

My Food Diary

Today, Sunday 29 June 2014



Fat	Carbs	Sugar	Net C	Prot	Cals
54.11	30.63	21.25	25.18	141.11	1201

Breakfast

37.52	4.41	3.36	4.41	34.00	496
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Tesco Mushrooms

95 g



0.48	0.38	0.19	0.38	1.71	12
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Scrambled Egg (Whole, Cooked)

3 large



22.34	4.03	3.17	4.03	20.29	304
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Tesco Unsmoked Back Bacon Rashers

1 1/2 x 2 rashers, 90 g



14.70				12.00	180
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+ Add Item

Lunch

+ Add Item

Dinner

16.59	26.22	17.89	20.77	107.11	705
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Steamed or Poached Cod

450 g



3.56				100.71	459
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Green Peppers

1/2 small



0.06	1.72	0.89	1.12	0.32	7
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Turnips

100 g



0.10	6.43	3.80	4.63	0.90	28
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Tesco Pak Choi

85 g



0.17	1.87		1.02	1.28	14
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Philadelphia Simply Stir

100 g



12.50	4.20	1.20	4.20	2.30	137
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Tesco Strawberries

200 g



0.20	12.00	12.00	9.80	1.60	60
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+ Add Item

Snacks/Other

+ Add Item