

	Grams	Calories	Carbs	Sugars	Protein	Fat
Nandos 10 Wings	236	630	0.2	0	72.6	37.5
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
4 Salmon Appetisers	33.3	73.3	0.93	0.4	5.1	5.2
2 Salmon Appetisers	16.6	36.6	0.46	0.2	2.6	2.6
Broccoli	150	57	2.7	2.2	6.6	1.3
Lamb Steak	100	150	0	0	23.5	5.2
Lamb Steak	100	150	0	0	23.5	5.2
Lamb Steak	100	150	0	0	23.5	5.2
Courgettes	250	45	4.5	4.2	4.5	1
Mayonnaise	60	432	1	0.6	0.6	47.4
Peas	50	40	4.8	1.3	3	0.4
DAY TOTAL 01/01/2014	1145.9	1907.9	14.8	9.1	179.7	121.8
Nandos 10 Wings	236	630	0.2	0	72.6	37.5
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2
Lamb Steak	100	150	0	0	23.5	5.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pork Crackling	18	111	0.3	0	8.7	8.2
DAY TOTAL 02/01/2014	1334.0	1565.0	13.8	8.7	146.9	102.1
Tuna	130	130	0	0	30.4	0.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Pickled Gherkins	75	11.2	2	2	0.6	0.15
Lamb Steak	100	150	0	0	23.5	5.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	40	4.5	0.6	0.6	0.3	0
Aubergine Parma	302.5	373.5	7.6	6.1	15.675	30.9
Aubergine Parma	302.5	373.5	7.6	6.1	15.675	30.9
DAY TOTAL 03/01/2014	1060.0	1618.7	18.9	15.6	101.0	126.2
Laughing Cow Triangle	52.5	126	3.3	3.3	5.7	9.9
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Harvester Ribs	140	900	12.2	3.7	62.2	64.8

Aubergine Parma	302.5	373.5	7.6	6.1	15.675	30.9
Aubergine Parma	302.5	373.5	7.6	6.1	15.675	30.9
DAY TOTAL 04/01/2014	1079.5	2007.0	37.4	25.7	117.4	152.0

Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2

Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8

Venison Meatballs	180	261	5	0.6	38	9
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
Broccoli	75	28	1.4	1.1	3.3	0.65
DAY TOTAL 05/01/2014	1485.0	966.0	32.8	16.9	80.3	52.4

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
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Mackeral	125	258	5.3	5	17	18.7
Almonds	50	314	3.4	2.2	10.6	28

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	80	9	1.2	1.1	0.6	0

Pork Steak	130	273	0	0	44.7	10.2
Mushrooms	200	32	0.8	0.4	3.6	1
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
DAY TOTAL 06/01/2014	985.0	1321.0	24.4	15.8	116.0	81.8

Tuna	130	130	0	0	30.4	0.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Pickled Gherkins	75	11.2	2	2	0.6	0.15

Mackeral	125	258	5.3	5	17	18.7
Almonds	50	314	3.4	2.2	10.6	28

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Salmon Crescents	150	335	5.3	2.6	18.5	25.8

Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
DAY TOTAL 07/01/2014	1160.0	1831.2	30.0	19.0	160.7	114.7

3 Chicken drumsticks	57	315	0	0	39.3	16.2
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Mackeral	125	258	5.3	5	17	18.7
Almonds	50	314	3.4	2.2	10.6	28
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pork Crackling	18	111	0.3	0	8.7	8.2
Chicken Jalfrezi	400	428	13.2	11.6	39	21.4
Mayonnaise	30	216	0.45	0.3	0.33	23.7
DAY TOTAL 08/01/2014	730.0	1786.0	22.9	19.3	129.1	127.0

3 Fried Eggs	195	279	0.3	0	25.5	21
3 Jimmys Sausages	180	441	0.9	0.9	26.4	36
Mushrooms	100	16	0.4	0.2	1.8	0.5

Mackeral	125	258	5.3	5	17	18.7
Almonds	50	314	3.4	2.2	10.6	28
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Brussel Sprouts	120	54	3.3	2.85	4.2	1.5
Pork Steak	130	273	0	0	44.7	10.2
Broccoli	150	57	2.7	2.2	6.6	1.3
DAY TOTAL 09/01/2014	1100.0	1836.0	16.5	13.6	151.0	128.0

Tuna	130	130	0	0	30.4	0.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Pickled Gherkins	75	11.2	2	2	0.6	0.15

Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Laughing Cow Triangle	52.5	126	3.3	3.3	5.7	9.9
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	120	24	3.8	3.8	0.8	0.4
Tzatziki	50	60	2.7	2.6	2.3	4.3

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pepperami	25	126	0.6	0	6.1	11
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
DAY TOTAL 10/01/2014	1554.5	1215.2	32.1	25.7	81.4	82.9

Tuna	130	130	0	0	30.4	0.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Pickled Gherkins	75	11.2	2	2	0.6	0.15

Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
Prawn Cocktail	200	604	6.4	4.8	18.8	55.8
Pepperami	25	126	0.6	0	6.1	11

Rump Steak	430	610	0	0	162	14.4
Garlic Butter	50	345	2	2	0.5	35

Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
DAY TOTAL 11/01/2014	990.0	2186.2	11.7	9.3	232.9	151.7
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Venison Burgers (2)	200	226	5.6	2	34	7.4
Mushrooms	100	16	0.4	0.2	1.8	0.5
Courgettes	125	22.5	2.2	2.1	2.2	0.5
Broccoli	150	57	2.7	2.2	6.6	1.3
Brown Onion	100	41	7.9	5.6	1.2	0.2
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
DAY TOTAL 12/01/2014	1325.0	746.5	30.4	20.1	73.2	35.1
Almonds	50	314	3.4	2.2	10.6	28
Mackeral	125	258	5.3	5	17	18.7
Almonds	50	314	3.4	2.2	10.6	28
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	80	9	1.2	1.1	0.6	0
Chicken Jalfrezi	400	428	13.2	11.6	39	21.4
Mayonnaise	30	216	0.45	0.3	0.33	23.7
DAY TOTAL 13/01/2014	785.0	1683.0	27.2	22.6	92.3	130.6
4 Eggs	260	372	0.4	0	34	28
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Onion	50	17	3.5	1	0.5	0.1
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
Broccoli	150	57	2.7	2.2	6.6	1.3
Courgettes	250	45	4.5	4.2	4.5	1
Mayonnaise	60	432	1	0.6	0.6	47.4
Peas	50	40	4.8	1.3	3	0.4
DAY TOTAL 14/01/2014	1370.0	1659.0	17.1	9.5	179.4	97.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
Bean Burger	105	225	25.2	2.3	6	9.2
Cheese and Ham Sticks	84	230	1	0.3	19.8	16.7

Pork Crackling	18	111	0.3	0	8.7	8.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2
DAY TOTAL 15/01/2014	1387.0	1372.0	39.6	11.1	120.4	78.9
Tuna	130	130	0	0	30.4	0.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Pickled Gherkins	75	11.2	2	2	0.6	0.15
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mackeral	125	258	5.3	5	17	18.7
Almonds	50	314	3.4	2.2	10.6	28
Pickled Gherkins	75	11.2	2	2	0.6	0.15
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
DAY TOTAL 16/01/2014	1185.0	1468.4	25.0	19.7	101.1	107.5
Prawn Cocktail	200	604	6.4	4.8	18.8	55.8
Pickled Gherkins	75	11.2	2	2	0.6	0.15
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Almonds	15	157	1.7	1.1	5.3	14
Pickled Gherkins	75	11.2	2	2	0.6	0.15
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Broccoli Soup	600	354	13.2	3.6	16.2	25.2
Pork Crackling	18	111	0.3	0	8.7	8.2
DAY TOTAL 17/01/2014	1113.0	1752.4	26.5	14.2	78.9	148.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
Cucumber	40	4.5	0.6	0.6	0.3	0
Laughing Cow Triangle	52.5	126	3.3	3.3	5.7	9.9
Baby Leaf Salad	90	18	1.4	1.4	1.6	0.6
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Nandos 10 Wings	236	630	0.2	0	72.6	37.5
Coleslaw	200	328	13.2	12.2	2.6	29.6
DAY TOTAL 18/01/2014	933.5	1547.5	25.0	23.6	121.6	109.1

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
Cucumber	40	4.5	0.6	0.6	0.3	0
4 Eggs	260	372	0.4	0	34	28
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
Broccoli	150	57	2.7	2.2	6.6	1.3
Courgettes	250	45	4.5	4.2	4.5	1
Mayonnaise	60	432	1	0.6	0.6	47.4
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
DAY TOTAL 19/01/2014	1110.0	1474.5	9.6	8.0	132.4	103.7
Nandos 10 Wings	236	630	0.2	0	72.6	37.5
Mackeral	125	258	5.3	5	17	18.7
Almonds	50	314	3.4	2.2	10.6	28
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	80	9	1.2	1.1	0.6	0
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
Cabbage	150	48	6.2	6	2.5	0.6
Beef Cubes	125	155	0	0	26	5.5
Mushrooms	100	16	0.4	0.2	1.8	0.5
DAY TOTAL 20/01/2014	1376.0	2174.0	26.3	18.9	238.1	122.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pork Crackling	18	111	0.3	0	8.7	8.2
Mackeral	125	258	5.3	5	17	18.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	80	9	1.2	1.1	0.6	0
Chicken Jalfrezi	400	428	13.2	11.6	39	21.4
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2
DAY TOTAL 21/01/2014	1033.0	1456.0	22.4	18.9	94.5	108.8
5 Wings	118	315	0.1	0	36.3	18.8
Mackeral	125	258	5.3	5	17	18.7
Pork Crackling	18	111	0.3	0	8.7	8.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8

Cucumber	80	9	1.2	1.1	0.6	0
Whole Green Beans	150	40	7	3.1	2.6	0.2
Cabbage	150	48	6.2	6	2.5	0.6
Quarter Pounder Burger	170	490	7	2.4	39.8	33.6
Courgettes	250	45	4.5	4.2	4.5	1
DAY TOTAL 22/01/2014	1111.0	1460.0	31.8	22.0	126.2	91.9
Prawn Cocktail	200	604	6.4	4.8	18.8	55.8
Mackeral	125	258	5.3	5	17	18.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	80	9	1.2	1.1	0.6	0
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
3 Jimmys Sausages	180	441	0.9	0.9	26.4	36
Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
DAY TOTAL 23/01/2014	920.0	2074.0	14.1	12.1	173.5	147.1
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
5 Wings	118	315	0.1	0	36.3	18.8
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
Meatballs	107	225	4.8	1.2	23.4	12.1
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Mayonnaise	60	432	1	0.6	0.6	47.4
DAY TOTAL 24/01/2014	852.0	1641.0	10.3	6.1	150.0	111.3
1 Boiled Egg	65	92	0.1	0	8.4	7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
20 Ikea Meatballs	300	633	16.6	20	53.4	43.3
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
DAY TOTAL 25/01/2014	1040.0	1181.0	28.4	28.1	96.3	80.9
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
1 Boiled Egg	65	92	0.1	0	8.4	7
Itsu Miso Soup	300	108	11.5	6	5.2	4.2

Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
Broccoli	150	57	2.7	2.2	6.6	1.3
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
DAY TOTAL 26/01/2014	1075.0	1145.0	24.1	12.8	141.4	54.7

Almonds	50	314	3.4	2.2	10.6	28
Almonds	50	314	3.4	2.2	10.6	28
Mackeral	125	258	5.3	5	17	18.7
Cheese and Ham Sticks	84	230	1	0.3	19.8	16.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	80	9	1.2	1.1	0.6	0
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
DAY TOTAL 27/01/2014	1319.0	1655.0	27.4	19.3	86.5	131.8

Prawn Cocktail	200	604	6.4	4.8	18.8	55.8
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Chicken Breast	125	138	0	0	29	2.2
Pork Steak	130	273	0	0	44.7	10.2
Mushrooms	200	32	0.8	0.4	3.6	1
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
Tomatoes	60	12	1.9	1.9	0.4	0.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 28/01/2014	1185.0	1917.0	10.1	8.1	200.5	119.4

4 Back Bacon Rashers	200	199	0.1	0.1	16.2	13.2
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Mushrooms	200	32	0.8	0.4	3.6	1
2 Eggs	130	186	0.2	0	17	14
Pepperami	25	126	0.6	0	6.1	11
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2
Pork Steak	130	273	0	0	44.7	10.2

Broccoli	150	57	2.7	2.2	6.6	1.3
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Mayonnaise	60	432	1	0.6	0.6	47.4
Peas	50	40	4.8	1.3	3	0.4
DAY TOTAL 29/01/2014	1520.0	1947.0	23.0	10.3	127.5	144.1
Tuna	130	130	0	0	30.4	0.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Pickled Gherkins	75	11.2	2	2	0.6	0.15
Almonds	50	314	3.4	2.2	10.6	28
Mackerel	125	258	5.3	5	17	18.7
Almonds	50	314	3.4	2.2	10.6	28
Barnsley Chop	250	612	0	0	46.3	47.3
Broccoli	150	57	2.7	2.2	6.6	1.3
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Peas	50	40	4.8	1.3	3	0.4
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 30/01/2014	1110.0	2186.2	32.9	19.9	144.1	160.2
Lamb Steak	100	150	0	0	23.5	5.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
1 Boiled Egg	65	92	0.1	0	8.4	7
Prawn Cocktail	200	604	6.4	4.8	18.8	55.8
Pickled Gherkins	75	11.2	2	2	0.6	0.15
DAY TOTAL 31/01/2014	1065.0	1169.2	20.0	14.7	71.6	88.0
1 Boiled Egg	65	92	0.1	0	8.4	7
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Kaiso Salad		120	8.3	8.3	4	4.7
Beef Tataki		159	7	7	10	8.3
Miso		120	4.8	4.8	20	1.4
Coriander Tuna		75	0.7	0.7	10	3.2
Spicy Chicken		204	4.8	4.8	10	8.6
Scallop Katsu		277	1.2	1.2	10	9.9
Beef Teriyaki		227	7.8	7.8	10	5.9
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2
DAY TOTAL 01/02/2014	690.0	1824.0	38.6	36.0	91.3	104.3

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Onion	50	17	3.5	1	0.5	0.1
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pork Crackling	18	111	0.3	0	8.7	8.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cauliflower	200	76	6	5	7.2	1.8
Beef Mince	250.0	630.0	0.0	0.0	46.0	49.6
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Gravy	100	26	4.2	1.6	0	1
DAY TOTAL 02/02/2014	1263.0	1786.0	27.6	13.6	117.9	134.2
Cauliflower	100	38	3	2.5	3.6	0.9
Beef Mince	125.0	315.0	0.0	0.0	23.0	24.8
Mixed Vegetables	75	45	5.3	2.3	2.3	0.5
Gravy	50	13	2.1	0.8	0	0.5
Almonds	50	314	3.4	2.2	10.6	28
Mackeral	125	258	5.3	5	17	18.7
Almonds	50	314	3.4	2.2	10.6	28
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
DAY TOTAL 03/02/2014	1200.0	1609.0	34.0	22.9	87.4	121.2
3 Fried Eggs	195	279	0.3	0	25.5	21
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Mushrooms	100	16	0.4	0.2	1.8	0.5
Mackeral	125	258	5.3	5	17	18.7
Almonds	50	314	3.4	2.2	10.6	28
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Brussel Sprouts	120	54	3.3	2.85	4.2	1.5
Pork Steak	130	273	0	0	44.7	10.2
Broccoli	150	57	2.7	2.2	6.6	1.3
Mayonnaise	30	216	0.45	0.3	0.33	23.7
DAY TOTAL 04/02/2014	1010.0	1758.0	16.4	13.3	133.7	127.7
Tuna	130	130	0	0	30.4	0.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Pickled Gherkins	75	11.2	2	2	0.6	0.15
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4

Mackeral	125	258	5.3	5	17	18.7
Almonds	50	314	3.4	2.2	10.6	28
Mini Pepperami	12	63	0.3	0	3	5.5
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pork Crackling	18	111	0.3	0	8.7	8.2
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Broccoli	150	57	2.7	2.2	6.6	1.3
Mushrooms	100	16	0.4	0.2	1.8	0.5
Mushrooms	100	16	0.4	0.2	1.8	0.5
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Gravy	100	26	4.2	1.6	0	1
DAY TOTAL 05/02/2014	1165.0	1488.2	29.2	18.2	105.5	104.8

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mackeral	125	258	5.3	5	17	18.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	40	4.5	0.6	0.6	0.3	0
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
Pickled Onion	50	17	3.5	1	0.5	0.1
Chicken Jalfrezi	400	428	13.2	11.6	39	21.4
Tzatziki	100	120	5.4	5.2	4.6	8.6
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
DAY TOTAL 06/02/2014	865.0	1259.5	28.6	24.0	104.0	81.2

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mackeral	125	258	5.3	5	17	18.7
1 Boiled Egg	65	92	0.1	0	8.4	7
1 Boiled Egg	65	92	0.1	0	8.4	7
1 Boiled Egg	65	92	0.1	0	8.4	7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pork Crackling	18	111	0.3	0	8.7	8.2
Garlic Butter	50	345	2	2	0.5	35
Pork Steak	130	273	0	0	44.7	10.2
Mushrooms	200	32	0.8	0.4	3.6	1
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2
DAY TOTAL 07/02/2014	1098.0	1729.0	10.6	8.3	128.6	130.9

Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
4 Eggs	260	372	0.4	0	34	28
Crispy Salad	120	42	7.1	1.4	1.3	0.3
Ceaser Sauce	50	162	2.3	1.9	1.2	16

Brie	100	172	1.9	0.3	17	30.1
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2
Beef Bolognese	392.5	252.4	16.5	14.6	29.1	7.3
Mixed Vegetables	100	60	7.3	3	3.1	0.7
Cheddar Cheese	40	166	0.1	0.1	10.2	14
Ceaser Sauce	50	162	2.3	1.9	1.2	16
DAY TOTAL 08/02/2014	1452.5	1648.4	39.9	23.9	112.3	134.2
Beef Bolognese	200.0	126.0	8.3	7.3	14.6	3.7
Chicken Jalfrezi	400	428	13.2	11.6	39	21.4
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Onion	50	17	3.5	1	0.5	0.1
Brie	50	86	9.9	0.1	8.5	15
3 Chorizo Sausage	45	204	2.1	1.5	9	18
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
DAY TOTAL 09/02/2014	1405.0	1860.0	51.4	29.0	155.6	123.1
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Brie	25	43	4.9	0.1	4.3	7.5
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Onion	50	17	3.5	1	0.5	0.1
4 Back Bacon Rashers	200	199	0.1	0.1	16.2	13.2
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Mushrooms	200	32	0.8	0.4	3.6	1
2 Eggs	130	186	0.2	0	17	14
DAY TOTAL 10/02/2014	1365.0	1296.0	36.3	24.0	89.0	95.0
Prawns	225	180	0	0	40.2	1.8
Seafood sauce	50	182	13.9	0.5	0.6	13.8
Almonds	50	314	3.4	2.2	10.6	28
Almonds	50	314	3.4	2.2	10.6	28
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	80	9	1.2	1.1	0.6	0

Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pork Crackling	18	111	0.3	0	8.7	8.2
Ready Made Sugar Free Jelly Cream	250	6	1	0	0	0
	30	140	0.5	0.5	0.5	15.2
DAY TOTAL 11/02/2014	1453.0	1784.0	35.5	14.7	113.4	131.0

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Nandos 10 Wings	236	630	0.2	0	72.6	37.5
Pork Crackling	18	111	0.3	0	8.7	8.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
DAY TOTAL 12/02/2014	914.0	1722.0	14.2	7.1	210.2	90.0

Tuna	130	130	0	0	30.4	0.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Pickled Gherkins	75	11.2	2	2	0.6	0.15
Nandos 10 Wings	236	630	0.2	0	72.6	37.5
Pickled Onion	50	17	3.5	1	0.5	0.1
Brie	50	86	9.9	0.1	8.5	15
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 13/02/2014	1271.0	1618.2	27.9	11.6	154.5	113.3

Tomatoes	60	12	1.9	1.9	0.4	0.2
Brie	50	86	9.9	0.1	8.5	15
Brie	50	86	9.9	0.1	8.5	15
Philadelphia	100	245	3.2	3.2	5.8	23
Celery	100	10	0.9	0.9	0.5	0.2
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
DAY TOTAL 14/02/2014	842.0	805.0	32.3	12.5	85.6	62.5

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
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Cheese and Ham Sticks	84	230	1	0.3	19.8	16.7
Pork Crackling	18	111	0.3	0	8.7	8.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Onion	50	17	3.5	1	0.5	0.1
DAY TOTAL 15/02/2014	852.0	886.0	16.6	9.5	70.6	61.0

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Celery	50	5	0.45	0.45	0.25	0.1

Zurek	200	90	8.4	0.4	4	4.6
White Miso Soup	250	29.5	2.2	1.9	2.4	1.3

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7

Coley	270	225	0	0	52.4	0.9
Brussel Sprouts	120	54	3.3	2.85	4.2	1.5
Mayonnaise	60	432	0.9	0.6	0.7	47.4
Broccoli	300	114	5.4	4.4	13.2	2.6
DAY TOTAL 16/02/2014	2172.0	1708.5	53.5	38.9	125.1	109.1

Tuna	130	130	0	0	30.4	0.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7

Mackeral	125	258	5.3	5	17	18.7
Almonds	50	314	3.4	2.2	10.6	28

Cheddar Cheese Light	100	288	0.4	0.4	28.4	21.6
Cucumber	80	9	1.2	1.1	0.6	0
Prawn Cocktail	200	604	6.4	4.8	18.8	55.8
DAY TOTAL 17/02/2014	715.0	1819.0	17.2	13.8	106.1	148.6

Mackeral	125	258	5.3	5	17	18.7
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Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	80	9	1.2	1.1	0.6	0

Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3

Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
DAY TOTAL 18/02/2014	737.0	777.0	13.2	12.6	93.7	38.6
4 Eggs	260	372	0.4	0	34	28
Mackeral	125	258	5.3	5	17	18.7
Cheddar Cheese Light	100	288	0.4	0.4	28.4	21.6
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
Broccoli	150	57	2.7	2.2	6.6	1.3
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
DAY TOTAL 19/02/2014	985.0	1278.0	13.5	9.7	145.7	74.1
3 Fried Eggs	195	279	0.3	0	25.5	21
1 Jimmys Sausage	60	147	0.3	0.3	8.8	12
Mushrooms	100	16	0.4	0.2	1.8	0.5
4 Back Bacon Rashers	200	199	0.1	0.1	16.2	13.2
Tomatoes	60	12	1.9	1.9	0.4	0.2
Cheese and Ham Sticks	84	230	1	0.3	19.8	16.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pepperami	25	126	0.6	0	6.1	11
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Chicken Breast	125	138	0	0	29	2.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 20/02/2014	1549.0	1675.0	16.4	11.0	149.2	112.8
Chicken Breast	125	138	0	0	29	2.2
Cocktail Sausages	100	275	4.6	0.9	15.4	21
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
DAY TOTAL 21/02/2014	885.0	1394.0	18.3	8.0	173.3	67.5
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
4 Eggs	260	372	0.4	0	34	28
Greek Salad	100	110	2.2	2.2	3.6	9.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pork Bolognese	526.3	464.7	21.8	17.3	41.0	22.5

Tzatziki	100	120	5.4	5.2	4.6	8.6
Tomatoes	60	12	1.9	1.9	0.4	0.2
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	60	280	1	1	1	30.4
DAY TOTAL 22/02/2014	1456.3	1652.7	34.1	28.0	113.0	121.1
Pork Bolognese	526.3	464.7	21.8	17.3	41.0	22.5
Tzatziki	100	120	5.4	5.2	4.6	8.6
2 Bratwurst	180	534.6	0.9	0.3	25.2	46.8
2 Eggs	130	186	0.2	0	17	14
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	60	280	1	1	1	30.4
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	60	280	1	1	1	30.4
Meatballs	107	225	4.8	1.2	23.4	12.1
Celery	100	10	0.9	0.9	0.5	0.2
Tzatziki	100	120	5.4	5.2	4.6	8.6
DAY TOTAL 23/02/2014	1863.3	2232.3	43.4	32.1	118.3	173.6
1 Bratwurst	90	267.3	0.5	0.2	12.6	23.4
Mackeral	125	258	5.3	5	17	18.7
Almonds	50	314	3.4	2.2	10.6	28
Almonds	50	314	3.4	2.2	10.6	28
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	80	9	1.2	1.1	0.6	0
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
DAY TOTAL 24/02/2014	927.0	1672.3	20.5	17.2	127.5	118.0
Tuna	130	130	0	0	30.4	0.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Pickled Gherkins	75	11.2	2	2	0.6	0.15
Mackeral	125	258	5.3	5	17	18.7
Almonds	50	314	3.4	2.2	10.6	28
Costa Caffè Latte BIG	560	165	25.5	21.3	15.3	0.7
Mushrooms	200	32	0.8	0.4	3.6	1
Brussel Sprouts	120	54	3.3	2.85	4.2	1.5
Liver and Bacon	325	400	30.5	16.3	39.7	13
DAY TOTAL 25/02/2014	1615.0	1580.2	71.3	50.4	121.7	87.6

3 Fried Eggs	195	279	0.3	0	25.5	21
1 Jimmys Sausage	60	147	0.3	0.3	8.8	12
Mushrooms	100	16	0.4	0.2	1.8	0.5
4 Back Bacon Rashers	200	199	0.1	0.1	16.2	13.2
Pork Steak	130	273	0	0	44.7	10.2
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Mushrooms	200	32	0.8	0.4	3.6	1
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
DAY TOTAL 26/02/2014	1367.0	1123.0	19.0	11.4	113.3	60.6

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
3 Baby Bel	60	183	0	0	13.2	14.3
Hot Pepperami	25	126	0.6	0	6.1	11
Hot Pepperami	25	126	0.6	0	6.1	11
3 Baby Bel	60	183	0	0	13.2	14.3
Mackeral	125	258	5.3	5	17	18.7
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli	150	57	2.7	2.2	6.6	1.3
DAY TOTAL 27/02/2014	1095.0	1317.0	20.8	15.2	89.6	95.8

2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Nandos 10 Wings	236	630	0.2	0	72.6	37.5
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
DAY TOTAL 28/02/2014	991.0	1458.0	13.4	8.7	108.8	107.1

Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
2 Eggs	130	186	0.2	0	17	14
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Pork Crackling	18	111	0.3	0	8.7	8.2
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
Ready Made Sugar Free Jelly	250	6	1	0	0	0

Cream	30	140	0.5	0.5	0.5	15.2
Cream	30	140	0.5	0.5	0.5	15.2
DAY TOTAL 01/03/2014	573.0	985.0	3.6	1.6	48.8	88.3
Nandos 10 Wings	236	630	0.2	0	72.6	37.5
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
Cauliflower	100	38	3	2.5	3.6	0.9
Brown Onion	50	20	3.9	2.8	0.6	0.1
Mozzarella	30	85	0.2	0.2	4.5	7.2
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
Cauliflower	200	76	6	5	7.2	1.8
Brown Onion	100	41	7.9	5.6	1.2	0.2
Mozzarella	30	85	0.2	0.2	4.5	7.2
Mozzarella	30	85	0.2	0.2	4.5	7.2
Mozzarella	30	85	0.2	0.2	4.5	7.2
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2
Cream	30	140	0.5	0.5	0.5	15.2
DAY TOTAL 02/03/2014	1166.0	1575.0	24.0	17.9	118.4	110.5
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mackeral	125	258	5.3	5	17	18.7
Almonds	50	314	3.4	2.2	10.6	28
Almonds	50	314	3.4	2.2	10.6	28
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
Cauliflower	100	38	3	2.5	3.6	0.9
Brown Onion	50	20	3.9	2.8	0.6	0.1
Mozzarella	30	85	0.2	0.2	4.5	7.2
Chicken Jalfrezi	400	428	13.2	11.6	39	21.4
DAY TOTAL 03/03/2014	945.0	1931.0	33.6	27.2	115.1	145.4
2 Eggs	130	186	0.2	0	17	14
Mackeral	125	258	5.3	5	17	18.7
Almonds	50	314	3.4	2.2	10.6	28
Almonds	50	314	3.4	2.2	10.6	28
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3

Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
DAY TOTAL 04/03/2014	927.0	1768.0	19.8	16.2	132.1	128.1
2 Eggs	130	186	0.2	0	17	14
Mackeral	125	258	5.3	5	17	18.7
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 05/03/2014	905.0	828.0	17.1	13.0	61.4	57.9
Tuna	130	130	0	0	30.4	0.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Cheese and Ham Sticks	84	230	1	0.3	19.8	16.7
Pork Crackling	18	111	0.3	0	8.7	8.2
Pork Crackling	18	111	0.3	0	8.7	8.2
Hartleys 10 Cal Jelly	175	9	1.8	1.8	0	0
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Little Pepperami	13	66	0.3	0	3	5.5
Dry Roasted Peanuts	80	456	8.8	4.2	22.8	36.8
DAY TOTAL 06/03/2014	598.0	1473.0	13.2	6.8	107.9	110.7
1 Boiled Egg	65	92	0.1	0	8.4	7
1 Boiled Egg	65	92	0.1	0	8.4	7
1 Boiled Egg	65	92	0.1	0	8.4	7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Little Pepperami	13	66	0.3	0	3	5.5
White Miso Soup	250	29.5	2.2	1.9	2.4	1.3
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Broccoli	150	57	2.7	2.2	6.6	1.3
Brussel Sprouts	120	54	3.3	2.85	4.2	1.5
Mayonnaise	60	432	1	0.6	0.6	47.4
Peas	50	40	4.8	1.3	3	0.4
DAY TOTAL 07/03/2014	1008.0	1392.5	15.4	9.7	76.8	113.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Little Pepperami	13	66	0.3	0	3	5.5
4 Eggs	260	372	0.4	0	34	28
Courgettes	250	45	4.5	4.2	4.5	1
Pickled Onion	50	17	3.5	1	0.5	0.1
Tomatoes	60	12	1.9	1.9	0.4	0.2

Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
DAY TOTAL 08/03/2014	1155.0	1448.0	15.1	11.3	147.9	90.1

Brie	50	86	9.9	0.1	8.5	15
Basil Tuna	80	185	0.2	0	19.2	11.9

4 Eggs	260	372	0.4	0	34	28
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8

Pork Bolognese	526.3	464.7	21.8	17.3	41.0	22.5
DAY TOTAL 09/03/2014	966.3	1251.7	32.5	17.6	116.9	88.2

Pork Bolognese	263.1	232.4	10.9	8.7	20.5	11.3
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8

Mackeral	125	258	5.3	5	17	18.7
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Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
DAY TOTAL 10/03/2014	1123.1	1060.4	28.4	22.0	86.7	67.2

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Basil Tuna	80	185	0.2	0	19.2	11.9

Mackeral	125	258	5.3	5	17	18.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8

Chicken Breast	125	138	0	0	29	2.2
Costa Caffè Latte BIG	560	165	25.5	21.3	15.3	0.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 11/03/2014	1040.0	1178.0	31.6	26.9	123.1	65.9

Mackeral	125	258	5.3	5	17	18.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8

Cheese and Ham Sticks	84	230	1	0.3	19.8	16.7
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Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7

Chicken Breast	125	138	0	0	29	2.2
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Chicken Breast	125	138	0	0	29	2.2
Broccoli	150	57	2.7	2.2	6.6	1.3
Courgettes	250	45	4.5	4.2	4.5	1
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
DAY TOTAL 12/03/2014	1124.0	1439.0	19.5	14.6	143.9	88.7

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Chicken Breast	125	138	0	0	29	2.2
Mayonnaise	60	432	0.9	0.6	0.65	47.4

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7

Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
Broccoli	150	57	2.7	2.2	6.6	1.3
Courgettes	250	45	4.5	4.2	4.5	1
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
DAY TOTAL 13/03/2014	1257.0	1779.0	17.5	13.5	162.2	118.1

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mackeral	125	258	5.3	5	17	18.7
Coleslaw	200	290	15.4	13.5	1.6	24.6
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8

Barenaked Noodles	300	24	0.3	0.3	0.9	0.3
Mushrooms	200	32	0.8	0.4	3.6	1
Brown Onion	100	41	7.9	5.6	1.2	0.2
Jalfrezi Paste	150	480	21.3	12.9	5.5	40.3
Olive Oil	25	205	0	0	0	23.8
DAY TOTAL 14/03/2014	1200.0	1618.0	51.4	38.1	58.2	130.5

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
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Total Greek Yoghurt	170	163.2	6.5	6.5	15.3	8.5
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8

3 Jimmys Sausages	180	441	0.9	0.9	26.4	36
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Quarter Pounder Burger	170	490	7	2.4	39.8	33.6
Mushrooms	200	32	0.8	0.4	3.6	1
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2

DAY TOTAL 15/03/2014	1122.0	1738.2	20.0	14.9	132.7	125.1
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Boiled Egg	65	92	0.1	0	8.4	7
1 Boiled Egg	65	92	0.1	0	8.4	7
1 Boiled Egg	65	92	0.1	0	8.4	7
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pepperami	25	126	0.6	0	6.1	11
3 Jimmys Sausages	180	441	0.9	0.9	26.4	36
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Mushrooms	200	32	0.8	0.4	3.6	1
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
DAY TOTAL 16/03/2014	1182.0	1928.0	8.3	6.9	135.3	151.0
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
2 Back Bacon Rashers	100	100	0.1	0.1	8.1	6.6
1 Boiled Egg	65	92	0.1	0	8.4	7
1 Boiled Egg	65	92	0.1	0	8.4	7
Tomatoes	60	12	1.9	1.9	0.4	0.2
5 triangles	100	217	4	3.3	12	17
Almonds	50	314	3.4	2.2	10.6	28
Almonds	50	314	3.4	2.2	10.6	28
DAY TOTAL 17/03/2014	670.0	1582.0	13.9	10.6	84.9	129.8
5 triangles	100	217	4	3.3	12	17
Total Greek Yoghurt	170	163.2	6.5	6.5	15.3	8.5
Pepperami	25	126	0.6	0	6.1	11
3 Baby Bel	60	183	0	0	13.2	14.3
Pepperami	25	126	0.6	0	6.1	11
Basil Tuna	130	300	0.2	0	31.2	19.4
DAY TOTAL 18/03/2014	510.0	1115.2	11.9	9.8	83.9	81.2
Total Greek Yoghurt	170	163.2	6.5	6.5	15.3	8.5
Pepperami	25	126	0.6	0	6.1	11
1 Baby Bel	20	61	0	0	4.4	4.4
Mackeral	125	258	5.3	5	17	18.7

