

My Food Diary

Today, Monday 28 April 2014



Fat	Carbs	Sugar	Net C	Prot	Cals
29.49	47.88	25.39	40.43	166.80	1156

Breakfast

15.78	7.85	2.11	7.85	16.72	245
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Scrambled Egg (Whole, Cooked)

2 large



14.90	2.68	2.11	2.68	13.53	203
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Sainsbury's Chunky Vegetables

1.1 x 100g



0.88	5.17		5.17	3.19	42
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+ Add Item

Lunch

9.50	9.60	3.40	7.60	39.01	282
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Co-Op Sweet & Crunchy Salad

1 pack



0.40	7.00	1.40	5.00	1.30	40
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John West Tuna Chunks in Brine

138 g



1.10				36.71	156
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Hellmann's French Dressing

2 x 1 portion, 30 g



8.00	2.60	2.00	2.60	1.00	86
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+ Add Item

Dinner

4.21	16.43	7.88	10.98	104.07	538
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Steamed or Poached Cod

445 g



3.52				99.59	454
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Tesco Pak Choi

175 g



0.35	3.85		2.10	2.62	30
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Turnips

130 g



0.13	8.36	4.94	6.06	1.17	36
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Sweet Red Peppers

70 g



0.21	4.22	2.94	2.82	0.69	18
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+ Add Item

Snacks/Other

14.00	12.00	14.00	7.00	91
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Muller Light Vanilla Yogurt

1 pot



14.00	12.00	14.00	7.00	91
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+ Add Item

