Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	460	14.04	63.08	16.55
Lunch	685	24.09	91.94	24.01
Dinner	868	34.24	96.81	40.85
Snacks/Other	418	10.6	65.7	6.92
Total	2431	82.98	317.54	88.32

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

Monday, September 8, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
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										

Monday, September 8, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	2856	114.27	29.595	330.49	12.97	122.76	112.98	2017.6	239	419

Tuesday, September 9, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee with Milk 4 mugs (8 fl oz)	34	0.79	0.439	4.5	0	1.18	1.74	34	0	
Kellogg's Corn Flakes with Semi-Skimmed Milk (30g) 1 1/2 x 1 serving with 125ml semi-skimmed milk, 45 g	258	3.75	2.25	46.5	1.35	13.5	9	300		
Coffee with Milk 4 mugs (8 fl oz)	34	0.79	0.439	4.5	0	1.18	1.74	34	0	
Total	326	5.33	3.128	55.5	1.35	15.86	12.48	368	0	
Lunch										
Branston Sweet Onion Relish 20 g	31	0.08		7.26	0.14	6.42	0.2	0.08		
Philadelphia Cream Cheese 1 serving, 30 g	74	7	4.1	0.9		0.9	1.7			
Waitrose Pickled Gherkins 2 x 2 gherkins, 50 g	20	0.2	0	3	0.6	2.6	0.8	0.2		
Tesco Vine Ripened Tomatoes 3 x 2 tomatoes, 270 g	48	0.9	0	8.4	2.7	8.4	1.8	0		
Hellmann's Garlic Mayonnaise 2 x 1 serving, 30 ml	82	8		2			0.2			
Cheddar Cheese 3 slices (1 oz)	339	27.84	17.717	1.08	0	0.44	20.92	522	88	82
Kingsmill 50/50 Bread 4 x 1 slice, 160 g	376	3.6	0.8	66	8	5.6	16	640	0	
Total	970	47.62	22.617	88.64	11.44	24.36	41.62	1162.28	88	82
Dinner										

Tuesday, September 9, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Pasta with Tomato Sauce and Meat or Meatballs (Canned)	385	15.24	5.939	45.9	10.1	14.83	16.14	1561	30	616
1 1/2 cups										
Snacks/Other										
Harvest Morn Benefit with Chocolate Chips	81	1	0	16.5	0.7	5.5	1	0		
1 bar , 21 g										
Robinsons No Added Sugar Summer Fruits Fruit & Barley	56	0	0	4.8		4.8	0			
8 x 1 serving, 2000 ml										
Total	137	1	0	21.3	0.7	10.3	1	0		
Total	**1818**	**69.19**	**31.684**	**211.34**	**23.59**	**65.35**	**71.24**	**3091.28**	**118**	**698**

Wednesday, September 10, 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	32	0		0			1.2			
4 x 1 cup, 1680 ml										
Kellogg's Corn Flakes with Semi-Skimmed Milk (30g)	258	3.75	2.25	46.5	1.35	13.5	9	300		
1 1/2 x 1 serving with 125ml semi-skimmed milk, 45 g										
Coffee with Milk	34	0.79	0.439	4.5	0	1.18	1.74	34	0	
4 mugs (8 fl oz)										
Total	324	4.54	2.689	51	1.35	14.68	11.94	334	0	
Lunch										
Harvest Morn Fruit and Grain	130	3	0.7	24.1	1.7	12.6	1.6	0.1		
1 bar, 37 g										
Walkers Cheese & Onion Crisps (25g)	130	7.7	0.6	13.2	1.1	0.7	1.6	0.3		
1 pack, 25 g										
Black Pepper	0	0	0.001	0.06	0	0	0.01	0	0	1
1 dash										
Salt	0	0	0	0	0	0	0	155	0	0
1 dash										
Cucumber (with Peel)	8	0.06	0.018	1.89	0.3	0.87	0.34	1	0	76
1/2 cup slices										
Tesco Vine Ripened Tomatoes	32	0.6	0	5.6	1.8	5.6	1.2	0		
2 x 2 tomatoes, 180 g										
Philadelphia Cream Cheese	74	7	4.1	0.9		0.9	1.7			
1 serving, 30 g										
New York Bagel Plain Bagel	230	1.2	0.2	44	3		9.3	300		
1 bagel, 90 g										

