesco Courgette 100 g	20	0.4	0.1	2.7	0.9	1.7	1.8	0		
John West Tuna Chunks in Spring Water 1 can drained, 112 g	127	0.6	0.2	0			30.2	400		
Swordfish 200 g	242	8.02	2.194	0	0	0	39.6	180	78	576
Marmite Marmite 2 x 1 serving, 8 g	18	0	0	1.6	0.2	0	3	400		
White Bread 1 slice	66	0.82	0.179	12.65	0.6	1.08	1.91	170	0	25
Total	579	9.84	2.673	43.37	1.7	27.09	76.51	1202.85	78	653.85
Dinner										

Tuesday, May 17, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Asparagus	35	0.21	0.08	6.79	3.7	3.29	3.85	4	0	354
175 g										
Marks & Spencer Skinny Beef Burger	385	8.4	3.15	17.15	2.1	1.05	58.8	2.98		
350 g										
Total	420	8.61	3.23	23.94	5.8	4.34	62.65	6.98	0	354

Snacks/Other

Total	1467	20.97	6.531	114.41	15.68	59.5	201.96	2697.83	153	1488.85

Wednesday, May 18, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Sainsbury's Bresaola 60 g	82	0.96	0.48	0.3	0.3	0.3	18.6	1.98		
Roe (Fish) (Mixed Species) 101 g	141	6.48	1.471	1.52	0	0	22.54	92	378	223
Onken Fat Free Vanilla Yoghurt 175 g	131	0.18	0.18	22.75	0.18	21	7.7	1400		
Optimum Nutrition 100% Gold Standard Casein 1 rounded scoop, 32 g	114	0.5		3			24.4			
Total	468	8.12	2.131	27.57	0.48	21.3	73.24	1493.98	378	223
Lunch										
Dinner										
Cheddar Cheese 2 slices (1 oz)	226	18.56	11.812	0.72	0	0.29	13.94	348	59	55
Tesco Courgette 200 g	40	0.8	0.2	5.4	1.8	3.4	3.6	0		
Stella Artois Lager 1 pint, 568 ml	256	0	0	14	0	0	0	0	0	0
Sole (Fish) 300 g	273	3.57	0.849	0	0	0	56.52	243	144	
Total	795	22.93	12.861	20.12	1.8	3.69	74.06	591	203	55
Snacks/Other										
Total	**1263**	**31.05**	**14.992**	**47.69**	**2.28**	**24.99**	**147.3**	**2084.98**	**581**	**278**

Thursday, May 19, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Marmite Marmite	9	0	0	0.8	0.1	0	1.5	200		
1 serving, 4 g										
White Bread	66	0.82	0.179	12.65	0.6	1.08	1.91	170	0	25
1 slice										
Optimum Nutrition 100% Gold Standard Casein	114	0.5		3			24.4			
1 rounded scoop, 32 g										
Onken Fat Free Vanilla Yoghurt	131	0.18	0.18	22.75	0.18	21	7.7	1400		
175 g										
Total	320	1.5	0.359	39.2	0.88	22.08	35.51	1770	0	25
Lunch										
Dinner										
Snacks/Other										
Total	320	1.5	0.359	39.2	0.88	22.08	35.51	1770	0	25