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										
Bakers Lemon Creams (1)	170	6	4	26	0.7	16	1.6	110	0	
2 x 1 biscuit, 33.2 g										
Lunch										
Woolworths Beef Frikkadels	240	14.4		6			19.2			
6 x 1 frikkadel										
Penne	220	1.29	0.245	42.95	2.5	0.78	8.07	326	0	
1 cup cooked										
Total	460	15.69	0.245	48.95	2.5	0.78	27.27	326	0	
Dinner										
Snacks/Other										
Fruit Cocktail (Peach and Pineapple and Pear and Grape and Cherry) (Solids and Liquids, Light Syrup, Canned)	138	0.17	0.024	36.13	2.4	33.71	0.97	15	0	215
1 cup										
Woolworths Chicken Tikka Masala	336	18.75	9.45	25.75	5	1.95	16.3	499	73.5	
1/2 x 1 serving, 175 g										
Haagen-Dazs Chocolate Chocolate Chip	300	19	11	26	2	22	5	40	85	
1/2 cup										
Total	774	37.92	20.474	87.88	9.4	57.66	22.27	554	158.5	215
Total	**1404**	**59.61**	**24.719**	**162.83**	**12.6**	**74.44**	**51.14**	**990**	**158.5**	**215**