Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	175	3.82	25.22	12.02
Lunch	508	17.47	40.16	47.87
Dinner	320	12.63	23.72	26.9
Snacks/Other	328	17.12	39.12	5.68
Total	**1332**	**51.04**	**128.21**	**92.47**

Monday, April 14, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cumberland Sausage 1 sausage	144	11	3.9	2.1	0.4	0.2	9.4	320		
Lunch										
Tomatoes 1 medium whole (2-3/5" dia)	22	0.25	0.057	4.82	1.5	3.23	1.08	6	0	292
Philadelphia Light Cream Cheese 70 g	109	8.05		2.8			5.81			
Marks & Spencer British Beef Fillet Steak 200 g	310	15.8	7.6	0	0	0	41.8	0		
President Brie 95 g	317	26.3		0.43			19.71			
Leeks 1 leek	54	0.27	0.036	12.59	1.6	3.47	1.34	18	0	160
Cauliflower 1 head, small (4" dia)	66	0.26	0.085	14.04	6.6	6.36	5.25	80	0	803
Total	**878**	**50.93**	**7.778**	**34.68**	**9.7**	**13.06**	**74.99**	**104**	**0**	**1255**
Dinner										
Egg 2 medium	129	8.75	2.727	0.68	0	0.68	11.07	123	372	118
Cirio Chopped Tomatoes 400 g	116	0.4	0	18.8	5.6	15.6	5.2	1.2		
Total	**245**	**9.15**	**2.727**	**19.48**	**5.6**	**16.28**	**16.27**	**124.2**	**372**	**118**
Snacks/Other										

Monday, April 14, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
25Th Anniversary Marc De Champagne 1 ice cream, 100 ml	260	18		23			2.5			
Total	**1527**	**89.08**	**14.405**	**79.26**	**15.7**	**29.54**	**103.16**	**548.2**	**372**	**1373**

Tuesday, April 15, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Sainsbury's Basics Muesli 25 g	86	1.58		15.15	2.52	1.2	2.8			
Walnuts 1 nut	26	2.61	0.245	0.55	0.3	0.1	0.61	0	0	18
Total	112	4.19	0.245	15.7	2.82	1.3	3.41	0	0	18
Lunch										
Waitrose Pumpkin & Pine Nut Fiorelli 1/2 pack, 125 g	225	7.55	4.24	27.93	2.85	2.11	9.98	269		
Chicken Breast Meat 250 g	275	3.1	0.825	0	0	0	57.72	162	145	638
Tomatoes 2 medium whole (2-3/5" dia)	44	0.49	0.113	9.64	3	6.47	2.16	12	0	583
Total	544	11.14	5.178	37.57	5.85	8.58	69.86	443	145	1221
Dinner										
Carrots 1 medium	25	0.15	0.023	5.84	1.7	2.77	0.57	42	0	195
Leeks 1 leek	54	0.27	0.036	12.59	1.6	3.47	1.34	18	0	160
Marks & Spencer British Beef Fillet Steak 300 g	465	23.7	11.4	0	0	0	62.7	0		
Total	544	24.12	11.459	18.43	3.3	6.24	64.61	60	0	355
Snacks/Other										
Bounty Bounty (Snack Size)	268	14	12.2	33	1	27	2.4			

Tuesday, April 15, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 x 1 bar, 57 g										
Sainsbury's Greek Style Natural Yogurt	120	9.2	6	5.7	0.4	5.1	4.1	58.1		
100 g										
Tesco Strawberries	30	0.1	0	6	1.1	6	0.8	0		
100 g										
Waitrose Essential Raspberries	20	0.22	0.08	3.45	3.45	3.45	1.05	0		
3/4 x 100g, 75 g										
Total	438	23.52	18.28	48.15	5.95	41.55	8.35	58.1		
Total	**1638**	**62.97**	**35.162**	**119.85**	**17.92**	**57.67**	**146.23**	**561.1**	**145**	**1594**

