Sunday, October 4, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Dinner										
Red Table Wine 375 ml	317	0	0	9.73	0	2.31	0.26	15	0	473
Custard 1 cup	232	8.54	3.904	26.47	0	27.4	12.37	215	198	371
Carrot Salad 1 cup	416	29.5	4.48	40.22	4	26.41	2.43	280	14	597
Pork Roast (Lean and Fat Eaten) 250 g	617	36.4	13.345	0	0	0	67.33	725	205	1015
Yorkshire Pudding 1 pudding	60	1.77	0.387	8.74	0.3	0.5	2.01	37	21	
Nando's Sweet Potato Mash 1 serving , 200 g	248	4.2	2.4	45.4	5.4	13.6	4.4			
Tesco Blue Stilton 25 g	102	8.75	5.75	0.02		0.02	5.92	200		
Total	1992	89.16	30.266	130.58	9.7	70.24	94.72	1472	438	2456
Snacks/Other										
Total	**1992**	**89.16**	**30.266**	**130.58**	**9.7**	**70.24**	**94.72**	**1472**	**438**	**2456**