Monday, November 24, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Tesco Fat Free Greek Style Yoghurt 100, 100 g	110	0.4		9.6			15.2			
Waitrose Essential Raspberries 1 1/4 x 100g, 125 g	34	0.38	0.12	5.75	5.75	5.75	1.75	0		
MyProtein Impact Whey Protein 1 scoop, 25 g	92	0.25		0.17			22.25		0.5	
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Total	341	1.42	0.252	42.47	8.85	20.18	40.49	1	0.5	422
Lunch										
Jalapeno Peppers 1 pepper	4	0.09	0.009	0.83	0.4	0.48	0.19	0	0	30
Lettuce 1/3 cup shredded or chopped	3	0.03	0.003	0.54	0.2	0.32	0.16	2	0	26
Red Salsa 1/4 cup	10	0.08	0.017	2.3	0.6	1.29	0.41	266	0	94
Guacamole 3 tbsps	69	6.25	0.907	3.72	2.9	0.31	0.86	65	0	208
Butternut Winter Squash 1/4 cup cubed	16	0.04	0.007	4.09	0.7	0.77	0.35	1	0	123
Asda Chosen By You Sliced Mixed Peppers 30 g	6	0.15	0.03	0.78	0.36	0.69	0.3	0		
Refried Beans (Canned) 65 g	61	0.82	0.308	10.09	3.4	0.15	3.57	194	5	174
Tortilla	80	1.59	0.351	14.4	1.4	0.42	2.1	102	0	51

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 1/2 small										
Total	249	9.05	1.632	36.75	9.96	4.43	7.94	630	5	706
Dinner										
Cheese	350	26.91	16.609	4.71	0	3.54	22.21	955	83	187
100 g										
Oat Cakes	180	7.86	2.1	21.3	2.4	0.9	3.6	0.21		
3 x 1 cake										
Parma Ham	112	6.4	2.2	0			13.6			
2 x 2 slices										
Milano Salami	110	9.5		0			6.5			
5 x 1 slice										
Butter	36	4.06	2.568	0	0	0	0.04	1	11	1
1 pat (1" sq, 1/3" high)										
Baguette	208	2.28	0.487	39.44	2.3	0.18	6.69	463	0	
1/2 mini (about 9" long)										
Total	996	57.01	23.964	65.45	4.7	4.62	52.64	1419.21	94	188
Snacks/Other										
Strawberry & White Chocolate Cake	186	8.37	2.16	25.47	0.63	15.52	1.8	180		
45 g										
Irish Cream	164	6.5		12.5			1.5			
50 ml										
Total	350	14.87	2.16	37.97	0.63	15.52	3.3	180		
Total	**1936**	**82.35**	**28.008**	**182.64**	**24.14**	**44.75**	**104.37**	**2230.21**	**99.5**	**1316**