Wednesday, April 16, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Tesco Strawberries 200 g	60	0.2	0	12	2.2	12	1.6	0		
Waitrose Essential Raspberries 3/4 x 100g, 75 g	20	0.22	0.08	3.45	3.45	3.45	1.05	0		
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
MyProtein Impact Whey Protein 2 x 1 scoop, 50 g	197	3.4		3			39.2		1	
Total	382	4.21	0.212	45.4	8.75	29.88	43.14	1	1	422
Lunch										
Teriyaki Sauce 1/2 tbsp	8	0	0	1.44	0	1.18	0.53	345	0	20
Weight Watchers Unsmoked Extra Trimmed Back Bacon 3 x 1 rasher	105	1.8	0.9	0.6		0.3	21	1050		
Leeks 1 leek	54	0.27	0.036	12.59	1.6	3.47	1.34	18	0	160
Chicken Breast Meat 2/3 breast, bone and skin removed	174	1.96	0.522	0	0	0	36.51	103	92	403
Waitrose Pumpkin & Pine Nut Fiorelli 1/2 pack, 125 g	225	7.55	4.24	27.93	2.85	2.11	9.98	269		
Total	566	11.58	5.698	42.56	4.45	7.06	69.36	1785	92	583
Dinner										
Meridian Natural Peanut Butter 12 g	69	5.52	0.98	1.39	1.02	0.71	3.55	0		

Wednesday, April 16, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
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	174	5.91	1.112	28.34	4.12	15.14	4.84	1	0	422
Snacks/Other										
Coffee (Brewed From Grounds) 2 cups (8 fl oz)	5	0.09	0.009	0	0	0	0.57	9	0	232
Total	1127	21.79	7.031	116.3	17.32	52.08	117.91	1796	93	1659

Thursday, April 17, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Walnuts 1 nut	26	2.61	0.245	0.55	0.3	0.1	0.61	0	0	18
Sainsbury's Basics Muesli 25 g	86	1.58		15.15	2.52	1.2	2.8			
MyProtein Impact Whey Protein 1 scoop, 25 g	98	1.7		1.5			19.6		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	315	6.28	0.377	44.15	5.92	15.73	24.3	1	0.5	440
Lunch										
California Rolls 3 pieces	98	0.36	0.066	18.93	0.7	3.89	4.13	174	11	
Salmon Sashimi 1 piece	41	1.68	0.357	0	0	0	6.13	13	13	
YO! Sushi Salmon Nigiri 1 serving	24	0.5		7			0.7			
Feng Sushi Mackerel Nigiri 1/2 x 2 pieces, 29 g	59	1.85		7.95		1.05	2.65	250		
Salmon Maki 2 pieces	55	0.47	0.103	9.84	0.1	1.73	2.23	141	3	
Oranges 2 fruits (2-5/8" dia)	123	0.31	0.039	30.78	6.3	24.5	2.46	0	0	474
Tesco Strawberries 350 g	105	0.35	0	21	3.85	21	2.8	0		
Total	505	5.52	0.565	95.5	10.95	52.17	21.1	578	27	474

Thursday, April 17, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Lurpak Spreadable Lighter 2/3 x 1 serving, 7 g	36	4.02	1.61	0.07	0	0.07	0.07	0.03		
Tesco Petits Pains 1 serving, 50 g	125	0.7	0.2	24.9	1.3	1.6	3.9	200		
New Covent Garden Carrot & Butternut Soup 2 x 1/2 carton, 600 g	168	6	3.6	22.8	9.6	22.8	3	1.26		
Marks & Spencer British Beef Fillet Steak 300 g	465	23.7	11.4	0	0	0	62.7	0		
Total	794	34.42	16.81	47.77	10.9	24.47	69.67	201.29		
Snacks/Other										
Starbucks Skinny Latte (Tall) 1 serving	102	0.2	0.2	15.2	0	13.2	9.7	112.6	5.3	
Total	**1716**	**46.42**	**17.952**	**202.62**	**27.77**	**105.57**	**124.77**	**892.89**	**32.8**	**914**

