Thursday, December 18, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kellogg's Coco Pops with Semi-Skimmed Milk 1 1/2 x 1 serving with 125ml semi-skimmed milk, 45 g	262	4.5	2.25	48	0.9	25.5	9	0.22		
Coffee with Milk 4 mugs (8 fl oz)	34	0.79	0.439	4.5	0	1.18	1.74	34	0	
Total	296	5.29	2.689	52.5	0.9	26.68	10.74	34.22	0	
Lunch										
Cheddar Cheese 4 1/2 slices (1 oz)	508	41.76	26.576	1.61	0	0.66	31.37	782	132	123
Heinz Tomato Soup 2 x 1/2 can, 400 g	226	11.8	0.8	26.6		19.6	3.78			
Total	734	53.56	27.376	28.21	0	20.26	35.15	782	132	123
Dinner										
Goodfella's Fully Loaded Deep Pan Baked Pepperoni 5 x 1/4 pizza, 525 g	1550	65	29	170	12.5	19.5	65	0		
Snacks/Other										
Butterkist Toffee Popcorn 1 bag, 25 g	103	2.1	0.4	20.2	0.8	13.7	0.5	0.15		
Sainsbury's Taste The Difference Belgian Chocolate Chunk Shortbread 2 1/4 x 1 biscuit	234	13.5	9.45	25.2		11.92	2.25	0.09		
McVitie's Rich Tea Biscuits 2 x 1 biscuit, 10 g	76	2.6	0.2	11.8	0.4	3.4	1.2	0		

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Robinsons No Added Sugar Summer Fruits Fruit & Barley	56	0	0	4.8		4.8	0			
8 x 1 serving, 2000 ml										
Total	469	18.2	10.05	62	1.2	33.82	3.95	0.24		
Total	3049	142.05	69.115	312.71	14.6	100.26	114.84	816.46	132	123