Wednesday, July 2, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Inocent Smoothie 267.84 ml	166	0.74	0	36.46		36.46	2.98			
Lunch										
EAT Steak & Ale Pot Pie (Big) 1 serving	415	13.3		38.2			34.4			
Mashed Potato made with Milk (from Fresh) 1 cup	170	0.69	0.353	37.93	3.4	2.86	3.97	500	2	640
Total	585	13.99	0.353	76.13	3.4	2.86	38.37	500	2	640
Dinner										
Roasted Grilled or Baked Chicken 1/2 chicken (yield after cooking, bone removed)	709	40.33	11.238	0	0	0	80.94	1208	260	661
Broccoli 1 cup chopped	31	0.34	0.035	6.04	2.4	1.55	2.57	30	0	288
Total	740	40.67	11.273	6.04	2.4	1.55	83.51	1238	260	949
Snacks/Other										
Bottlegreen Sparkling Elderflower 100 g	30	0	0	7	0	7	0			
Prawns 150 g	158	2.57	0.488	1.35	0	0	30.21	705	226	
Wheat Pita Bread 1 medium (5-1/4" dia)	123	0.64	0.1	25.11	2.4	0.12	4.71	188	0	96
Sabra Houmous Pikant	190	16.8	1.2	4.6	4	0.6	3.4	0.32		

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
200 g										
Total	501	20.01	1.788	38.06	6.4	7.72	38.32	893.32	226	96
Total	**1992**	**75.41**	**13.414**	**156.69**	**12.2**	**48.59**	**163.18**	**2631.32**	**488**	**1685**