Friday, April 18, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee (Brewed From Grounds) 2 cups (8 fl oz)	5	0.09	0.009	0	0	0	0.57	9	0	232
Bananas 1 small (6" to 6-7/8" long)	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
Total	95	0.42	0.122	23.07	2.6	12.35	1.67	10	0	594
Lunch										
Marigold Swiss Vegetable Bouillon Powder 1 serving, 5 g	16	0.6	0.3	2	0.05	0.06	0.7	500		
The Bury Black Pudding Company Black Pudding 1/2 x 100g, 50 g	60	1.25		9.3			3.8	740		
Tesco Baby Broad Beans 80 g	68	0.48	0.08	9.36	5.2	1.04	6.32	0		
Leeks 1 leek	54	0.27	0.036	12.59	1.6	3.47	1.34	18	0	160
Tesco Unsmoked Gammon Steaks 340 g	212	3.06	1.19	1.87	1.19	0	43.86	2550	0	0
Egg 3 medium	194	13.12	4.091	1.02	0	1.02	16.61	185	558	177
Total	604	18.78	5.697	36.14	8.04	5.59	72.63	3993	558	337
Dinner										
Lighter Soft Cheese 20 g	21	0.8	0.52	0.74	0	0.74	2.8	48		
Gammon 1 steak, 100 g	135	5.6		0.2			15.9			

Friday, April 18, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Onions 1 small	29	0.06	0.018	7.08	1	3	0.64	2	0	101
Tomatoes 4 1/2 small whole (2-2/5" dia)	74	0.82	0.188	16.05	4.9	10.77	3.6	20	0	971
Pumpkin & Pine Nut Fiorelli 1/2 pack, 125 g	225	7.55	4.24	27.93	2.85	2.11	9.98	269		
Total	484	14.83	4.966	52	8.75	16.62	32.92	339	0	1072
Snacks/Other										
Bonne Maman Raspberry Jam 1/3 x 1 tbsp, 7 g	16	0		4.29			0			
Meridian Natural Peanut Butter 5 g	29	2.3	0.41	0.58	0.42	0.3	1.48	0		
Fruit Bread without Nuts 1 1/2 slices	199	6.34	1.3	33.55	0.8	20.32	2.64	167	26	77
Oranges 2 small (2-3/8" dia)	90	0.23	0.029	22.56	4.6	17.95	1.8	0	0	348
Total	334	8.87	1.739	60.98	5.82	38.57	5.92	167	26	425
Total	**1517**	**42.9**	**12.524**	**172.19**	**25.21**	**73.13**	**113.14**	**4509**	**584**	**2428**

Saturday, April 19, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Dinner										
Snacks/Other										
White Chocolate 200 g	1078	64.18	38.824	118.48	0	118.16	11.74	180	28	572
Total	**1078**	**64.18**	**38.824**	**118.48**	**0**	**118.16**	**11.74**	**180**	**28**	**572**

Sunday, April 20, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bananas 2 small (6" to 6-7/8" long)	180	0.67	0.226	46.14	5.3	24.7	2.2	2	0	723
Lunch										
Creamy Coleslaw 1 heaped tbsp	95	8.9		5.9			0.9			
Egg 3 large	220	14.91	4.648	1.16	0	1.16	18.87	210	634	201
Wholemeal Pitta 1 pitta	145	0.5	0.1	27.6		0.8	7.4	0.18		
Total	460	24.31	4.748	34.66	0	1.96	27.17	210.18	634	201
Dinner										
Snacks/Other										
Blueberry Intense 16 g	80	4.96	2.72	8		7.68	0.96	6.4		
Total	720	29.94	7.694	88.8	5.3	34.34	30.33	218.58	634	924