Laughing Cow Triangle	52.5	126	3.3	3.3	5.7	9.9
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
Pork Steak	130	273	0	0	44.7	10.2
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
Chicken Jalfrezi	400	428	13.2	11.6	39	21.4
DAY TOTAL 19/03/2014	1454.5	1672.2	48.7	39.4	147.2	91.1

1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Baby Bel	20	61	0	0	4.4	4.4

Basil Tuna	130	300	0.2	0	31.2	19.4
Pistachio	100	615	12.3	7.6	26	49.3

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Onion	50	17	3.5	1	0.5	0.1
Brie	50	86	9.9	0.1	8.5	15
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
DAY TOTAL 20/03/2014	1120.0	1757.0	38.1	17.3	115.6	137.4

Basil Tuna	130	300	0.2	0	31.2	19.4
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Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Onion	50	17	3.5	1	0.5	0.1

Pork Crackling	18	111	0.3	0	8.7	8.2
Cucumber	80	9	1.2	1.1	0.6	0
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
DAY TOTAL 21/03/2014	413.0	767.0	6.0	2.6	77.0	50.5

Greek Yoghurt	150	84	4.8	4.8	14.4	0.1
1 Boiled Egg	65	92	0.1	0	8.4	7

Sri Lanken Chicken	600	390	24	13.2	19.8	21
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Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
DAY TOTAL 22/03/2014	1365.0	989.0	42.2	24.7	111.7	34.8

Greek Yoghurt	150	84	4.8	4.8	14.4	0.1
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Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	80	9	1.2	1.1	0.6	0
Pork Bolognese	526.3	464.7	21.8	17.3	41.0	22.5
Mixed Vegetables	100	60	7.3	3	3.1	0.7
Cheddar Cheese	40	166	0.1	0.1	10.2	14
Cheddar Cheese	40	166	0.1	0.1	10.2	14
DAY TOTAL 23/03/2014	986.3	1093.7	35.5	26.6	93.7	62.1
Greek Yoghurt	150	84	4.8	4.8	14.4	0.1
Mackeral	125	258	5.3	5	17	18.7
Almonds	50	314	3.4	2.2	10.6	28
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	80	9	1.2	1.1	0.6	0
Pepperami	25	126	0.6	0	6.1	11
Sri Lanken Chicken	600	390	24	13.2	19.8	21
DAY TOTAL 24/03/2014	1080.0	1325.0	39.5	26.5	82.7	89.6
4 Eggs	260	372	0.4	0	34	28
Mackeral	125	258	5.3	5	17	18.7
Almonds	50	314	3.4	2.2	10.6	28
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	80	9	1.2	1.1	0.6	0
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Nandos 10 Wings	236	630	0.2	0	72.6	37.5
DAY TOTAL 25/03/2014	836.0	1769.0	11.1	8.6	156.6	124.2
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2
Almonds	50	314	3.4	2.2	10.6	28
Almonds	50	314	3.4	2.2	10.6	28
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	80	9	1.2	1.1	0.6	0
Laughing Cow Triangle	52.5	126	3.3	3.3	5.7	9.9
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2

DAY TOTAL 26/03/2014	1324.5	1565.0	21.0	16.3	104.6	116.2
Greek Yoghurt	150	84	4.8	4.8	14.4	0.1
Almonds	50	314	3.4	2.2	10.6	28
Mackeral	125	258	5.3	5	17	18.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	80	9	1.2	1.1	0.6	0
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2
Pepperami	25	126	0.6	0	6.1	11
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Pork Steak	130	273	0	0	44.7	10.2
Gravy	100	26	4.2	1.6	0	1
Cabbage	150	48	6.2	6	2.5	0.6
DAY TOTAL 27/03/2014	1620.0	1628.0	38.3	26.1	114.5	111.0
Greek Yoghurt	150	84	4.8	4.8	14.4	0.1
Mushroom and Madeira	600	420	33.6	4.8	9.6	24.6
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Prawn Cocktail	200	604	6.4	4.8	18.8	55.8
DAY TOTAL 28/03/2014	1000.0	1252.0	45.0	14.6	57.0	91.3
4 Eggs	260	372	0.4	0	34	28
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	80	9	1.2	1.1	0.6	0
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2
Almonds	100	628	7.4	4.4	21.2	56
Barenaked Noodles	300	24	0.3	0.3	0.9	0.3
Jalfrezi Paste	150	480	21.3	12.9	5.5	40.3
Olive Oil	25	205	0	0	0	23.8
Stir Fry Vegetables	200	200	20	8.2	4.6	8.6
DAY TOTAL 29/03/2014	1445.0	2208.0	52.3	27.6	81.5	183.0
Greek Yoghurt	150	84	4.8	4.8	14.4	0.1
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
Dry Roasted Peanuts	80	456	8.8	4.2	22.8	36.8
Sri Lanken Chicken	600	390	24	13.2	19.8	21

Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
Mushrooms	200	32	0.8	0.4	3.6	1
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
DAY TOTAL 30/03/2014	1745.0	2000.0	51.8	29.4	212.9	97.2
Pork Steak	130	273	0	0	44.7	10.2
Laughing Cow Triangle	52.5	126	3.3	3.3	5.7	9.9
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Chicken Breast	125	138	0	0	29	2.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
Mussels and Sauce	395	302	21.6	1.6	18.2	17
Smoked Salmon	150	270	0.1	0.1	34.4	14.6
DAY TOTAL 31/03/2014	1024.5	1187.0	29.6	9.4	135.5	58.4
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mackeral	125	258	5.3	5	17	18.7
Pork Crackling	18	111	0.3	0	8.7	8.2
Almonds	25	157	1.7	1.1	5.3	14
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	80	9	1.2	1.1	0.6	0
Pork Steak	130	273	0	0	44.7	10.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
DAY TOTAL 01/04/2014	1078.0	1336.0	20.3	15.4	117.9	87.1
Tuna	130	130	0	0	30.4	0.8
Pickled Gherkins	150	22.4	4	4	1.2	0.3
Mackeral	125	258	5.3	5	17	18.7
Pork Crackling	18	111	0.3	0	8.7	8.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	80	9	1.2	1.1	0.6	0
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2
Pepperami	25	126	0.6	0	6.1	11
Chicken Jalfrezi	400	428	13.2	11.6	39	21.4
DAY TOTAL 02/04/2014	1258.0	1374.4	26.3	22.4	117.7	86.4

4 Eggs	260	372	0.4	0	34	28
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Laughing Cow Triangle	52.5	126	3.3	3.3	5.7	9.9
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Chicken Breast	125	138	0	0	29	2.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
Stuffed Pepper	100	157	5.1	4.4	3.8	13
Prawn Cocktail	200	604	6.4	4.8	18.8	55.8
Pickled Gherkins	75	11.2	2	2	0.6	0.15
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 03/04/2014	1084.5	1774.2	22.2	19.3	123.8	135.2
3 Fried Eggs	195	279	0.3	0	25.5	21
2 Bratwurst	180	534.6	0.9	0.3	25.2	46.8
Mushrooms	100	16	0.4	0.2	1.8	0.5
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Rump Steak	215	305	0	0	81	7.2
2 Back Bacon Rashers	100	100	0.1	0.1	8.1	6.6
Chicken Breast	125	138	0	0	29	2.2
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Chicken Breast	125	138	0	0	29	2.2
Pork Crackling	18	111	0.3	0	8.7	8.2
DAY TOTAL 04/04/2014	1238.0	2062.6	2.9	1.5	234.7	130.7
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Aldi Chicken Soup	600	384	19.8	19.8	15	22.8
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Onion	50	17	3.5	1	0.5	0.1
Dairylea	100	230	5.5	5.5	12	17.5
Pickled Onion	50	17	3.5	1	0.5	0.1
Ready Made Sugar Free Jelly	250	6	1	0	0	0
DAY TOTAL 05/04/2014	1252.0	1014.0	37.2	31.1	53.9	67.8
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Itsu Salmon Tuna Tartare	145	175	3.8	3.8	17.4	9.7
Itsu Miso Soup	300	108	11.5	6	5.2	4.2
Itsu Miso Soup	300	108	11.5	6	5.2	4.2

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Whole Green Beans	150	40	7	3.1	2.6	0.2
Broccoli	150	57	2.7	2.2	6.6	1.3
Quarter Pounder Burger	170	490	7	2.4	39.8	33.6
Courgettes	250	45	4.5	4.2	4.5	1
DAY TOTAL 06/04/2014	1845.0	1457.0	49.9	28.6	110.2	91.0

Greek Yoghurt	150	84	4.8	4.8	14.4	0.1
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4

Nandos 10 Wings	236	630	0.2	0	72.6	37.5
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Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pepperami	25	126	0.6	0	6.1	11
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Pork Crackling	18	111	0.3	0	8.7	8.2
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
DAY TOTAL 07/04/2014	1139.0	1449.0	18.0	13.0	143.9	88.6

Nandos 10 Wings	236	630	0.2	0	72.6	37.5
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Mackeral	125	258	5.3	5	17	18.7
Almonds	50	314	3.4	2.2	10.6	28

Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
Prawn Cocktail	200	604	6.4	4.8	18.8	55.8
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
DAY TOTAL 08/04/2014	678.0	1887.0	16.1	12.8	126.7	145.6

4 Eggs	260	372	0.4	0	34	28
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Nandos 5 Wings	118	325	0.1	0	36.3	18.8
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Pepperami	25	126	0.6	0	6.1	11
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4

Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
Broccoli	150	57	2.7	2.2	6.6	1.3
Peas	50	40	4.8	1.3	3	0.4
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Trout	200	422	0.4	0.2	44.6	26.6
DAY TOTAL 09/04/2014	953.0	1513.0	13.9	6.0	146.5	97.0

Greek Yoghurt	150	84	4.8	4.8	14.4	0.1
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4

Mackeral	125	258	5.3	5	17	18.7
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4

3 Fried Eggs	195	279	0.3	0	25.5	21
4 Back Bacon Rashers	200	199	0.1	0.1	16.2	13.2
Mushrooms	200	32	0.8	0.4	3.6	1
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
DAY TOTAL 10/04/2014	945.0	1068.0	11.6	10.6	98.0	70.2

Greek Yoghurt	150	84	4.8	4.8	14.4	0.1
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
Laughing Cow Triangle	52.5	126	3.3	3.3	5.7	9.9
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3

Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2
Laughing Cow Triangle	52.5	126	3.3	3.3	5.7	9.9
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Mayonnaise	60	432	1	0.6	0.6	47.4
DAY TOTAL 11/04/2014	952.0	1103.0	25.2	21.0	39.6	92.7

4 Eggs	260	372	0.4	0	34	28
Mayonnaise	60	432	1	0.6	0.6	47.4
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2

Laughing Cow Triangle	35	84	3.3	2.2	3.8	6.6
Pickled Onion	50	17	3.5	1	0.5	0.1
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4

Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
Broccoli	150	57	2.7	2.2	6.6	1.3
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
DAY TOTAL 12/04/2014	1297.0	1880.0	24.5	14.3	168.3	126.0

2 Eggs	130	186	0.2	0	17	14
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Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pork Crackling	18	111	0.3	0	8.7	8.2

Pork Steak	130	273	0	0	44.7	10.2
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Pork Steak	130	273	0	0	44.7	10.2
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Mayonnaise	60	432	1	0.6	0.6	47.4
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
DAY TOTAL 13/04/2014	1820.0	1779.0	56.5	47.1	162.1	102.6

Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
Cucumber	80	9	1.2	1.1	0.6	0

2 Eggs	130	186	0.2	0	17	14
Laughing Cow Triangle	52.5	126	3.3	3.3	5.7	9.9

Rump Steak	215	305	0	0	81	7.2
1 Egg	65	93	0.2	0	8.5	7
Tomatoes	60	12	1.9	1.9	0.4	0.2
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Chicken Breast	125	138	0	0	29	2.2
2 Back Bacon Rashers	100	100	0.1	0.1	8.1	6.6
DAY TOTAL 14/04/2014	912.5	1188.0	7.3	6.8	166.2	64.5

Greek Yoghurt	150	84	4.8	4.8	14.4	0.1
3 Jimmys Sausages	180	441	0.9	0.9	26.4	36
Mushrooms	100	16	0.4	0.2	1.8	0.5
Tomatoes	60	12	1.9	1.9	0.4	0.2
4 Back Bacon Rashers	200	199	0.1	0.1	16.2	13.2

Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
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3 Baby Bel	60	183	0	0	13.2	14.3
1 Boiled Egg	65	92	0.1	0	8.4	7
Battered Fish	250	267	9	0.55	22.4	15.2
DAY TOTAL 15/04/2014	1625.0	1459.0	42.7	29.8	118.5	87.2

Tomatoes	60	12	1.9	1.9	0.4	0.2
4 Back Bacon Rashers	200	199	0.1	0.1	16.2	13.2
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
2 Eggs	130	186	0.2	0	17	14

Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
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Nandos 10 Wings	236	630	0.2	0	72.6	37.5
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 16/04/2014	866.0	1681.0	11.8	7.6	148.8	114.0

Chicken Breast	125	138	0	0	29	2.2
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Chicken Breast	125	138	0	0	29	2.2
Greek Yoghurt	150	84	4.8	4.8	14.4	0.1
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Mayonnaise	60	432	1	0.6	0.6	47.4
Pork Crackling	18	111	0.3	0	8.7	8.2
4 Salmon Appetisers	33.3	73.3	0.93	0.4	5.1	5.2
4 Salmon Appetisers	33.3	73.3	0.93	0.4	5.1	5.2
4 Salmon Appetisers	33.3	73.3	0.93	0.4	5.1	5.2
Mushrooms	200	32	0.8	0.4	3.6	1
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
DAY TOTAL 17/04/2014	1334.9	1520.9	19.5	14.9	130.1	100.5
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Mayonnaise	60	432	1	0.6	0.6	47.4
Mackerel	125	258	5.3	5	17	18.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2
Almonds	25	157	1.7	1.1	5.3	14
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 18/04/2014	1052.0	1457.0	15.2	11.8	53.9	132.5
Trout	200	422	0.4	0.2	44.6	26.6
Mayonnaise	60	432	1	0.6	0.6	47.4
Courgettes	250	45	4.5	4.2	4.5	1
Halloumi	130	408	3.3	1.3	28.6	31.2
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Mayonnaise	60	432	1	0.6	0.6	47.4
Halloumi	100	314	2.5	1	22	24
Pork Bolognese	526.3	464.7	21.8	17.3	41.0	22.5
DAY TOTAL 19/04/2014	1508.3	2547.7	38.3	28.9	143.5	200.5
Thorntons Diabetic	75	351	33.3	0.1	4.1	27.6
2 Slices Ham	35	42	0.4	0.1	7.6	1.2

Tuna	130	130	0	0	30.4	0.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Pickled Gherkins	75	11.2	2	2	0.6	0.15
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2
3 Jimmys Sausages	180	441	0.9	0.9	26.4	36
Mushrooms	100	16	0.4	0.2	1.8	0.5
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Peas	50	40	4.8	1.3	3	0.4
DAY TOTAL 20/04/2014	1205.0	1591.2	53.4	9.8	92.3	116.6
4 Eggs	260	372	0.4	0	34	28
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Tomatoes	60	12	1.9	1.9	0.4	0.2
Macadamia Nuts	100	745	8	5.6	8.4	73.6
Coley	270	225	0	0	52.4	0.9
Brussel Sprouts	120	54	3.3	2.85	4.2	1.5
Broccoli	300	114	5.4	4.4	13.2	2.6
DAY TOTAL 21/04/2014	1160.0	1666.0	19.2	15.0	126.8	117.6
Tuna	130	130	0	0	30.4	0.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Pickled Gherkins	75	11.2	2	2	0.6	0.15
Mackeral	125	258	5.3	5	17	18.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	80	9	1.2	1.1	0.6	0
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
Laughing Cow Triangle	52.5	126	3.3	3.3	5.7	9.9
Tomatoes	60	12	1.9	1.9	0.4	0.2
DAY TOTAL 22/04/2014	1277.5	1467.2	27.7	20.5	167.3	73.2
4 Eggs	260	372	0.4	0	34	28
Mackeral	125	258	5.3	5	17	18.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	80	9	1.2	1.1	0.6	0

Nandos 10 Wings	236	630	0.2	0	72.6	37.5
Tomatoes	60	12	1.9	1.9	0.4	0.2
DAY TOTAL 23/04/2014	861.0	1569.0	9.4	8.4	153.0	106.0

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
7 Falafel Balls	175	358	42	4.5	37.9	4.1

Mackeral	125	258	5.3	5	17	18.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8

Chicken Breast	125	138	0	0	29	2.2
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Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Venison Meatballs	180	261	5	0.6	38	9
Mixed Vegetables	150	90	10.6	4.5	4.5	1
DAY TOTAL 24/04/2014	1505.0	1777.0	74.9	23.0	182.2	81.8