Wednesday, September 10, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	604	19.56	5.619	89.75	7.9	20.67	15.75	456.4	0	77
Dinner										
Pasta with Tomato Sauce and Meat or Meatballs (Canned)	513	20.32	7.918	61.2	13.4	19.77	21.51	2082	40	822
2 cups										
Snacks/Other										
Nutella Hazelnut Spread	164	9.4	3.2	17.2	1	17	1.8			
2 x 1 serving, 30 g										
Tesco Strawberry Jam	60	0.15		14.7		13.05	0.15			
1 1/2 x 1 tbsp, 15 g										
New York Bagel Plain Bagel	230	1.2	0.2	44	3		9.3	300		
1 bagel, 90 g										
Hovis Scotch Pancakes	88	2.5	0.3	14.4	0.7	5.8	1.7	0.14		
1 serving, 30 g										
Bananas	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
1 small (6" to 6-7/8" long)										
Robinsons No Added Sugar Summer Fruits Fruit & Barley	56	0	0	4.8		4.8	0			
8 x 1 serving, 2000 ml										
Robinsons No Added Sugar Summer Fruits Fruit & Barley	56	0	0	4.8		4.8	0			
8 x 1 serving, 2000 ml										
Total	744	13.58	3.813	122.97	7.3	57.8	14.05	301.14	0	362
Total	**2185**	**58**	**20.039**	**324.92**	**29.95**	**112.92**	**63.25**	**3173.54**	**40**	**1261**

Thursday, September 11, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Granny Smith Apples	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	
1 medium (2-3/4" dia)										
Coffee with Milk	34	0.79	0.439	4.5	0	1.18	1.74	34	0	
4 mugs (8 fl oz)										
Coffee with Milk	34	0.79	0.439	4.5	0	1.18	1.74	34	0	
4 mugs (8 fl oz)										
Harvest Morn Fruit and Grain	130	3	0.7	24.1	1.7	12.6	1.6	0.1		
1 bar, 37 g										
Total	270	4.81	1.617	52.16	5	29.3	5.44	69.1	0	
Lunch										
San Pellegrino Limonata	150	0		35			0			
1 can, 330 ml										
Morrisons Roast Chicken Salad Baguette	497	15.8	1.4	60	6	5.9	25	0.5		
1 pack										
Bananas	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
1 small (6" to 6-7/8" long)										
Total	737	16.13	1.513	118.07	8.6	18.25	26.1	1.5	0	362
Dinner										
Pepper or Hot Sauce	1	0.02	0.002	0.08	0	0.06	0.02	124	0	7
1 tsp										
Black Pepper	0	0	0.001	0.06	0	0	0.01	0	0	1
1 dash										
Sea Salt	0	0	0	0	0	0	0	155	0	
1 dash										
Vinegar	3	0	0	0.01	0	0.01	0	0	0	0

Thursday, September 11, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 tbsp										
Tesco Baked Beans	185	1.1		29.6	8.6		9			
1/2 can, 210 g										
McCain Original Oven Chips	158	3.8	0.4	28.5	2.3	0.6	2.5	30		
100 g										
Asda Cumberland Sausages	284	20	7	12			13.8	0.64		
2 x 1 sausage										
Total	631	24.92	7.403	70.25	10.9	0.67	25.33	309.64	0	8
Snacks/Other										
Nutella Hazelnut Spread	164	9.4	3.2	17.2	1	17	1.8			
2 x 1 serving, 30 g										
Tesco Strawberry Jam	60	0.15		14.7		13.05	0.15			
1 1/2 x 1 tbsp, 15 g										
New York Bagel Plain Bagel	230	1.2	0.2	44	3		9.3	300		
1 bagel, 90 g										
Robinsons No Added Sugar Summer Fruits Fruit & Barley	56	0	0	4.8		4.8	0			
8 x 1 serving, 2000 ml										
Nature Valley Oats & Honey Crunchy Granola Bars	198	6.8	0.8	32.2	2.6	11.3	3.5	140		
2 bars, 42 g										
Total	708	17.55	4.2	112.9	6.6	46.15	14.75	440		
Total	**2346**	**63.41**	**14.733**	**353.38**	**31.1**	**94.37**	**71.62**	**820.24**	**0**	**370**

