Friday, July 15, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Chunky Peanut Butter (Without Salt)	59	4.99	0.808	2.16	0.8	0.84	2.41	2	0	74
10 g										
Cod Liver Fish Oil	61	6.8	1.537	0	0		0	0	39	
1/2 tbsp										
Walnuts	78	7.83	0.735	1.65	0.8	0.31	1.83	0	0	53
3 nuts										
Jams, Preserves, Marmalades (Low Sugar)	13	0.02	0.001	3.28	0.1	3.09	0.04	0	0	9
1/2 tbsp										
Mixed Grain Bread (Includes Whole Grain and 7 Grain)	176	2.66	0.565	32.48	4.5	7.04	7	341	0	143
70 g										
Total	387	22.3	3.646	39.57	6.2	11.28	11.28	343	39	279
Lunch										
Asda Smart Price Breaded Fish Fingers	606	24.9	3	58.2	4.2	3.6	35.1	1.11	0	
300 g										
Red Tomatoes	16	0.18	0.042	3.57	1.1	2.39	0.8	5	0	216
1 small whole (2-2/5" dia)										
Total	622	25.08	3.042	61.77	5.3	5.99	35.9	6.11	0	216
Dinner										
Snacks/Other										
Sunrise Soya Foods Soy Milk (Unsweetened)	54	3	0.96	1.8	0.6	0.6	5.4	24		
150 ml										
Low Fat Milk	78	2.25		9.45	0.45		4.95			

Friday, July 15, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
150 ml										
Coffee and Cocoa (Mocha) Powder (with Whitener and Low Calorie Sweetener)	33	1.69	1.456	9.14	0.6	4.48	1.15	64	0	238
2 tsps dry										
Coffee (Espresso Brewed)	2	0.22	0.11	0	0	0	0.14	17	0	138
4 fl oz										
Total	167	7.16	2.526	20.39	1.65	5.08	11.64	105	0	376
Total	1176	54.54	9.214	121.73	13.15	22.35	58.82	454.11	39	871