Tuna	130	130	0	0	30.4	0.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Pickled Gherkins	75	11.2	2	2	0.6	0.15
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8

Prawns	225	180	0	0	40.2	1.8
Duck	140	475	1	0.2	53.7	28.3

Mustard Crackling	50	293	0.9	0.3	26.2	20.6
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Chicken Jalfrezi	400	428	13.2	11.6	39	21.4
DAY TOTAL 25/04/2014	1150.0	2021.2	18.0	14.8	218.8	118.4

4 Back Bacon Rashers	200	199	0.1	0.1	16.2	13.2
2 Back Bacon Rashers	100	99	0.1	0.1	8.1	6.6
1 Boiled Egg	65	92	0.1	0	8.4	7
1 Boiled Egg	65	92	0.1	0	8.4	7
1 Boiled Egg	65	92	0.1	0	8.4	7

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Stevia Dark Chocolate	35	163	5.8	0.5	2	12.8

Quarter Pounder Burger	170	490	7	2.4	39.8	33.6
Broccoli	150	57	2.7	2.2	6.6	1.3
Brown Onion	100	41	7.9	5.6	1.2	0.2
Mixed Vegetables	150	90	10.6	4.5	4.5	1
DAY TOTAL 26/04/2014	1150.0	1559.0	34.7	15.6	117.8	100.5

Chicken Breast	125	138	0	0	29	2.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Tomatoes	60	12	1.9	1.9	0.4	0.2

Pickled Onion	50	17	3.5	1	0.5	0.1
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Beef Bolognese	392.5	252.4	16.5	14.6	29.1	7.3
Beef Bolognese	196.2	126.2	8.3	7.3	14.6	3.6
Pork Crackling	18	111	0.3	0	8.7	8.2
DAY TOTAL 27/04/2014	1541.7	1184.6	42.3	33.0	123.9	57.6

Almonds	50	314	3.4	2.2	10.6	28
Mackeral	125	258	5.3	5	17	18.7
Almonds	50	314	3.4	2.2	10.6	28
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	80	9	1.2	1.1	0.6	0
3 Fried Eggs	195	279	0.3	0	25.5	21
3 Jimmys Sausages	180	441	0.9	0.9	26.4	36
Mushrooms	100	16	0.4	0.2	1.8	0.5
2 Back Bacon Rashers	100	100	0.1	0.1	8.1	6.6
DAY TOTAL 28/04/2014	930.0	1875.0	15.2	11.9	114.8	149.6

1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Herring in Mango	200	396	6.8	5.6	25	29.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	80	9	1.2	1.1	0.6	0
Chilli Cheese	50	204	1.2	0.1	10.7	17.4
Dried Tomatoes	50	34	5.2	4.5	1.7	0.3
Olives	50	75	0.45	0.45	1	7.3
Laughing Cow Triangle	52.5	126	3.3	3.3	5.7	9.9
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
Pickled Onion	50	17	3.5	1	0.5	0.1
DAY TOTAL 29/04/2014	874.5	1242.0	28.7	22.9	72.1	92.3

Tuna	130	130	0	0	30.4	0.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Herring in Mango	200	396	6.8	5.6	25	29.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	80	9	1.2	1.1	0.6	0

Nandos 10 Wings	236	630	0.2	0	72.6	37.5
Coleslaw	50	82	3.3	3	0.6	7.4
DAY TOTAL 30/04/2014	826.0	1751.0	12.4	10.4	157.9	120.8

Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	60	280	1	1	1	30.4

Mackeral	125	258	5.3	5	17	18.7
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Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	80	9	1.2	1.1	0.6	0
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4

Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Mustard Crackling	50	293	0.9	0.3	26.2	20.6
DAY TOTAL 01/05/2014	1240.0	1302.0	21.1	15.5	79.3	100.3

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
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Nandos 10 Wings	236	630	0.2	0	72.6	37.5
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8

Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	60	280	1	1	1	30.4
DAY TOTAL 02/05/2014	1246.0	1444.0	14.0	9.2	115.2	103.9

Tuna	130	130	0	0	30.4	0.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8

4 Eggs	260	372	0.4	0	34	28
Cream	30	140	0.5	0.5	0.5	15.2

Mustard Crackling	50	293	0.9	0.3	26.2	20.6
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1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Broccoli	150	57	2.7	2.2	6.6	1.3
Broccoli	75	28	1.4	1.1	3.3	0.65
Courgettes	250	45	4.5	4.2	4.5	1
DAY TOTAL 03/05/2014	1265.0	2013.0	12.3	10.0	155.2	150.1

3 Fried Eggs	195	279	0.3	0	25.5	21
3 Jimmys Sausages	180	441	0.9	0.9	26.4	36

Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	60	280	1	1	1	30.4
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pork Crackling	18	111	0.3	0	8.7	8.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
Cauliflower	200	76	6	5	7.2	1.8
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Tomatoes	60	12	1.9	1.9	0.4	0.2
Brown Onion	100	41	7.9	5.6	1.2	0.2
DAY TOTAL 04/05/2014	1523.0	2107.0	24.4	16.9	189.9	139.9

Pork Steak	130	273	0	0	44.7	10.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Almonds	50	314	3.4	2.2	10.6	28
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Celery	100	10	0.9	0.9	0.5	0.2
Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
Laughing Cow Triangle	52.5	126	3.3	3.3	5.7	9.9
Tzatziki	50	60	2.7	2.6	2.3	4.3
DAY TOTAL 05/05/2014	874.5	1503.0	14.3	12.9	169.0	84.2

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Almonds	50	314	3.4	2.2	10.6	28
Herring in Mango	200	396	6.8	5.6	25	29.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Tzatziki	50	60	2.7	2.6	2.3	4.3
Celery	100	10	0.9	0.9	0.5	0.2
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
Chicken Breast	125	138	0	0	29	2.2
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
DAY TOTAL 06/05/2014	1025.0	1380.0	32.2	20.5	108.6	88.5

Tuna	130	130	0	0	30.4	0.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4

Herring in Mango	200	396	6.8	5.6	25	29.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Chicken Jalfrezi	400	428	13.2	11.6	39	21.4
Tzatziki	50	60	2.7	2.6	2.3	4.3
DAY TOTAL 07/05/2014	950.0	1704.0	24.3	20.8	126.3	121.1
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
Mackeral	125	258	5.3	5	17	18.7
Pork Crackling	18	111	0.3	0	8.7	8.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pork Crackling	18	111	0.3	0	8.7	8.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
DAY TOTAL 08/05/2014	928.0	1005.0	21.0	16.4	71.8	70.2
4 Eggs	260	372	0.4	0	34	28
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Nandos 10 Wings	236	630	0.2	0	72.6	37.5
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 09/05/2014	1196.0	1530.0	12.4	8.2	148.2	101.5
Chicken Breast	125	138	0	0	29	2.2
3 Chicken drumsticks	57	315	0	0	39.3	16.2
3 Chicken drumsticks	57	315	0	0	39.3	16.2
Coleslaw	50	82	3.3	3	0.6	7.4
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 10/05/2014	339.0	994.0	3.5	3.2	122.4	52.8
4 Eggs	260	372	0.4	0	34	28
Courgettes	125	22.5	2.2	2.1	2.2	0.5
Red Pepper	100	20	4.6	2.4	0.9	0.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Onion	50	17	3.5	1	0.5	0.1
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Onion	50	17	3.5	1	0.5	0.1
2 Slices Ham	35	42	0.4	0.1	7.6	1.2

DAY TOTAL 11/05/2014	720.0	778.5	15.0	7.0	74.1	51.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Tomatoes	60	12	1.9	1.9	0.4	0.2
Basil Tuna	80	184.8	0.1	0	19.2	11.9
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Tomatoes	60	12	1.9	1.9	0.4	0.2
Mushrooms	100	16	0.4	0.2	1.8	0.5
Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
DAY TOTAL 12/05/2014	660.0	1058.8	4.7	4.4	139.6	54.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Tomatoes	60	12	1.9	1.9	0.4	0.2
Mackeral	125	258	5.3	5	17	18.7
Mackeral	125	258	5.3	5	17	18.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Tomatoes	60	12	1.9	1.9	0.4	0.2
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Coleslaw	50	82	3.3	3	0.6	7.4
Venison Meatballs	180	261	5	0.6	38	9
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
Broccoli	75	28	1.4	1.1	3.3	0.65
DAY TOTAL 13/05/2014	1110.0	1388.0	38.2	25.7	123.8	80.0
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Coleslaw	50	82	3.3	3	0.6	7.4
Basil Tuna	80	184.8	0.1	0	19.2	11.9
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Tomatoes	60	12	1.9	1.9	0.4	0.2
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Coleslaw	50	82	3.3	3	0.6	7.4
Coleslaw	50	82	3.3	3	0.6	7.4
DAY TOTAL 14/05/2014	410.0	670.8	12.9	11.3	50.8	47.5
4 Eggs	260	372	0.4	0	34	28
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Coleslaw	50	82	3.3	3	0.6	7.4
Coleslaw	50	82	3.3	3	0.6	7.4
Laughing Cow Triangle	52.5	126	3.3	3.3	5.7	9.9
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2

Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
DAY TOTAL 15/05/2014	1579.5	1481.0	36.4	26.5	142.3	83.3

4 Back Bacon Rashers	200	199	0.1	0.1	16.2	13.2
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Mushrooms	200	32	0.8	0.4	3.6	1
2 Eggs	130	186	0.2	0	17	14
Tomatoes	60	12	1.9	1.9	0.4	0.2

2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Coleslaw	50	82	3.3	3	0.6	7.4
Coleslaw	50	82	3.3	3	0.6	7.4
Laughing Cow Triangle	52.5	126	3.3	3.3	5.7	9.9
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 16/05/2014	1179.5	1289.0	20.6	18.9	87.4	93.8

Pork Steak	130	273	0	0	44.7	10.2
Mushrooms	200	32	0.8	0.4	3.6	1
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3

Tomatoes	60	12	1.9	1.9	0.4	0.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Onion	50	17	3.5	1	0.5	0.1

Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
Cabbage	150	48	6.2	6	2.5	0.6
Chicken Breast	125	138	0	0	29	2.2
Mushrooms	100	16	0.4	0.2	1.8	0.5
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2

DAY TOTAL 17/05/2014	2235.0	1863.0	38.9	21.8	215.8	89.7
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2
Tomatoes	60	12	1.9	1.9	0.4	0.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Sri Lanken Chicken	300	180	12	6.6	9.9	10.5
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Beef Bolognese	392.5	252.4	16.5	14.6	29.1	7.3
Chicken Breast	125	138	0	0	29	2.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Tomatoes	60	12	1.9	1.9	0.4	0.2
DAY TOTAL 18/05/2014	1367.5	1172.4	34.4	26.1	111.9	68.0
Tuna	130	130	0	0	30.4	0.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Basil Tuna	80	185	0.2	0	19.2	11.9
Tomatoes	60	12	1.9	1.9	0.4	0.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Onion	50	17	3.5	1	0.5	0.1
Pork Steak	130	273	0	0	44.7	10.2
Cabbage	150	48	6.2	6	2.5	0.6
Broccoli	150	57	2.7	2.2	6.6	1.3
Mayonnaise	60	432	1	0.6	0.6	47.4
DAY TOTAL 19/05/2014	940.0	1658.0	16.4	12.4	133.6	117.8
Pork Steak	130	273	0	0	44.7	10.2
Mackeral	125	258	5.3	5	17	18.7
Almonds	50	314	3.4	2.2	10.6	28
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Onion	50	17	3.5	1	0.5	0.1
Almonds	50	314	3.4	2.2	10.6	28
Nandos 10 Wings	236	630	0.2	0	72.6	37.5
DAY TOTAL 20/05/2014	691.0	1950.0	16.0	10.6	170.2	133.3
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mackeral	125	258	5.3	5	17	18.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Onion	50	17	3.5	1	0.5	0.1

Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
Broccoli	75	28	1.4	1.1	3.3	0.65
Mayonnaise	60	432	1	0.6	0.6	47.4
DAY TOTAL 21/05/2014	970.0	1716.0	24.9	14.8	150.3	111.2

Chicken Breast	125	138	0	0	29	2.2
Mackeral	125	258	5.3	5	17	18.7
Nandos 10 Wings	236	630	0.2	0	72.6	37.5
Pork Steak	130	273	0	0	44.7	10.2
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Mayonnaise	60	432	1	0.6	0.6	47.4
Laughing Cow Triangle	52.5	126	3.3	3.3	5.7	9.9
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
DAY TOTAL 22/05/2014	1110.5	2037.0	26.9	19.7	178.0	131.6

Nandos 10 Wings	236	630	0.2	0	72.6	37.5
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Quarter Pounder Burger	170	490	7	2.4	39.8	33.6
Laughing Cow Triangle	52.5	126	3.3	3.3	5.7	9.9
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
DAY TOTAL 23/05/2014	885.5	1846.0	17.9	12.9	160.9	125.9

Laughing Cow Triangle	52.5	126	3.3	3.3	5.7	9.9
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	60	432	1	0.6	0.6	47.4
Cheese and Ham Sticks	84	230	1	0.3	19.8	16.7
Sri Lanken Chicken	600	390	24	13.2	19.8	21
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 24/05/2014	1138.5	1643.0	33.8	21.8	84.7	129.0
Brussels Pate	40	145	1.7	1.2	3.6	13.3
Tomatoes	60	12	1.9	1.9	0.4	0.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheese and Ham Sticks	84	230	1	0.3	19.8	16.7
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Brie	100	172	1.9	0.3	17	30.1
Broccoli	150	57	2.7	2.2	6.6	1.3
Broccoli	150	57	2.7	2.2	6.6	1.3
Mayonnaise	60	432	1	0.6	0.6	47.4
Peas	50	40	4.8	1.3	3	0.4
DAY TOTAL 25/05/2014	974.0	1874.0	19.0	11.3	112.4	168.3
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Tomatoes	60	12	1.9	1.9	0.4	0.2
Brie	100	172	1.9	0.3	17	30.1
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Costa Caffè Latte BIG	560	165	25.5	21.3	15.3	0.7
Brussels Pate	40	145	1.7	1.2	3.6	13.3
Tomatoes	60	12	1.9	1.9	0.4	0.2
Cheese and Ham Sticks	84	230	1	0.3	19.8	16.7
DAY TOTAL 26/05/2014	1084.0	1177.0	34.8	27.8	82.9	97.2
Brie	100	172	1.9	0.3	17	30.1
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
Herring in Mango	200	396	6.8	5.6	25	29.8
Garlic Mushrooms	985	322	38	16.7	25.1	5.3
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Brie	50	86	0.9	0.2	8.5	15
Tomatoes	60	12	1.9	1.9	0.4	0.2
DAY TOTAL 27/05/2014	1677.0	1222.0	56.2	31.2	94.1	95.9
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8

Greek Salad	100	110	2.2	2.2	3.6	9.8
Brie	25	43	0.4	0.1	4.2	7.5
Brussels Pate	40	145	1.7	1.2	3.6	13.3
Chicken Drumstick Net	57	116	0	0	14.4	6.1
Chicken Drumstick Net	57	116	0	0	14.4	6.1
Chicken Drumstick Net	57	116	0	0	14.4	6.1
Broccoli	150	57	2.7	2.2	6.6	1.3
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Mushrooms	100	16	0.4	0.2	1.8	0.5
DAY TOTAL 28/05/2014	786.0	1034.0	12.5	8.4	93.1	72.4
Chicken Drumstick Net	57	116	0	0	14.4	6.1
Chicken Drumstick Net	57	116	0	0	14.4	6.1
Chicken Drumstick Net	57	116	0	0	14.4	6.1
Chicken Drumstick Net	57	116	0	0	14.4	6.1
Chicken Breast	125	138	0	0	29	2.2
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
Chicken Drumstick Net	57	116	0	0	14.4	6.1
Chicken Drumstick Net	57	116	0	0	14.4	6.1
Mayonnaise	60	432	1	0.6	0.6	47.4
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
DAY TOTAL 29/05/2014	911.0	1620.0	5.1	4.6	177.5	95.3
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Brie	100	172	1.9	0.3	17	30.1
Chicken Drumstick Net	57	116	0	0	14.4	6.1
Chicken Drumstick Net	57	116	0	0	14.4	6.1
Sri Lanken Chicken	600	390	24	13.2	19.8	21
DAY TOTAL 30/05/2014	1459.0	1277.0	59.8	39.7	98.3	87.9
Brie	100	172	1.9	0.3	17	30.1
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Brussels Pate	40	145	1.7	1.2	3.6	13.3
Laughing Cow Triangle	52.5	126	3.3	3.3	5.7	9.9
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0

Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
DAY TOTAL 31/05/2014	839.5	1415.0	14.4	11.8	144.8	103.6

Pork Steak	130	273	0	0	44.7	10.2
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Onion	50	17	3.5	1	0.5	0.1
Brussels Pate	40	145	1.7	1.2	3.6	13.3

Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
DAY TOTAL 01/06/2014	1212.0	1200.0	23.8	17.0	103.1	76.3

Tuna	130	130	0	0	30.4	0.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Pickled Gherkins	75	11.2	2	2	0.6	0.15
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8

Herring in Mango	200	396	6.8	5.6	25	29.8
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1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8