Friday, September 12, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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	
Kellogg's Corn Flakes with Semi-Skimmed Milk (30g) 2 1/2 x 1 serving with 125ml semi-skimmed milk, 75 g	430	6.25	3.75	77.5	2.25	22.5	15	500		
Total	498	7.83	4.628	86.5	2.25	24.86	18.48	568	0	
Lunch										
Warburtons Sandwich Thins 2 thins, 84 g	200	2.2	0.4	40.2	4.6	4.2	8.4	320		
Black Pepper 1 dash	0	0	0.001	0.06	0	0	0.01	0	0	1
Tesco Vine Ripened Tomatoes 3 x 2 tomatoes, 270 g	48	0.9	0	8.4	2.7	8.4	1.8	0		
Philadelphia Cream Cheese 1 serving, 30 g	74	7	4.1	0.9		0.9	1.7			
Cucumber (with Peel) 1/2 cup slices	8	0.06	0.018	1.89	0.3	0.87	0.34	1	0	76
Salt 1 dash	0	0	0	0	0	0	0	155	0	0
Total	330	10.16	4.519	51.45	7.6	14.37	12.25	476	0	77
Dinner										
Prawn Crackers 1 cup	216	14.08	3.622	20.03	0.2	0.76	2.66	546	32	13

Friday, September 12, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Morrisons Fresh Ideas Sweet Chilli Chicken	200	1.2	0.4	21.8	0.8	20.9	25.5	300		
1/2 pack , 195 g										
Minced Pork (Cooked)	297	20.77	7.72	0	0	0	25.69	73	94	362
100 g										
Sharwood's Medium Soft Noodles	210	1.6	0.1	41			7.5			
1 packet, 150 g										
Sainsbury's Sweet & Sour Chicken with Egg Fried Rice	617	13.3	2	88.5			32.9			
1 pack, 450 g										
Total	1540	50.95	13.842	171.33	1	21.66	94.25	919	126	375
Snacks/Other										
Graze Bounty Hunter	147	8	6	17	2	15	1			
1 punnet, 31 g										
Robinsons No Added Sugar Summer Fruits Fruit & Barley	56	0	0	4.8		4.8	0			
8 x 1 serving, 2000 ml										
Total	203	8	6	21.8	2	19.8	1			
Total	**2571**	**76.94**	**28.989**	**331.08**	**12.85**	**80.69**	**125.98**	**1963**	**126**	**452**

Saturday, September 13, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Asda Semi-Skimmed Milk 100 ml	50	1.8	1.1	4.8	0		3.6			
Graze Honey Hunter 1 packet, 79 g	350	17	3	40	6	12	9			
Coffee with Milk 4 mugs (8 fl oz)	34	0.79	0.439	4.5	0	1.18	1.74	34	0	
Total	434	19.59	4.539	49.3	6	13.18	14.34	34	0	
Lunch										
Morrisons Fairy Cake 1/2 x 1 cake	37	2.05	0.2	4.15	0.15	2.2	0.5			
Graze Banana Cake 1 punnet, 16 g	59	2.7	0.3	7.4	0.5	4.8	0.9			
Graze Smoky Hotdog 1 punnet, 24 g	124	7	2	12	0.7	1	3	720		
Graze Black Pepper Pistachios 1 punnet, 32 g	104	10	1	1	1	1	3	92		
Total	324	21.75	3.5	24.55	2.35	9	7.4	812		
Dinner										
Heinz Tomato Ketchup 1 serving, 15 ml	18	0		4.1	0.1	4	0.2	300		
Iceland Chicken Goujons 1 goujon	40	2.2	0.3	3	0.5	0.2	1.7	0.1		
Prawn Crackers 3/4 cup	162	10.56	2.717	15.02	0.2	0.57	2	409	24	10
Morrisons Fresh Ideas Sweet Chilli Chicken	100	0.6	0.2	10.9	0.4	10.45	12.75	150		

