Monday, September 8, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Tetley Tea with Semi-Skimmed Milk 4 x 1 cup, 1680 ml	32	0		0			1.2			
HP Reduced Salt and Sugar Brown Sauce 1 tbsp, 15 g	13	0	0	2.9	0.1	2.3	0.1	0.1		
Grilled Tomatoes 1 medium	23	0.26	0.061	5.14	1.6	3.45	1.16	6	0	311
Margarine 1/2 tbsp	38	4.23	0.718	0	0	0	0.04	56	0	2
Toasted White Bread 1 slice	64	0.88	0.127	11.97	0.6	1.04	1.98	130	0	29
Tesco Lincolnshire Sausages 1/2 x 2 sausages, 47 g	105	7.15		3.4			6.25			
Tesco Unsmoked Back Bacon Rashers 2 rashers, 60 g	120	9.8		0			8	600		
Black Pudding 3 slices, round (2-1/4" dia x 1/8" thick)	91	8.28	3.216	0.31	0	0.31	3.5	163	29	9
Fried Egg 1 large	92	7.04	1.975	0.4	0	0.38	6.27	94	210	68
Tesco Hash Brown 3 hash browns, 142 g	80	3.6		10.8			1			
Coffee with Milk 4 mugs (8 fl oz)	34	0.79	0.439	4.5	0	1.18	1.74	34	0	
Coffee with Milk 4 mugs (8 fl oz)	34	0.79	0.439	4.5	0	1.18	1.74	34	0	
Nature Valley Oats & Honey Crunchy Granola Bars	198	6.8	0.8	32.2	2.6	11.3	3.5	140		

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2 bars, 42 g										
Total	**924**	**49.62**	**7.775**	**76.12**	**4.9**	**21.14**	**36.48**	**1257.1**	**239**	**419**
Lunch										
Sainsbury's Flapjack Bites	254	11.7	5.52	32.82	2.92	18.52	3.25	0		
3 1/4 x 1 bite, 39 g										
Tesco Moroccan Chicken Wrap	300	8.6	2.9	33.7	2.6	8	20.3	0.5		
1 pack, 180 g										
Lucozade Energy Orange (500ml)	310	0	0	84.4		62.6	0			
1 bottle, 500 ml										
Total	**864**	**20.3**	**8.42**	**150.92**	**5.52**	**89.12**	**23.55**	**0.5**		
Dinner										
Domino's Pizza Garlic & Herb Dip	87	9.4	0.7	0.2	0	0.2	0.1	40		
1 serving, 25 g										
Domino's Pizza Regular Crust Pepperoni Passion (Large)	404	17.25	8.7	36.6	2.55	4.5	24.3	720		
1 1/2 x 1 slice										
Domino's Pizza Classic Crust Mighty Meaty (Medium)	218	9	4	21.8		3	12.8			
1 slice										
Domino's Pizza Texas BBQ	303	8.7		40.05			15.75			
1 1/2 x 1 slice										
Total	**1012**	**44.35**	**13.4**	**98.65**	**2.55**	**7.7**	**52.95**	**760**		
Snacks/Other										
Robinsons No Added Sugar Summer Fruits Fruit & Barley	56	0	0	4.8		4.8	0			
8 x 1 serving, 2000 ml										

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Total	2856	114.27	29.595	330.49	12.97	122.76	112.98	2017.6	239	419