Brussels Pate	40	145	1.7	1.2	3.6	13.3
DAY TOTAL 02/06/2014	695.0	1480.2	12.0	10.1	105.9	113.4

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
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Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
Pork Steak	130	273	0	0	44.7	10.2
2 Slices Ham	35	42	0.4	0.1	7.6	1.2

Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
Broccoli	150	57	2.7	2.2	6.6	1.3

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Brussel Sprouts	120	54	3.3	2.85	4.2	1.5
DAY TOTAL 03/06/2014	1027.0	1350.0	13.3	11.9	184.8	60.9

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
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Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Herring in Mango	200	396	6.8	5.6	25	29.8

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Onion	50	17	3.5	1	0.5	0.1

Nandos 10 Wings	236	630	0.2	0	72.6	37.5
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DAY TOTAL 04/06/2014	636.0	1475.0	11.1	7.2	140.7	99.8
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Nandos 10 Wings	236	630	0.2	0	72.6	37.5
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Herring in Mango	200	396	6.8	5.6	25	29.8
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Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Onion	50	17	3.5	1	0.5	0.1

2 Slices Ham	35	42	0.4	0.1	7.6	1.2
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DAY TOTAL 05/06/2014	571.0	1229.0	11.1	6.9	119.9	79.4
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Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Pickled Onion	50	17	3.5	1	0.5	0.1

Itsu Miso Soup	300	108	11.5	6	5.2	4.2
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Broccoli	150	57	2.7	2.2	6.6	1.3
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Broccoli	75	28	1.4	1.1	3.3	0.65
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Chicken Breast	125	138	0	0	29	2.2
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Chicken Breast	125	138	0	0	29	2.2
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Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
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2 Slices Ham	35	42	0.4	0.1	7.6	1.2
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DAY TOTAL 06/06/2014	1070.0	1392.0	21.0	11.6	124.5	91.7
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Nandos 10 Wings	236	630	0.2	0	72.6	37.5
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Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Onion	50	17	3.5	1	0.5	0.1

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
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Broccoli Soup	300	120	5.7	3.9	6.6	7.2
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Broccoli Soup	300	120	5.7	3.9	6.6	7.2
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DAY TOTAL 07/06/2014	986.0	1175.0	15.5	9.2	114.7	73.6
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Tomatoes	60	12	1.9	1.9	0.4	0.2
Lamb	400	956	1	0.5	70.4	74.8
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Cabbage	75	24	3.1	3	1.2	0.3
Courgettes	250	45	4.5	4.2	4.5	1
DAY TOTAL 08/06/2014	1320.0	1733.0	21.9	14.6	175.0	104.5
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Herring in Mango	200	396	6.8	5.6	25	29.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Tomatoes	60	12	1.9	1.9	0.4	0.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Onion	50	17	3.5	1	0.5	0.1
Cauliflower Cheese	600	576	28.2	13.2	24.6	38.4
DAY TOTAL 09/06/2014	1060.0	1433.0	41.0	22.3	93.1	100.9
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Herring in Mango	200	396	6.8	5.6	25	29.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Tomatoes	60	12	1.9	1.9	0.4	0.2
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	15	108	0.2	0.1	0.2	11.9
Chicken Jalfrezi	400	428	13.2	11.6	39	21.4
Mayonnaise	60	432	1	0.6	0.6	47.4
DAY TOTAL 10/06/2014	870.0	1706.0	23.9	20.3	101.2	133.5
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	15	108	0.2	0.1	0.2	11.9
Herring in Mango	200	396	6.8	5.6	25	29.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Tomatoes	60	12	1.9	1.9	0.4	0.2
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	15	108	0.2	0.1	0.2	11.9

1 Boiled Egg	65	92	0.1	0	8.4	7
Beef Bolognese	392.5	252.4	16.5	14.6	29.1	7.3
Mixed Vegetables	100	60	7.3	3	3.1	0.7
Cheddar Cheese	40	166	0.1	0.1	10.2	14
DAY TOTAL 11/06/2014	1007.5	1422.4	34.1	25.8	106.0	96.0
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	15	108	0.2	0.1	0.2	11.9
Cheddar Cheese	40	166	0.1	0.1	10.2	14
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
1 Boiled Egg	65	92	0.1	0	8.4	7
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 12/06/2014	1122.0	1068.0	19.5	14.9	79.5	76.0
Beef Bolognese	392.5	252.4	16.5	14.6	29.1	7.3
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 13/06/2014	442.5	396.4	16.7	14.8	43.3	18.1
Brie	50	86	9.9	0.1	8.5	15
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Sri Lanken Chicken	600	390	24	13.2	19.8	21
Creamy Mushrooms	468	268	23.6	12.6	17.6	10.4
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 14/06/2014	1218.0	1032.0	57.9	26.3	74.3	68.0
Brie	50	86	9.9	0.1	8.5	15
1 Boiled Egg	65	92	0.1	0	8.4	7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	60	280	1	1	1	30.4
Beef Bolognese	392.5	252.4	16.5	14.6	29.1	7.3
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Almonds	50	314	3.4	2.2	10.6	28

Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	60	280	1	1	1	30.4
DAY TOTAL 15/06/2014	1462.5	1556.4	43.9	23.4	83.8	130.3
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Herring in Mango	200	396	6.8	5.6	25	29.8
Beef Bolognese	392.5	252.4	16.5	14.6	29.1	7.3
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Almonds	50	314	3.4	2.2	10.6	28
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	60	280	1	1	1	30.4
DAY TOTAL 16/06/2014	1202.5	1446.4	38.3	27.8	83.3	106.5
Beef Bolognese	392.5	252.4	16.5	14.6	29.1	7.3
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Herring in Mango	200	396	6.8	5.6	25	29.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
1 Boiled Egg	65	92	0.1	0	8.4	7
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Cabbage	150	48	6.2	6	2.5	0.6
Courgettes	250	45	4.5	4.2	4.5	1
Mayonnaise	60	432	1	0.6	0.6	47.4
DAY TOTAL 17/06/2014	1332.5	1694.4	40.8	33.7	94.0	128.9
1 Boiled Egg	65	92	0.1	0	8.4	7
1 Boiled Egg	65	92	0.1	0	8.4	7
Herring in Mango	200	396	6.8	5.6	25	29.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Courgettes	250	45	4.5	4.2	4.5	1
Chicken Breast	125	138	0	0	29	2.2
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Brussel Sprouts	120	54	3.3	2.85	4.2	1.5
DAY TOTAL 18/06/2014	1040.0	1246.0	20.6	15.4	103.3	84.3
Chicken Breast	125	138	0	0	29	2.2
Herring in Mango	200	396	6.8	5.6	25	29.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8

2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Pork Crackling	18	111	0.3	0	8.7	8.2
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	60	280	1	1	1	30.4
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
DAY TOTAL 19/06/2014	1338.0	1357.0	21.1	14.7	98.7	97.0

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pork Crackling	18	111	0.3	0	8.7	8.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
1 Boiled Egg	65	92	0.1	0	8.4	7
Laughing Cow Triangle	52.5	126	3.3	3.3	5.7	9.9
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3

Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	60	280	1	1	1	30.4
Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Brussel Sprouts	120	54	3.3	2.85	4.2	1.5
Peas	50	40	4.8	1.3	3	0.4
Tzatziki	100	120	5.4	5.2	4.6	8.6
DAY TOTAL 20/06/2014	1457.5	1843.0	36.7	24.9	161.8	113.7

4 Eggs	260	372	0.4	0	34	28
Mushrooms	100	16	0.4	0.2	1.8	0.5
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	60	280	1	1	1	30.4
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Tomatoes	60	12	1.9	1.9	0.4	0.2
Rump Steak	215	305	0	0	81	7.2
Broccoli	150	57	2.7	2.2	6.6	1.3
Peas	50	40	4.8	1.3	3	0.4
Tzatziki	100	120	5.4	5.2	4.6	8.6
DAY TOTAL 21/06/2014	1295.0	1352.0	17.8	12.0	146.6	87.4

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Tomatoes	60	12	1.9	1.9	0.4	0.2
Pork Crackling	18	111	0.3	0	8.7	8.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mixed Vegetables	150	90	10.6	4.5	4.5	1

Broccoli	150	57	2.7	2.2	6.6	1.3
Peas	50	40	4.8	1.3	3	0.4
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
DAY TOTAL 22/06/2014	903.0	1012.0	20.7	10.3	138.6	39.3

Chicken Breast	125	138	0	0	29	2.2
Mackeral	125	258	5.3	5	17	18.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Tomatoes	60	12	1.9	1.9	0.4	0.2

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Chicken Jalfrezi	400	428	13.2	11.6	39	21.4
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Falafel	82.5	255	16	1.5	7	16
DAY TOTAL 23/06/2014	957.5	1769.0	45.5	25.4	124.3	116.9

Chicken Breast	125	138	0	0	29	2.2
Falafel	82.5	255	16	1.5	7	16
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Tzatziki	50	60	2.7	2.6	2.3	4.3

Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
Mediterranean Veg	180	92	14.4	7.2	2.7	1.5
DAY TOTAL 24/06/2014	862.5	1103.0	33.3	11.5	142.2	41.4

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
Mediterranean Veg	90	46	7.2	3.6	1.4	0.75
Mayonnaise	60	432	0.9	0.6	0.66	47.4

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Tomatoes	60	12	1.9	1.9	0.4	0.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 25/06/2014	1260.0	1582.0	22.2	14.7	130.5	110.4

Nandos 10 Wings	236	630	0.2	0	72.6	37.5
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Chicken Breast	125	138	0	0	29	2.2
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Chicken Breast	125	138	0	0	29	2.2
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Prawn Cocktail	200	604	6.4	4.8	18.8	55.8
Broccoli	150	57	2.7	2.2	6.6	1.3
Lamb Steak	100	150	0	0	23.5	5.2
Stuffed Pepper	100	157	5.1	4.4	3.8	13
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Brie	50	86	9.9	0.1	8.5	15
DAY TOTAL 26/06/2014	1256.0	2398.0	25.1	12.3	223.6	167.0

2 Back Bacon Rashers	100	100	0.1	0.1	8.1	6.6
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Tomatoes	60	12	1.9	1.9	0.4	0.2
Mushrooms	200	32	0.8	0.4	3.6	1
1 Egg	65	93	0.1	0	8.5	7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Brie	50	86	9.9	0.1	8.5	15
Nandos 10 Wings	236	630	0.2	0	72.6	37.5
Coleslaw	200	328	13.2	12.2	2.6	29.6
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
DAY TOTAL 27/06/2014	1056.0	1746.0	34.9	19.9	130.5	132.8

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Crispy Salad	120	42	7.1	1.4	1.3	0.3
Ceaser Sauce	50	162	2.3	1.9	1.2	16
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Red Pepper	50	10	2.3	1.2	0.4	0.1
1 Boiled Egg	65	92	0.1	0	8.4	7
1 Boiled Egg	65	92	0.1	0	8.4	7
Almonds	50	314	3.4	2.2	10.6	28
Rump Steak	430	610	0	0	162	14.4
Garlic Butter	50	345	2	2	0.5	35
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
DAY TOTAL 28/06/2014	1155.0	2150.0	29.0	16.8	225.4	142.7

4 Eggs	260	372	0.4	0	34	28
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Onion	50	17	3.5	1	0.5	0.1
Pepperami	25	126	0.6	0	6.1	11
Pepperami	25	126	0.6	0	6.1	11

Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Ceaser Sauce	50	162	2.3	1.9	1.2	16
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
DAY TOTAL 29/06/2014	1627.0	1616.0	39.6	30.7	168.3	88.9
Almonds	50	314	3.4	2.2	10.6	28
Basil Tuna	130	300	0.2	0	31.2	19.4
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Onion	50	17	3.5	1	0.5	0.1
Ceaser Sauce	50	162	2.3	1.9	1.2	16
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
DAY TOTAL 30/06/2014	762.0	1243.0	13.4	9.0	117.3	79.1
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Onion	50	17	3.5	1	0.5	0.1
Mackeral	125	258	5.3	5	17	18.7
Almonds	50	314	3.4	2.2	10.6	28
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pepperami	25	126	0.6	0	6.1	11
Pepperami	25	126	0.6	0	6.1	11
1 Boiled Egg	65	92	0.1	0	8.4	7
DAY TOTAL 01/07/2014	440.0	1221.0	13.9	8.6	77.1	97.4
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Almonds	50	314	3.4	2.2	10.6	28
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Whole Green Beans	100	27	4.7	2.1	1.7	0.1

Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
Cabbage	150	48	6.2	6	2.5	0.6
Mayonnaise	60	432	0.9	0.6	0.7	47.4
DAY TOTAL 02/07/2014	1032.0	1844.0	27.1	19.8	125.0	135.8

4 Eggs	260	372	0.4	0	34	28
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Peas	50	40	4.8	1.3	3	0.4
Salmon	152	335	5.3	2.6	18.7	26

Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Onion	50	17	3.5	1	0.5	0.1
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
DAY TOTAL 03/07/2014	1347.0	1361.0	30.9	15.3	107.1	91.8

Tuna	130	130	0	0	30.4	0.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
2 Slices Ham	35	42	0.4	0.1	7.6	1.2

Chicken Drumstick Net	57	116	0	0	14.4	6.1
Chicken Drumstick Net	57	116	0	0	14.4	6.1
Chicken Drumstick Net	57	116	0	0	14.4	6.1
Chicken Drumstick Net	57	116	0	0	14.4	6.1
Peas	50	40	4.8	1.3	3	0.4
Peas	50	40	4.8	1.3	3	0.4
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Onion	50	17	3.5	1	0.5	0.1
Coleslaw	50	82	3.3	3	0.6	7.4
Coleslaw	50	82	3.3	3	0.6	7.4
DAY TOTAL 04/07/2014	753.0	1473.0	21.2	10.5	118.2	100.3

Tuna	130	130	0	0	30.4	0.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
2 Slices Ham	35	42	0.4	0.1	7.6	1.2

Mayonnaise	30	216	0.45	0.3	0.33	23.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Onion	50	17	3.5	1	0.5	0.1
Pork Crackling	18	111	0.3	0	8.7	8.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8

Coley	270	225	0	0	52.4	0.9
Brussel Sprouts	120	54	3.3	2.85	4.2	1.5
Mayonnaise	60	432	0.9	0.6	0.7	47.4

Broccoli	300	114	5.4	4.4	13.2	2.6
DAY TOTAL 05/07/2014	1143.0	1845.0	15.1	10.0	146.8	131.7
3 Fried Eggs	195	279	0.3	0	25.5	21
3 Jimmys Sausages	180	441	0.9	0.9	26.4	36
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tomatoes	60	12	1.9	1.9	0.4	0.2
3 Jimmys Sausages	180	441	0.9	0.9	26.4	36
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
Pork Crackling	18	111	0.3	0	8.7	8.2
Beef Cubes	125	155	0	0	26	5.5
Mushrooms	100	16	0.4	0.2	1.8	0.5
Mediterranean Veg	180	92	14.4	7.2	2.7	1.5
Gravy	200	52	8.4	3.2	0	2
Costa Caffè Latte BIG	560	165	25.5	21.3	15.3	0.7
DAY TOTAL 06/07/2014	1883.0	1848.0	55.0	37.6	140.7	117.2
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Herring in Mango	200	396	6.8	5.6	25	29.8
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Beef Cubes	125	155	0	0	26	5.5
Mushrooms	100	16	0.4	0.2	1.8	0.5
Mediterranean Veg	180	92	14.4	7.2	2.7	1.5
Gravy	200	52	8.4	3.2	0	2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 07/07/2014	1005.0	1431.0	39.5	21.7	95.0	98.9
4 Eggs	260	372	0.4	0	34	28
Herring in Mango	200	396	6.8	5.6	25	29.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Pork Steak	130	273	0	0	44.7	10.2
Mushrooms	200	32	0.8	0.4	3.6	1
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
Mayonnaise	60	432	0.9	0.6	0.7	47.4
DAY TOTAL 08/07/2014	1242.0	1805.0	23.1	14.2	133.9	129.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Herring in Mango	200	396	6.8	5.6	25	29.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8

Artichoke/Toms/Feta	140	210	10.8	8.8	7.4	14.4
Nandos 10 Wings	236	630	0.2	0	72.6	37.5
Almonds	50	314	3.4	2.2	10.6	28
DAY TOTAL 09/07/2014	726.0	1838.0	21.6	17.0	144.0	131.3
4 Eggs	260	372	0.4	0	34	28
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 10/07/2014	1117.0	1311.0	14.0	9.5	98.3	99.9
Tuna	130	130	0	0	30.4	0.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Coleslaw	200	328	13.2	12.2	2.6	29.6
Coleslaw	100	164	6.6	6.1	1.3	14.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Onion	50	17	3.5	1	0.5	0.1
Pork Belly	500	1050	0	0	171	39.3
DAY TOTAL 11/07/2014	1217.0	2460.0	25.7	21.1	243.1	155.0
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
1 Boiled Egg	65	92	0.1	0	8.4	7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Onion	50	17	3.5	1	0.5	0.1
Pork Bolognese	526.3	464.7	21.8	17.3	41.0	22.5
Mozzarella	30	85	0.2	0.2	4.5	7.2
Mozzarella	30	85	0.2	0.2	4.5	7.2
Mozzarella	30	85	0.2	0.2	4.5	7.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Onion	50	17	3.5	1	0.5	0.1
DAY TOTAL 12/07/2014	931.3	1277.7	30.1	20.5	106.5	83.7

