Tuesday, December 9, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Waitrose Love Life Greek Natural Fat-Free Strained Yogurt 3 x 1/4 pot, 375 g	243	1.5	1.2	20.7	1.5	20.7	36	300		
MyProtein Impact Whey Protein (25g) 1 scoop, 25 g	92	0.25		0.17			22.25		0.5	
Total	335	1.75	1.2	20.87	1.5	20.7	58.25	300	0.5	
Lunch										
Waitrose Good to Go Tuna Mayonnaise and Sweetcorn Sandwich 1 sandwich	373	13.39	1.12	36.27	4.28	3.91	24.74	1358		
Dinner										
Fried Vegetables Dipped in Chick Pea Flour Batter (Pakora) 1 pakora	14	0.55	0.067	1.86	0.5	0.35	0.55	132	0	30
Simple Snack Pack 87 g	134	2.18	0.35	24.88	1.57	3.48	3.48	261		
California Rolls 144 g	245	8.64	3.31	36	1.15	6.05	5.33	720		
Total	393	11.37	3.727	62.74	3.22	9.88	9.36	1113	0	30
Snacks/Other										
Total	**1101**	**26.51**	**6.047**	**119.88**	**9**	**34.49**	**92.35**	**2771**	**0.5**	**30**