Wednesday, March 18, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Scott's Original Porage Oats with Semi-Skimmed Milk 1 serving with 275 ml semi-skimmed milk, 40 g	271	8.2		37.2			14.3			
Coffee with Milk 4 mugs (8 fl oz)	34	0.79	0.439	4.5	0	1.18	1.74	34	0	
Maple Syrup 1 1/2 tbsps	78	0.06	0.011	20.13	0	17.86	0	3	0	61
Total	383	9.05	0.45	61.83	0	19.04	16.04	37	0	61
Lunch										
Egg Omelette or Scrambled Egg with Cheese and Ham or Bacon 3 large	457	33.45	13.067	5.91	0	5.84	31.9	1511	587	444
Dinner										
Crucials Yoghurt & Mint Dressing 30 g	112	11.37	1.02	1.92	1.35	1.35	0.45	0.21		
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Waitrose Pickled Gherkins 2 x 2 gherkins, 50 g	20	0.2	0	3	0.6	2.6	0.8	0.2		
Margarine 2 tbsps	150	16.92	2.872	0	0	0	0.17	225	0	9
Sour Cream 2 tbsps	62	6.04	3.758	1.23	0	0.05	0.91	15	13	41
Baked Sweetpotato (Peel Eaten)	309	6.11	1.192	59.85	9.9	15.65	5.71	701	0	1130

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1 large										
Domino's Pizza Regular Crust Pepperoni Passion (Medium)	244	11		22		4	15	0.4		
1 slice										
Domino's Pizza Classic Crust Mighty Meaty (Medium)	218	9	4	21.8		3	12.8			
1 slice										
Total	1228	69.92	18.748	110.16	11.85	26.8	42.81	1115.81	42	1207
Snacks/Other										
Robinsons No Added Sugar Summer Fruits Fruit & Barley	56	0	0	4.8		4.8	0			
8 x 1 serving, 2000 ml										
Total	2124	112.42	32.265	182.7	11.85	56.48	90.75	2663.81	629	1712