Saturday, September 13, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/2 x 1/2 pack , 97.5 g										
Sharwood's Medium Soft Noodles	158	1.2	0.08	30.75			5.62			
3/4 x 1 packet, 112 g										
Sainsbury's Sweet & Sour Chicken with Egg Fried Rice	308	6.65	1	44.25			16.45			
1/2 x 1 pack, 225 g										
Total	786	21.21	4.297	108.02	1.2	15.22	38.72	859.1	24	10
Snacks/Other										
Nutella Hazelnut Spread	82	4.7	1.6	8.6	0.5	8.5	0.9			
1 serving, 15 g										
Tesco Strawberry Jam	40	0.1		9.8		8.7	0.1			
1 tbsp, 10 g										
Warburtons Sandwich Thins	100	1.1	0.2	19.8	1.6	1.9	3.9	0.16		
1 thin, 42 g										
Banana Bread	395	12.05	7.221	67.59	2.6	29.35	5.73	170	50	
2 1/2 slices										
Harvest Morn Chocolate Crunch	94	3.8	2	12.87	1.13	5.34	1.6	0		
20 g										
Silver Spoon White Sugar	32	0	0	8	0	8	0	0	0	0
2 tsp, 10 g										
Tesco Half Fat Creme Fraiche	50	9		3			2.2			
2 x 1 tbsp, 60 ml										
Strawberries	97	0.91	0.046	23.35	6.1	14.17	2.04	3	0	465
2 cups halves										
Robinsons No Added Sugar Summer Fruits Fruit & Barley	56	0	0	4.8		4.8	0			
8 x 1 serving, 2000 ml										
Total	946	31.66	11.067	157.81	11.93	80.76	16.47	173.16	50	465

Saturday, September 13, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	2490	94.21	23.403	339.68	21.48	118.16	76.93	1878.26	74	475

Sunday, September 14, 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	32	0		0			1.2			
4 x 1 cup, 1680 ml										
Coffee with Milk	34	0.79	0.439	4.5	0	1.18	1.74	34	0	
4 mugs (8 fl oz)										
Kellogg's Corn Flakes with Semi-Skimmed Milk (30g)	344	5	3	62	1.8	18	12	400		
2 x 1 serving with 125ml semi-skimmed milk, 60 g										
Coffee with Milk	34	0.79	0.439	4.5	0	1.18	1.74	34	0	
4 mugs (8 fl oz)										
Total	444	6.58	3.878	71	1.8	20.36	16.68	468	0	
Lunch										
Tesco Vine Ripened Tomatoes	48	0.9	0	8.4	2.7	8.4	1.8	0		
3 x 2 tomatoes, 270 g										
Cucumber (with Peel)	8	0.06	0.018	1.89	0.3	0.87	0.34	1	0	76
1/2 cup slices										
Cheese Sandwich	65	3.17	1.344	6.9	0.3	0.99	2.27	183	6	32
1/4 sandwich										
Wetherspoon BBQ Chicken, Bacon & Cheese Panini	624	29	15	50	3		37	5		
1 serving										
Sprite Sprite	218	0	0	53	0	52.8	0	0.04	0	0
2 x 1 serving, 500 ml										
Total	963	33.13	16.362	120.19	6.3	63.06	41.41	189.04	6	108
Dinner										
Iceland Garlic Baguette	188	9.6	4	21.7	1	2.2	3.9	0.2		

Sunday, September 14, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/3 baguette, 56.3 g										
Yeo Valley Summer Fruit Compote	30	0.04	0	6.76	0.8	5.92	0.28			
40 g										
Morrisons New York Cheesecake	363	25.7	14.5	28.7		19.2	4.2			
1 wedge										
Marks & Spencer The Ultimate Tiramisu	205	11.9	7.2	20.9	0.4	15.8	3	30		
1 pot, 75 g										
Lasagna with Meat	420	15.48	7.98	44.29	3.3	7	25.65	930	62	489
1 1/4 pieces (1/6 8" square, approx 2-1/2" x 4")										
Total	1206	62.72	33.68	122.35	5.5	50.12	37.03	960.2	62	489
Snacks/Other										
Banana Bread	79	2.41	1.444	13.52	0.5	5.87	1.15	34	10	
1/2 slice										
Robinsons No Added Sugar Summer Fruits Fruit & Barley	56	0	0	4.8		4.8	0			
8 x 1 serving, 2000 ml										
Total	135	2.41	1.444	18.32	0.5	10.67	1.15	34	10	
Total	2748	104.84	55.364	331.86	14.1	144.21	96.27	1651.24	78	597