Friday, February 3, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cooked Green String Beans (from Fresh)	19	1.01	0.193	2.47	1	0.48	0.59	100	0	45
1/4 cup fresh										
Sainsbury's Pitted Black Olives	130	13.6	2.2	3	3	0	0.5	1000		
100 g										
Feta Cheese	264	21.28	14.946	4.09	0	4.09	14.21	1116	89	62
100 g										
John West Tuna Chunks in Spring Water (65g)	68	0.3	0.1	0			16.3	0.2		
1/2 can, 65 g										
Tesco Mixed Leaf Salad	17	0.5	0.1	1.7	1.4	1.7	0.8			
100 g										
Cherry Tomatoes	9	0.1	0.023	2	0.6	1.34	0.45	3	0	
3 cherry										
Tesco Medium Eggs	132	9.2	3.4	1	0	1	13.6			
2 x 1 egg, 108 g										
Total	639	45.99	20.962	14.26	6	8.61	46.45	2219.2	89	107
Lunch										
Dinner										
Snacks/Other										
Twinings Earl Grey Tea with Semi-Skimmed Milk	17	0.3	0.2	1.5	0	1	1	0		
1 mug										
Lemon Juice	1	0	0	0.51	0	0.14	0.02	0	0	7
1 wedge yields										
Water	0	0	0	0	0	0	0	9	0	

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 cups (8 fl oz)										
Twinings Jasmine Green Tea	2	0		0			0			
2 x 1 cup, 560 ml										
Coffee (Brewed From Grounds)	2	0.05	0.005	0	0	0	0.28	5	0	116
1 cup (8 fl oz)										
Total	22	0.35	0.205	2.01	0	1.14	1.3	14	0	123
Total	**661**	**46.34**	**21.167**	**16.27**	**6**	**9.75**	**47.75**	**2233.2**	**89**	**230**