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Onion	50	17	3.5	1	0.5	0.1
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Pork Bolognese	526.3	464.7	21.8	17.3	41.0	22.5
Mozzarella	30	85	0.2	0.2	4.5	7.2
Mozzarella	30	85	0.2	0.2	4.5	7.2
Mozzarella	30	85	0.2	0.2	4.5	7.2
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Onion	50	17	3.5	1	0.5	0.1
3 Fried Eggs	195	279	0.3	0	25.5	21
Mushrooms	100	16	0.4	0.2	1.8	0.5
4 Back Bacon Rashers	200	199	0.1	0.1	16.2	13.2
DAY TOTAL 13/07/2014	1381.3	1619.7	31.4	20.8	142.6	103.0

Tuna	130	130	0	0	30.4	0.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Pickled Gherkins	75	11.2	2	2	0.6	0.15
Herring in Mango	200	396	6.8	5.6	25	29.8
3 Baby Bel	60	183	0	0	13.2	14.3
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Onion	50	17	3.5	1	0.5	0.1
Venison Meatballs	180	261	5	0.6	38	9
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
Broccoli	75	28	1.4	1.1	3.3	0.65
DAY TOTAL 14/07/2014	1185.0	1575.2	33.1	17.6	144.2	92.8

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Herring in Mango	200	396	6.8	5.6	25	29.8
3 Baby Bel	60	183	0	0	13.2	14.3
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Onion	50	17	3.5	1	0.5	0.1
Laughing Cow Triangle	52.5	126	3.3	3.3	5.7	9.9
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
DAY TOTAL 15/07/2014	729.5	1142.0	20.9	16.7	84.3	81.6

2 Slices Ham	35	42	0.4	0.1	7.6	1.2
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Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Herring in Mango	200	396	6.8	5.6	25	29.8
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Onion	50	17	3.5	1	0.5	0.1
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
Broccoli	75	28	1.4	1.1	3.3	0.65
Tzatziki	50	60	2.7	2.6	2.3	4.3
Tzatziki	50	60	2.7	2.6	2.3	4.3
DAY TOTAL 16/07/2014	925.0	1296.0	32.1	20.5	88.4	89.2
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Herring in Mango	200	396	6.8	5.6	25	29.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Nandos 10 Wings	236	630	0.2	0	72.6	37.5
Coleslaw	200	328	13.2	12.2	2.6	29.6
DAY TOTAL 17/07/2014	801.0	1900.0	21.5	18.6	136.5	143.4
1 Boiled Egg	65	92	0.1	0	8.4	7
1 Boiled Egg	65	92	0.1	0	8.4	7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pepperami	25	126	0.6	0	6.1	11
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
Cabbage Chinese	150	48	6.2	6	2.5	0.6
Beef Cubes	125	155	0	0	26	5.5
Mushrooms	100	16	0.4	0.2	1.8	0.5
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
DAY TOTAL 18/07/2014	1340.0	1693.0	17.2	10.8	232.4	78.2
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7

Nandos 5 Wings	118	325	0.1	0	36.3	18.8
Rump Steak	215	305	0	0	81	7.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Coleslaw	100	164	6.6	6.1	1.3	14.8
DAY TOTAL 19/07/2014	1198.0	1637.0	49.4	37.3	176.2	90.5

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Coleslaw	50	82	3.3	3	0.7	7.4
Mackeral	125	258	5.3	5	17	18.7

Creamy Garlic Ping	300	510	15	2.2	15	41
Greek Yogurt	100	96	3.8	3.8	9	5

Beef Bolognese	392.5	252.4	16.5	14.6	29.1	7.3
Mixed Vegetables	100	60	7.3	3	3.1	0.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 20/07/2014	1217.5	1690.4	51.8	32.2	116.5	112.5

Greek Yogurt	100	96	3.8	3.8	9	5
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1 Boiled Egg	65	92	0.1	0	8.4	7
1 Boiled Egg	65	92	0.1	0	8.4	7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8

Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Onion	50	17	3.5	1	0.5	0.1
Tzatziki	50	60	2.7	2.6	2.3	4.3
Laughing Cow Triangle	52.5	126	3.3	3.3	5.7	9.9
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	60	280	1	1	1	30.4
DAY TOTAL 21/07/2014	1124.5	1435.0	22.8	18.8	96.0	111.6

Greek Yogurt	100	96	3.8	3.8	9	5
Mackeral	125	258	5.3	5	17	18.7

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Haddock	200	470	20	2	34.2	28

Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2

Mozzarella	30	85	0.2	0.2	4.5	7.2
DAY TOTAL 22/07/2014	1155.0	1437.0	41.1	19.2	106.3	94.9
Greek Yogurt	100	96	3.8	3.8	9	5
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Coleslaw	50	82	3.3	3	0.6	7.4
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	40	4.5	0.6	0.6	0.3	0
Tzatziki	50	60	2.7	2.6	2.3	4.3
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
2 Eggs	130	186	0.2	0	17	14
2 Back Bacon Rashers	100	100	0.1	0.1	8.1	6.6
Cream	30	140	0.5	0.5	0.5	15.2
Ready Made Sugar Free Jelly	250	6	1	0	0	0
DAY TOTAL 23/07/2014	1620.0	1640.5	24.8	19.6	111.2	123.3
Greek Yogurt	100	96	3.8	3.8	9	5
Mackerel	125	258	5.3	5	17	18.7
Haddock	200	470	20	2	34.2	28
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Coleslaw	200	328	13.2	12.2	2.6	29.6
Coleslaw	100	164	6.6	6.1	1.3	14.8
Nandos 10 Wings	236	630	0.2	0	72.6	37.5
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 24/07/2014	1046.0	2264.0	57.5	34.0	154.1	157.5
Greek Yogurt	100	96	3.8	3.8	9	5
Coleslaw	200	328	13.2	12.2	2.6	29.6
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
Prawn Cocktail	200	604	6.4	4.8	18.8	55.8
Nandos 10 Wings	236	630	0.2	0	72.6	37.5
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 25/07/2014	811.0	1874.0	23.9	21.1	124.3	144.1
Greek Yogurt	100	96	3.8	3.8	9	5
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Deli Meat Salad	200	614	12	10.4	13.4	57.8

Quarter Pounder Burger	170	490	7	2.4	39.8	33.6
Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Laughing Cow Triangle	52.5	126	3.3	3.3	5.7	9.9
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
DAY TOTAL 26/07/2014	1124.5	2253.0	33.1	26.7	184.2	154.2
Deli Meat Salad	200	614	12	10.4	13.4	57.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pepperami	25	126	0.6	0	6.1	11
Laughing Cow Triangle	52.5	126	3.3	3.3	5.7	9.9
Beef Bolognese	392.5	252.4	16.5	14.6	29.1	7.3
Mixed Vegetables	100	60	7.3	3	3.1	0.7
Mozzarella	60	170	0.4	0.4	9	14.4
DAY TOTAL 27/07/2014	880.0	1492.4	40.3	31.9	80.6	111.9
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Nandos 10 Wings	236	630	0.2	0	72.6	37.5
Coleslaw	200	328	13.2	12.2	2.6	29.6
Pork Crackling	18	111	0.3	0	8.7	8.2
Laughing Cow Triangle	52.5	126	3.3	3.3	5.7	9.9
Cheddar Cheese Light	100	288	0.4	0.4	28.4	21.6
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
Pork Crackling	18	111	0.3	0	8.7	8.2
DAY TOTAL 28/07/2014	899.5	1861.0	24.1	21.8	151.8	131.5
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Laughing Cow Triangle	52.5	126	3.3	3.3	5.7	9.9
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Dry Roasted Peanuts	80	456	8.8	4.2	22.8	36.8
Lamb Kebab	200	652	12	0	52	46
Tzatziki	50	60	2.7	2.6	2.3	4.3
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 29/07/2014	767.5	1600.0	33.1	14.3	111.2	116.2
Dry Roasted Peanuts	80	456	8.8	4.2	22.8	36.8
Laughing Cow Triangle	52.5	126	3.3	3.3	5.7	9.9

Herring in Mango	200	396	6.8	5.6	25	29.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pork Crackling	18	111	0.3	0	8.7	8.2
Chicken Jalfrezi	400	428	13.2	11.6	39	21.4
Mayonnaise	30	216	0.45	0.3	0.33	23.7
DAY TOTAL 30/07/2014	830.5	1877.0	33.1	25.2	115.7	140.6
Coleslaw	200	328	13.2	12	2.4	29.6
Mushrooms	50	8	0.2	0.1	0.9	0.3
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
4 Back Bacon Rashers	200	199	0.1	0.1	16.2	13.2
Pork Steak	130	273	0	0	44.7	10.2
Rump Steak	215	305	0	0	81	7.2
Lamb Steak	100	150	0	0	23.5	5.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2
Pork Crackling	18	111	0.3	0	8.7	8.2
Pork Crackling	18	111	0.3	0	8.7	8.2
Laughing Cow Triangle	52.5	126	3.3	3.3	5.7	9.9
DAY TOTAL 31/07/2014	1353.5	2120.0	19.7	16.6	201.4	142.9
4 Back Bacon Rashers	200	199	0.1	0.1	16.2	13.2
2 Eggs	130	186	0.2	0	17	14
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
Prawn Cocktail	200	604	6.4	4.8	18.8	55.8
Pepperami	25	126	0.6	0	6.1	11
Laughing Cow Triangle	52.5	126	3.3	3.3	5.7	9.9
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Brie	100	172	1.9	0.3	17	30.1
Tzatziki	50	60	2.7	2.6	2.3	4.3
DAY TOTAL 1/08/2014	964.5	1575.0	19.1	14.9	91.8	144.1
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Pork Crackling	18	111	0.3	0	8.7	8.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Pepperami	25	126	0.6	0	6.1	11

Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 2/08/2014	1418.0	1332.0	39.3	30.1	93.8	91.6

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7

Mackeral	125	258	5.3	5	17	18.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8

Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
Courgettes	250	45	4.5	4.2	4.5	1
Mayonnaise	60	432	1	0.6	0.6	47.4
DAY TOTAL 3/08/2014	1160.0	1974.0	25.4	17.3	158.9	136.3

4 Eggs	260	372	0.4	0	34	28
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Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
DAY TOTAL 4/08/2014	1275.0	1434.0	13.1	8.6	141.5	93.3

Pork Steak	130	273	0	0	44.7	10.2
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Tuna Chilli	130	262	0.4	0.2	31.5	15
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Pork Steak	130	273	0	0	44.7	10.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pork Bolognese	526.3	464.7	21.8	17.3	41.0	22.5
Tzatziki	100	120	5.4	5.2	4.6	8.6
Tomatoes	60	12	1.9	1.9	0.4	0.2
DAY TOTAL 5/08/2014	1176.3	1608.7	32.4	27.4	183.4	81.8

1 Boiled Egg	65	92	0.1	0	8.4	7
1 Boiled Egg	65	92	0.1	0	8.4	7
1 Boiled Egg	65	92	0.1	0	8.4	7

Tuna Chilli	130	262	0.4	0.2	31.5	15
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Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pork Bolognese	526.3	464.7	21.8	17.3	41.0	22.5
Tzatziki	100	120	5.4	5.2	4.6	8.6
Tomatoes	60	12	1.9	1.9	0.4	0.2
DAY TOTAL 6/08/2014	1061.3	1278.7	30.0	24.8	116.9	78.1

4 Eggs	260	372	0.4	0	34	28
Tuna Chilli	130	262	0.4	0.2	31.5	15
Costa Caffè Latte BIG	560	165	25.5	21.3	15.3	0.7

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Chicken Jalfrezi	400	428	13.2	11.6	39	21.4
Tzatziki	100	120	5.4	5.2	4.6	8.6
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Cucumber	40	4.5	0.6	0.6	0.3	0
DAY TOTAL 7/08/2014	1575.0	1669.5	53.9	43.8	142.1	97.6

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	40	4.5	0.6	0.6	0.3	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pepperami	25	126	0.6	0	6.1	11
Pepperami	25	126	0.6	0	6.1	11
Cucumber	40	4.5	0.6	0.6	0.3	0
Tomatoes	60	12	1.9	1.9	0.4	0.2

Sri Lanken Chicken	600	390	24	13.2	19.8	21
DAY TOTAL 8/08/2014	985.0	1137.0	38.8	23.3	65.0	78.1

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7

Coleslaw	50	82	3.3	3	0.6	7.4
Coleslaw	50	82	3.3	3	0.6	7.4
Cucumber	40	4.5	0.6	0.6	0.3	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Pepperami	25	126	0.6	0	6.1	11

Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
Mayonnaise	60	432	1	0.6	0.6	47.4
Gravy	100	26	4.2	1.6	0	1
DAY TOTAL 9/08/2014	1050.0	1589.5	29.3	18.0	99.8	116.8

4 Eggs	260	372	0.4	0	34	28
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Pepperami	25	126	0.6	0	6.1	11
Cucumber	80	9	1.2	1.2	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Pork Steak	130	273	0	0	44.7	10.2
Courgettes	250	45	4.5	4.2	4.5	1
Mayonnaise	60	432	1	0.6	0.6	47.4
Broccoli	150	57	2.7	2.2	6.6	1.3
Brussel Sprouts	120	54	3.3	2.85	4.2	1.5
DAY TOTAL 10/08/2014	1250.0	1782.0	16.7	13.6	123.8	136.3

Tuna	130	130	0	0	30.4	0.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Basil Tuna	130	300	0.2	0	31.2	19.4
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Onion	50	17	3.5	1	0.5	0.1
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Laughing Cow Triangle	52.5	126	3.3	3.3	5.7	9.9
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
Venison Meatballs	180	261	5	0.6	38	9
DAY TOTAL 11/08/2014	924.5	1500.0	27.8	16.5	135.0	92.7

3 Fried Eggs	195	279	0.3	0	25.5	21
Basil Tuna	130	300	0.2	0	31.2	19.4
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Onion	50	17	3.5	1	0.5	0.1
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
DAY TOTAL 12/08/2014	1060.0	1154.0	23.8	13.7	87.8	78.8

4 Eggs	260	372	0.4	0	34	28
Basil Tuna	130	300	0.2	0	31.2	19.4

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pistachio Nuts	150	904	12.3	8.5	26.9	83
Coleslaw	200	328	13.2	12.2	2.6	29.6
Coleslaw	10	164	6.6	6.1	2.3	14.8
DAY TOTAL 13/08/2014	800.0	2212.0	32.9	27.0	111.2	185.6
Beef Burger	84	188	3	0.4	17.7	11.7
Beef Burger	84	188	3	0.4	17.7	11.7
Basil Tuna	130	300	0.2	0	31.2	19.4
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Beef Burger	84	188	3	0.4	17.7	11.7
Beef Burger	84	188	3	0.4	17.7	11.7
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Ceaser Sauce	50	162	2.3	1.9	1.2	16
DAY TOTAL 14/08/2014	753.0	1634.0	17.5	5.9	126.5	118.1
Beef Burger	84	188	3	0.4	17.7	11.7
Nandos 10 Wings	236	630	0.2	0	72.6	37.5
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Onion	50	17	3.5	1	0.5	0.1
Pork Crackling	45	278	0.7	0.1	21.9	20.6
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
DAY TOTAL 15/08/2014	1065.0	1497.0	19.0	9.5	140.1	95.1
Nandos 10 Wings	236	630	0.2	0	72.6	37.5
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Onion	50	17	3.5	1	0.5	0.1
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Pork Steak	130	273	0	0	44.7	10.2
Mushrooms	200	32	0.8	0.4	3.6	1
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
Mayonnaise	60	432	0.9	0.6	0.7	47.4
DAY TOTAL 16/08/2014	1091.0	1933.0	19.8	9.3	155.3	134.2
4 Eggs	260	372	0.4	0	34	28
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Onion	50	17	3.5	1	0.5	0.1

2 Slices Ham	35	42	0.4	0.1	7.6	1.2
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 17/08/2014	1160.0	1361.0	17.2	9.9	105.8	101.0

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Onion	50	17	3.5	1	0.5	0.1

Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Pork Crackling	45	278	0.7	0.1	21.9	20.6
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8

Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
Broccoli	150	57	2.7	2.2	6.6	1.3
Mayonnaise	60	432	0.9	0.6	0.7	47.4
DAY TOTAL 18/08/2014	1580.0	1918.0	47.9	32.7	150.4	123.3

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Branston Pickle	50	66	13	11.5	0.4	0.2

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mackerel	125	258	5.3	5	17	18.7
Tomatoes	60	12	1.9	1.9	0.4	0.2

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
DAY TOTAL 19/08/2014	1020.0	1050.0	32.6	26.9	81.2	67.1

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Branston Pickle	50	66	13	11.5	0.4	0.2

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mackerel	125	258	5.3	5	17	18.7

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2

DAY TOTAL 20/08/2014	925.0	996.0	30.3	24.9	73.2	65.7
Chicken Jalfrezi	400	428	13.2	11.6	39	21.4
Mackerel	125	258	5.3	5	17	18.7
Pistachio	50	307	6.1	3.8	13	24.6
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
DAY TOTAL 21/08/2014	1275.0	1521.0	36.4	28.6	110.6	100.7
3 Fried Eggs	195	279	0.3	0	25.5	21
3 Jimmys Sausages	180	441	0.9	0.9	26.4	36
Mushrooms	100	16	0.4	0.2	1.8	0.5
Tomatoes	60	12	1.9	1.9	0.4	0.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pistachio	100	615	12.3	7.6	26	49.3
Tuna Steak	180	180	0	0	42	1.2
Cabbage	150	48	6.2	6	2.5	0.6
Broccoli	150	57	2.7	2.2	6.6	1.3
Courgettes	250	45	4.5	4.2	4.5	1
Cream	30	140	0.5	0.5	0.5	15.2
DAY TOTAL 22/08/2014	1445.0	1977.0	29.9	23.7	150.4	137.1
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2
Pork Bolognese	526.3	464.7	21.8	17.3	41.0	22.5
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Mayonnaise	60	432	1	0.6	0.6	47.4
DAY TOTAL 23/08/2014	1431.3	1608.7	37.2	23.9	83.1	124.1
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	60	280	1	1	1	30.4
Coleslaw	200	328	13.2	12.2	2.6	29.6
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Onion	50	17	3.5	1	0.5	0.1

Costa Caffè Latte BIG	560	165	25.5	21.3	15.3	0.7
Chicken	250	398	0	0	72.6	12
Courgettes	250	45	4.5	4.2	4.5	1
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Cabbage	150	48	6.2	6	2.5	0.6
Gravy	100	26	4.2	1.6	0	1
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 24/08/2014	2155.0	1814.0	64.8	50.1	150.9	109.1
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	60	280	1	1	1	30.4
Coleslaw	100	164	6.6	6.1	1.3	14.8
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Cheddar Cheese Light	100	288	0.4	0.4	28.4	21.6
Pickled Onion	50	17	3.5	1	0.5	0.1
Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
Mushrooms	200	32	0.8	0.4	3.6	1
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
DAY TOTAL 25/08/2014	1405.0	1666.0	27.2	15.9	157.1	102.6
Tuna	130	130	0	0	30.4	0.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Pickled Gherkins	75	11.2	2	2	0.6	0.15
Cheddar Cheese Light	100	288	0.4	0.4	28.4	21.6
Pickled Onion	50	17	3.5	1	0.5	0.1
Mackerel	125	258	5.3	5	17	18.7
Coleslaw	50	82	3.3	3	0.6	7.4
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
DAY TOTAL 26/08/2014	802.0	1146.2	19.3	15.6	94.1	79.5
4 Eggs	260	372	0.4	0	34	28
Mackerel	125	258	5.3	5	17	18.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Tomatoes	60	12	1.9	1.9	0.4	0.2
Cucumber	80	9	1.2	1.1	0.6	0

Chicken Jalfrezi	400	428	13.2	11.6	39	21.4
Mayonnaise	30	216	0.45	0.3	0.33	23.7
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
DAY TOTAL 27/08/2014	1040.0	1481.0	23.1	20.2	113.1	104.0

Brie	50	86	9.9	0.1	8.5	15
Brie	50	86	9.9	0.1	8.5	15

Mackeral	125	258	5.3	5	17	18.7
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Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
Mushrooms	200	32	0.8	0.4	3.6	1
Brown Onion	100	41	7.9	5.6	1.2	0.2
Pepperami	25	126	0.6	0	6.1	11
Pepperami	25	126	0.6	0	6.1	11
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 28/08/2014	875.0	1175.0	35.2	11.4	123.2	87.1

Tuna	130	130	0	0	30.4	0.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Pickled Gherkins	75	11.2	2	2	0.6	0.15
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4

Nandos 10 Wings	236	630	0.2	0	72.6	37.5
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1

Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	65	132	0	0	22.4	5.1
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	40	4.5	0.6	0.6	0.3	0
DAY TOTAL 29/08/2014	816.0	1786.7	11.8	7.9	195.8	106.8

Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
3 Fried Eggs	195	279	0.3	0	25.5	21
Tomatoes	60	12	1.9	1.9	0.4	0.2
Mushrooms	100	16	0.4	0.2	1.8	0.5

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	40	4.5	0.6	0.6	0.3	0
Coleslaw	50	82	3.3	3	0.6	7.4
Cucumber	40	4.5	0.6	0.6	0.3	0
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Costa Caffè Latte BIG	560	165	25.5	21.3	15.3	0.7
Pork Crackling	18	111	0.3	0	8.7	8.2

Cabbage	150	48	6.2	6	2.5	0.6
Gravy	100	26	4.2	1.6	0	1
Mushrooms	100	16	0.4	0.2	1.8	0.5

Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
Gravy	100	26	4.2	1.6	0	1
Courgettes	250	45	4.5	4.2	4.5	1
DAY TOTAL 30/08/2014	2153.0	1585.0	53.6	41.9	148.9	87.6

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	40	4.5	0.6	0.6	0.3	0
Coleslaw	50	82	3.3	3	0.6	7.4
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7

Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Nandos 10 Wings	236	630	0.2	0	72.6	37.5

Tomatoes	60	12	1.9	1.9	0.4	0.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Pork Crackling	18	111	0.3	0	8.7	8.2
DAY TOTAL 31/08/2014	1199.0	1841.5	19.4	14.4	132.5	137.9

3 Fried Eggs	195	279	0.3	0	25.5	21
3 Jimmys Sausages	180	441	0.9	0.9	26.4	36
Mushrooms	100	16	0.4	0.2	1.8	0.5

Mackeral	125	258	5.3	5	17	18.7
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Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	40	4.5	0.6	0.6	0.3	0
Coleslaw	50	82	3.3	3	0.6	7.4
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7

Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
Chicken Breast	125	138	0	0	29	2.2

DAY TOTAL 1/09/2014	1230.0	1767.5	25.2	17.0	133.8	123.8
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3 Fried Eggs	195	279	0.3	0	25.5	21
Mushrooms	100	16	0.4	0.2	1.8	0.5

Mackeral	125	258	5.3	5	17	18.7
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Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	40	4.5	0.6	0.6	0.3	0
Coleslaw	100	164	6.6	6	1.2	14.8
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Chicken Jalfrezi	400	428	13.2	11.6	39	21.4

Pork Crackling	18	111	0.3	0	8.7	8.2
DAY TOTAL 2/09/2014	1093.0	1662.5	27.8	24.0	115.6	120.3
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Costa Caffè Latte BIG	560	165	25.5	21.3	15.3	0.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	40	4.5	0.6	0.6	0.3	0
Coleslaw	50	82	3.3	3	0.6	7.4
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
DAY TOTAL 3/09/2014	1410.0	1211.5	42.1	33.7	58.5	91.5
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Costa Caffè Latte BIG	560	165	25.5	21.3	15.3	0.7
Brie	50	86	9.9	0.1	8.5	15
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	40	4.5	0.6	0.6	0.3	0
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Nandos 5 Wings	118	315	0.1	0	36.3	18.8
Pork Crackling	18	111	0.3	0	8.7	8.2
Pork Crackling	18	111	0.3	0	8.7	8.2
Itsu Miso Soup	300	108	11.5	6	5.2	4.2
DAY TOTAL 4/09/2014	1534.0	1524.5	54.8	32.6	118.3	107.6
4 Eggs	260	372	0.4	0	34	28
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
2 Back Bacon Rashers	100	100	0.1	0.1	8.1	6.6
Mushrooms	200	32	0.8	0.4	3.6	1
2 Eggs	130	186	0.2	0	17	14
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tuna	130	130	0	0	30.4	0.8
Ceaser Sauce	50	162	2.3	1.9	1.2	16
Pickled Gherkins	75	11.2	2	2	0.6	0.15
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mussels and Sauce	395	302	21.6	1.6	18.2	17
DAY TOTAL 5/09/2014	1560.0	1607.2	31.6	10.2	142.3	105.6
1 Boiled Egg	65	92	0.1	0	8.4	7
1 Boiled Egg	65	92	0.1	0	8.4	7

1 Boiled Egg	65	92	0.1	0	8.4	7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Sardines	200	258	3	0	41.6	9
Hartleys 10 Cal Jelly	175	9	1.8	1.8	0	0
Hartleys 10 Cal Jelly	175	9	1.8	1.8	0	0
Cream	30	140	0.5	0.5	0.5	15.2
Coleslaw	200	328	13.2	12	2.4	29.6
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Venison Meatballs	45	65	1.2	0.1	9.5	2.2
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Hartleys 10 Cal Jelly	175	9	1.8	1.8	0	0
Cream	30	140	0.5	0.5	0.5	15.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pepperami	25	126	0.6	0	6.1	11
DAY TOTAL 6/09/2014	1630.0	1981.0	40.9	25.8	120.7	149.6
1 Boiled Egg	65	92	0.1	0	8.4	7
1 Boiled Egg	65	92	0.1	0	8.4	7
1 Boiled Egg	65	92	0.1	0	8.4	7
4 Eggs	260	372	0.4	0	34	28
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mushrooms	200	32	0.8	0.4	3.6	1
Hartleys 10 Cal Jelly	175	9	1.8	1.8	0	0
Cream	30	140	0.5	0.5	0.5	15.2
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Nandos 10 Wings	236	630	0.2	0	72.6	37.5
DAY TOTAL 7/09/2014	1181.0	1777.0	12.4	7.6	153.3	126.6
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Mackeral	125	258	5.3	5	17	18.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Coleslaw	100	164	6.6	6.1	1.3	14.8
Hartleys 10 Cal Jelly	175	9	1.8	1.8	0	0
Cream	30	140	0.5	0.5	0.5	15.2
Nandos 10 Wings	236	630	0.2	0	72.6	37.5
DAY TOTAL 8/09/2014	816.0	1777.0	23.7	18.7	116.7	135.0
4 Eggs	260	372	0.4	0	34	28

Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Coleslaw	300	492	19.8	18.3	3.9	44.4
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pork Steak	130	273	0	0	44.7	10.2
Mushrooms	200	32	0.8	0.4	3.6	1
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
Mayonnaise	30	216	0.45	0.3	0.33	23.7
DAY TOTAL 09/09/2014	1370.0	2108.0	44.0	31.0	122.9	158.4
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pork Bolognese	526.3	464.7	21.8	17.3	41.0	22.5
Pepperami	25	126	0.6	0	6.1	11
DAY TOTAL 10/09/2014	1801.3	1424.7	74.3	60.6	106.4	80.2
4 Eggs	260	372	0.4	0	34	28
Nandos 5 Wings	118	325	0.1	0	36.3	18.8
Broccoli	150	57	2.7	2.2	6.6	1.3
Mayonnaise	60	432	1	0.6	0.6	47.4
Peas	50	40	4.8	1.3	3	0.4
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	60	280	1	1	1	30.4
DAY TOTAL 11/09/2014	1028.0	1872.0	11.7	5.6	96.0	160.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Flapjack (Bike Ride) 45Km	35	163	20.6	10.7	2	7.7
Flapjack (Bike Ride) 45Km	35	163	20.6	10.7	2	7.7
Flapjack (Bike Ride) 45Km	35	163	20.6	10.7	2	7.7
Coleslaw	50	82	3.3	3	0.6	7.4
Coleslaw	50	82	3.3	3	0.6	7.4
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Duck Leg	231	475	1	0.2	53.7	28.3

Broccoli	150	57	2.7	2.2	6.6	1.3
Peas	50	40	4.8	1.3	3	0.4
Cauliflower	200	76	6	5	7.2	1.8
DAY TOTAL 12/09/2014	996.0	2021.0	84.2	47.8	106.8	138.7

3 Fried Eggs	195	279	0.3	0	25.5	21
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
2 Back Bacon Rashers	100	100	0.1	0.1	8.1	6.6

1 Boiled Egg	65	92	0.1	0	8.4	7
1 Boiled Egg	65	92	0.1	0	8.4	7
1 Boiled Egg	65	92	0.1	0	8.4	7
Pepperami	25	126	0.6	0	6.1	11

Quarter Pounder Burger	170	490	7	2.4	39.8	33.6
Broccoli	150	57	2.7	2.2	6.6	1.3
Brussel Sprouts	120	54	3.3	2.85	4.2	1.5
DAY TOTAL 13/09/2014	1075.0	1676.0	14.9	8.2	133.1	120.0

1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2
Cream	30	140	0.5	0.5	0.5	15.2

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Cucumber	40	4.5	0.6	0.6	0.3	0

Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Brussel Sprouts	120	54	3.3	2.85	4.2	1.5
Broccoli	150	57	2.7	2.2	6.6	1.3
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
DAY TOTAL 14/09/2014	1140.0	1547.5	18.5	12.6	113.0	110.4

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7

Sardines	100	129	1.5	0	20.8	4.5
Cheddar Cheese Light	100	288	0.4	0.4	28.4	21.6
Mayonnaise	30	216	0.45	0.3	0.33	23.7
2 Slices Ham	35	42	0.4	0.1	7.6	1.2

Tuna	130	130	0	0	30.4	0.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Pickled Gherkins	75	11.2	2	2	0.6	0.15
DAY TOTAL 15/09/2014	580.0	1392.2	5.9	3.6	103.0	110.2

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
1 Boiled Egg	65	92	0.1	0	8.4	7
1 Boiled Egg	65	92	0.1	0	8.4	7
2 Back Bacon Rashers	100	100	0.1	0.1	8.1	6.6
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Mozzarella	30	85	0.2	0.2	4.5	7.2
Mozzarella	30	85	0.2	0.2	4.5	7.2
Mozzarella	30	85	0.2	0.2	4.5	7.2
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
Costa Caffè Latte BIG	560	165	25.5	21.3	15.3	0.7
DAY TOTAL 16/09/2014	1582.0	1286.0	39.8	32.8	107.8	78.8

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7

Costa Caffè Latte BIG	560	165	25.5	21.3	15.3	0.7
Costa Caffè Latte BIG	560	165	25.5	21.3	15.3	0.7

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	80	9	1.2	1.1	0.6	0

Pork Steak	130	273	0	0	44.7	10.2
Mushrooms	200	32	0.8	0.4	3.6	1
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3

DAY TOTAL 17/09/2014	2075.0	1829.0	76.0	56.7	137.0	107.8
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Pork Steak	130	273	0	0	44.7	10.2
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Sardines	100	129	1.5	0	20.8	4.5

Chicken Jalfrezi	400	428	13.2	11.6	39	21.4
Mayonnaise	30	216	0.45	0.3	0.33	23.7

DAY TOTAL 18/09/2014	800.0	1652.0	24.1	17.2	129.6	112.8
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4 Eggs	260	372	0.4	0	34	28
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Coleslaw	100	164	6.6	6.1	1.3	14.8
Coleslaw	200	328	13.2	12.2	2.6	29.6
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
DAY TOTAL 19/09/2014	1325.0	1650.0	32.9	26.9	87.4	133.3

1 Boiled Egg	65	92	0.1	0	8.4	7
1 Boiled Egg	65	92	0.1	0	8.4	7
3 Jimmys Sausages	180	441	0.9	0.9	26.4	36
Mushrooms	100	16	0.4	0.2	1.8	0.5
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Greek Yoghurt	150	84	4.8	4.8	14.4	0.1
Coleslaw	100	164	6.6	6.1	1.3	14.8
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pork Steak	130	273	0	0	44.7	10.2
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Quarter Pounder Burger	170	490	7	2.4	39.8	33.6
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
DAY TOTAL 20/09/2014	1477.0	2582.0	28.3	22.1	203.0	184.4

1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Pepperami	25	126	0.6	0	6.1	11
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Greek Yoghurt	150	84	4.8	4.8	14.4	0.1
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2

DAY TOTAL 21/09/2014	1010.0	1473.0	20.6	12.9	143.5	88.3
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Quarter Pounder Burger	170	490	7	2.4	39.8	33.6
Mushrooms	200	32	0.8	0.4	3.6	1
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Chicken Breast	125	138	0	0	29	2.2
Pork Steak	130	273	0	0	44.7	10.2
DAY TOTAL 22/09/2014	2607.0	1752.0	88.7	71.0	182.2	73.5
4 Back Bacon Rashers	200	199	0.1	0.1	16.2	13.2
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Mushrooms	200	32	0.8	0.4	3.6	1
2 Eggs	130	186	0.2	0	17	14
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Nandos 5 Wings	118	325	0.1	0	36.3	18.8
Mushrooms	200	32	0.8	0.4	3.6	1
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Chicken Breast	125	138	0	0	29	2.2
Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
DAY TOTAL 23/09/2014	2095.0	1947.0	31.9	26.5	229.6	95.7
2 Back Bacon Rashers	100	100	0.1	0.1	8.1	6.6
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Mushrooms	200	32	0.8	0.4	3.6	1
2 Eggs	130	186	0.2	0	17	14
Mushrooms	200	32	0.8	0.4	3.6	1
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Chicken Breast	125	138	0	0	29	2.2

Nandos 5 Wings	118	325	0.1	0	36.3	18.8
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Quarter Pounder Burger	170	490	7	2.4	39.8	33.6
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
DAY TOTAL 24/09/2014	1647.0	1951.0	17.8	11.9	175.8	126.0
2 Back Bacon Rashers	100	100	0.1	0.1	8.1	6.6
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Mushrooms	200	32	0.8	0.4	3.6	1
2 Eggs	130	186	0.2	0	17	14
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Nandos 5 Wings	118	325	0.1	0	36.3	18.8
Nandos 5 Wings	118	325	0.1	0	36.3	18.8
Chicken Jalfrezi	400	428	13.2	11.6	39	21.4
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
DAY TOTAL 25/09/2014	1703.0	2014.0	32.8	25.0	169.3	125.3
2 Back Bacon Rashers	100	100	0.1	0.1	8.1	6.6
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Mushrooms	200	32	0.8	0.4	3.6	1
2 Eggs	130	186	0.2	0	17	14
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Herring in Mango	200	396	6.8	5.6	25	29.8
Beef Bolognese	392.5	252.4	16.5	14.6	29.1	7.3
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
DAY TOTAL 26/09/2014	1257.5	1794.4	33.8	26.5	118.1	130.3
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Beef Bolognese	392.5	252.4	16.5	14.6	29.1	7.3
Mixed Vegetables	100	60	7.3	3	3.1	0.7

Cheddar Cheese	40	166	0.1	0.1	10.2	14
Ceaser Sauce	50	162	2.3	1.9	1.2	16
DAY TOTAL 27/09/2014	1302.5	1525.4	53.0	41.9	88.0	107.7

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7

Coleslaw	200	328	13.2	12.2	2.6	29.6
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Coleslaw	100	164	6.6	6.1	1.3	14.8

Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
Peas	50	40	4.8	1.3	3	0.4
DAY TOTAL 28/09/2014	1030.0	1459.0	38.8	27.0	104.7	96.8

Chicken Breast	125	138	0	0	29	2.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7

Herring in Mango	200	396	6.8	5.6	25	29.8
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Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Salmon Crescents	150	335	5.3	2.6	18.5	25.8

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Brie	50	86	9.9	0.1	8.5	15
Tomatoes	60	12	1.9	1.9	0.4	0.2
DAY TOTAL 29/09/2014	780.0	1729.0	25.6	11.3	118.1	143.2

Coleslaw	100	164	6.6	6.1	1.3	14.8
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Herring in Mango	200	396	6.8	5.6	25	29.8
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Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7

Brie	50	86	9.9	0.1	8.5	15
Coleslaw	100	164	6.6	6	1.2	14.8
Sri Lanken Chicken	600	390	24	13.2	19.8	21
DAY TOTAL 30/09/2014	1165.0	1602.0	55.0	31.6	77.9	131.1

1 Boiled Egg	65	92	0.1	0	8.4	7
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Coleslaw	200	328	13.2	12.2	2.6	29.6
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8

Mayonnaise	30	216	0.45	0.3	0.33	23.7
Pork Crackling	18	111	0.3	0	8.7	8.2
Pork Crackling	18	111	0.3	0	8.7	8.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Rump Steak	200	342	0	0	81	7.2
Garlic Butter	50	345	2	2	0.5	35
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Broccoli	150	57	2.7	2.2	6.6	1.3
DAY TOTAL 01/10/2014	886.0	2178.0	20.0	17.5	152.7	170.9
Total Greek Yoghurt	170	163.2	6.5	6.5	15.3	8.5
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Broccoli	150	57	2.7	2.2	6.6	1.3
Courgettes	250	45	4.5	4.2	4.5	1
Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
Cabbage	150	48	6.2	6	2.5	0.6
Mayonnaise	30	216	0.45	0.3	0.33	23.7
DAY TOTAL 02/10/2014	1675.0	1672.2	46.6	41.1	155.6	96.1
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pork Crackling	18	111	0.3	0	8.7	8.2
Pork Crackling	18	111	0.3	0	8.7	8.2
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Pickled Onion	50	17	3.5	1	0.5	0.1
Brie	50	86	9.9	0.1	8.5	15
Pepperami	25	126	0.6	0	6.1	11
Faggots	220	191	22	2	13	4.8
DAY TOTAL 03/10/2014	1146.0	1428.0	49.3	11.7	95.0	108.2
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7

Costa Caffe Latte BIG	560	274	20.6	20.1	14.3	15.2
Philadelphia	100	245	3.2	3.2	5.8	23
Celery	100	10	0.9	0.9	0.5	0.2
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
Ceaser Sauce	50	162	2.3	1.9	1.2	16
DAY TOTAL 04/10/2014	1572.0	1552.0	37.8	36.1	113.9	104.8
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Celery	100	10	0.9	0.9	0.5	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Brussel Sprouts	120	54	3.3	2.85	4.2	1.5
Pork Steak	130	273	0	0	44.7	10.2
Broccoli	150	57	2.7	2.2	6.6	1.3
Courgettes	250	45	4.5	4.2	4.5	1
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
DAY TOTAL 05/10/2014	1740.0	1600.0	26.0	20.6	135.3	104.5
Pork Steak	130	273	0	0	44.7	10.2
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Pork Crackling	18	111	0.3	0	8.7	8.2
Pork Crackling	18	111	0.3	0	8.7	8.2
Pork Crackling	18	111	0.3	0	8.7	8.2
Pork Crackling	18	111	0.3	0	8.7	8.2
Laughing Cow Triangle	52.5	126	3.3	3.3	5.7	9.9
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 06/10/2014	596.5	1224.0	11.5	10.1	112.1	80.4

Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Herring in Mango	200	396	6.8	5.6	25	29.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	80	9	1.2	1.1	0.6	0
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
DAY TOTAL 07/10/2014	1240.0	1497.0	20.5	15.3	111.7	106.8

Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Herring in Mango	200	396	6.8	5.6	25	29.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	80	9	1.2	1.1	0.6	0
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Chicken Breast	125	138	0	0	29	2.2
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2
DAY TOTAL 08/10/2014	1045.0	1541.0	10.6	8.0	128.0	109.8

Chicken Drumstick Net	57	116	0	0	14.4	6.1
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Costa Caffe Latte BIG	560	274	20.6	20.1	14.3	15.2
Costa Caffe Latte BIG	560	274	20.6	20.1	14.3	15.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	80	9	1.2	1.1	0.6	0
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Broccoli	150	57	2.7	2.2	6.6	1.3
Chicken Breast	125	138	0	0	29	2.2
Pork Steak	130	273	0	0	44.7	10.2
Courgettes	250	45	4.5	4.2	4.5	1
Peas	50	40	4.8	1.3	3	0.4
DAY TOTAL 09/10/2014	2092.0	1730.0	55.3	49.7	160.1	96.9

Cucumber	80	9	1.2	1.1	0.6	0
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
Cucumber	80	9	1.2	1.1	0.6	0

Mayonnaise	30	216	0.45	0.3	0.33	23.7
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Dry Roasted Peanuts	80	456	8.8	4.2	22.8	36.8
DAY TOTAL 10/10/2014	850.0	1602.0	12.3	7.2	154.9	103.8

Coleslaw	200	328	13.2	12.2	2.6	29.6
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4

Coleslaw	100	164	6.6	6.1	1.3	14.8
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
Chicken Drumstick Net	57	116	0	0	14.4	6.1
Pork Crackling	18	111	0.3	0	8.7	8.2
Pork Crackling	18	111	0.3	0	8.7	8.2

Broccoli	150	57	2.7	2.2	6.6	1.3
Lamb Steak	100	150	0	0	23.5	5.2
Lamb Steak	100	150	0	0	23.5	5.2
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Cabbage	150	48	6.2	6	2.5	0.6
Brown Onion	100	41	7.9	5.6	1.2	0.2
Cream	30	140	0.5	0.5	0.5	15.2
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Dry Roasted Peanuts	80	456	8.8	4.2	22.8	36.8
DAY TOTAL 11/10/2014	1388.0	2244.0	64.3	45.9	137.1	155.5

Total Greek Yoghurt	170	163.2	6.5	6.5	15.3	8.5
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Sri Lanken Chicken	600	390	24	13.2	19.8	21
Cucumber	80	9	1.2	1.1	0.6	0
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Dry Roasted Peanuts	80	456	8.8	4.2	22.8	36.8

3 Fried Eggs	195	279	0.3	0	25.5	21
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Mushrooms	100	16	0.4	0.2	1.8	0.5
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
DAY TOTAL 12/10/2014	1425.0	1967.2	42.5	26.3	117.9	146.3

Mayonnaise	30	216	0.45	0.3	0.33	23.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8

Herring in Mango	200	396	6.8	5.6	25	29.8
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Mayonnaise	30	216	0.45	0.3	0.33	23.7
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Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Dry Roasted Peanuts	80	456	8.8	4.2	22.8	36.8
Dry Roasted Peanuts	80	456	8.8	4.2	22.8	36.8
DAY TOTAL 13/10/2014	520.0	2028.0	25.7	15.0	99.7	172.4

Mayonnaise	30	216	0.45	0.3	0.33	23.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8

Herring in Mango	200	396	6.8	5.6	25	29.8
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Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Coleslaw	50	82	3.3	3	0.6	7.4
Pepperami	25	126	0.6	0	6.1	11

Chicken Drumstick Net	57	116	0	0	14.4	6.1
Chicken Drumstick Net	57	116	0	0	14.4	6.1
Chicken Drumstick Net	57	116	0	0	14.4	6.1
Broccoli	150	57	2.7	2.2	6.6	1.3
Courgettes	250	45	4.5	4.2	4.5	1
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
DAY TOTAL 14/10/2014	1076.0	1585.0	23.5	17.8	116.4	114.2

Mayonnaise	30	216	0.45	0.3	0.33	23.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8

Herring in Mango	200	396	6.8	5.6	25	29.8
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Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Coleslaw	50	82	3.3	3	0.6	7.4

Pork Steak	130	273	0	0	44.7	10.2
Broccoli	150	57	2.7	2.2	6.6	1.3
Courgettes	250	45	4.5	4.2	4.5	1
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Mayonnaise	30	216	0.45	0.3	0.33	23.7
DAY TOTAL 15/10/2014	1040.0	1600.0	23.3	18.1	112.2	118.8

Mayonnaise	30	216	0.45	0.3	0.33	23.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8

Herring in Mango	200	396	6.8	5.6	25	29.8
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Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Coleslaw	50	82	3.3	3	0.6	7.4
Brussels Pate	40	145	1.7	1.2	3.6	13.3
Cucumber	40	4.5	0.6	0.6	0.3	0
Cucumber	40	4.5	0.6	0.6	0.3	0
DAY TOTAL 16/10/2014	500.0	1136.0	13.9	11.7	58.5	95.8

Meatballs	107	225	4.8	1.2	23.4	12.1
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Mayonnaise	30	216	0.45	0.3	0.33	23.7
Nandos 10 Wings	236	630	0.2	0	72.6	37.5
Brie	25	43	4.9	0.1	4.3	7.5
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Pepperami	25	126	0.6	0	6.1	11
DAY TOTAL 17/10/2014	458.0	1282.0	11.4	1.7	114.3	93.0
Brie	25	43	4.9	0.1	4.3	7.5
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Nandos 10 Wings	236	630	0.2	0	72.6	37.5
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Coleslaw	50	82	3.3	3	0.6	7.4
Garlic Mushrooms	985	322	38	16.7	25.1	5.3
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 18/10/2014	1416.0	1305.0	47.4	20.2	132.0	70.9
Garlic Mushrooms	493	161	19	8.3	12.5	2.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Coleslaw	50	82	3.3	3	0.6	7.4
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Coleslaw	50	82	3.3	3	0.6	7.4
Brie	25	43	4.9	0.1	4.3	7.5
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Broccoli	150	57	2.7	2.2	6.6	1.3
Lamb Steak	100	150	0	0	23.5	5.2
Lamb Steak	100	150	0	0	23.5	5.2
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Cabbage	150	48	6.2	6	2.5	0.6
DAY TOTAL 19/10/2014	1488.0	1199.0	50.0	27.4	121.1	61.5
Chicken Jalfrezi	400	428	13.2	11.6	39	21.4
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Chicken Breast	125	138	0	0	29	2.2
Rump Steak	430	610	0	0	162	14.4
Tomatoes	60	12	1.9	1.9	0.4	0.2
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1

DAY TOTAL 20/10/2014	1822.0	1773.0	53.1	43.5	250.8	76.1
3 Jimmys Sausages	180	441	0.9	0.9	26.4	36
Mushrooms	100	16	0.4	0.2	1.8	0.5
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Coleslaw	50	82	3.3	3	0.6	7.4
Brie	25	43	4.9	0.1	4.3	7.5
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli	150	57	2.7	2.2	6.6	1.3
Lamb Steak	100	150	0	0	23.5	5.2
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Cabbage	150	48	6.2	6	2.5	0.6
DAY TOTAL 21/10/2014	1675.0	1491.0	48.0	29.4	107.3	98.2
3 Jimmys Sausages	180	441	0.9	0.9	26.4	36
Mushrooms	100	16	0.4	0.2	1.8	0.5
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Coleslaw	50	82	3.3	3	0.6	7.4
Brie	25	43	4.9	0.1	4.3	7.5
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Almonds	50	314	3.4	2.2	10.6	28
Chicken Breast	125	138	0	0	29	2.2
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
Cabbage	150	48	6.2	6	2.5	0.6
DAY TOTAL 22/10/2014	1385.0	2387.0	24.4	14.8	277.5	135.1
3 Jimmys Sausages	180	441	0.9	0.9	26.4	36
Mushrooms	100	16	0.4	0.2	1.8	0.5
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Coleslaw	50	82	3.3	3	0.6	7.4
Brie	25	43	4.9	0.1	4.3	7.5
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Almonds	50	314	3.4	2.2	10.6	28
Chicken Breast	125	138	0	0	29	2.2
Prawns	225	180	0	0	40.2	1.8
Rump Steak	430	610	0	0	162	14.4

Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
DAY TOTAL 23/10/2014	1502.0	2100.0	20.0	13.0	300.6	114.5

3 Jimmys Sausages	180	441	0.9	0.9	26.4	36
Mushrooms	100	16	0.4	0.2	1.8	0.5
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Coleslaw	50	82	3.3	3	0.6	7.4
Brie	25	43	4.9	0.1	4.3	7.5
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8

Brie	50	86	9.8	0.2	8.6	15
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
DAY TOTAL 24/10/2014	575.0	1040.0	20.5	5.0	85.3	90.4

1 Boiled Egg	65	92	0.1	0	8.4	7
1 Boiled Egg	65	92	0.1	0	8.4	7
1 Boiled Egg	65	92	0.1	0	8.4	7

Tzatziki	200	24	10.8	5.2	4.6	8.6
Brie	50	86	9.8	0.2	8.6	15
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2

Nandos 10 Wings	236	630	0.2	0	72.6	37.5
Nandos 10 Wings	236	630	0.2	0	72.6	37.5
Nandos 5 Wings	118	325	0.1	0	36.3	18.8
DAY TOTAL 25/10/2014	1685.0	2355.0	33.0	13.4	247.3	163.6

1 Boiled Egg	65	92	0.1	0	8.4	7
1 Boiled Egg	65	92	0.1	0	8.4	7

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2

2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Coleslaw	50	82	3.3	3	0.6	7.4
Coleslaw	50	82	3.3	3	0.6	7.4
Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
Cabbage	150	48	6.2	6	2.5	0.6
Brussel Sprouts	120	54	3.3	2.85	4.2	1.5
DAY TOTAL 26/10/2014	1445.0	1422.0	28.3	23.0	149.1	77.7

Pork Steak	65	137	0	0	22.3	5.1
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1 Boiled Egg	65	92	0.1	0	8.4	7
1 Boiled Egg	65	92	0.1	0	8.4	7
Herring in Mango	200	396	6.8	5.6	25	29.8
Pork Steak	65	137	0	0	22.3	5.1
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Coleslaw	50	82	3.3	3	0.6	7.4
Coleslaw	50	82	3.3	3	0.6	7.4
4 Pork Faggots	439	610	52.6	5.4	26.6	31.8
DAY TOTAL 27/10/2014	1099.0	2060.0	75.3	22.1	125.3	138.6
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Pork Steak	65	137	0	0	22.3	5.1
Lamb Steak	100	150	0	0	23.5	5.2
1 Boiled Egg	65	92	0.1	0	8.4	7
Mushrooms	100	16	0.4	0.2	1.8	0.5
Chicken Breast	125	138	0	0	29	2.2
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
DAY TOTAL 28/10/2014	1635.0	1010.0	51.8	43.1	124.4	33.4
4 Back Bacon Rashers	200	199	0.1	0.1	16.2	13.2
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Mushrooms	200	32	0.8	0.4	3.6	1
2 Eggs	130	186	0.2	0	17	14
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Mushrooms	200	32	0.8	0.4	3.6	1
Chicken Breast	125	138	0	0	29	2.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
DAY TOTAL 29/10/2014	1915.0	1526.0	34.4	27.2	123.4	97.8
3 Jimmys Sausages	180	441	0.9	0.9	26.4	36
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Itsu Salmon Tuna Tartare	145	175	3.8	3.8	17.4	9.7
Itsu Miso Soup	300	108	11.5	6	5.2	4.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Cauliflower Cheese Soup	600	438	17.4	17.4	24.6	28.2

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 30/10/2014	1415.0	1813.0	34.8	29.1	111.1	135.4
1 Boiled Egg	65	92	0.1	0	8.4	7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Sri Lanken Chicken	600	390	24	13.2	19.8	21
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Coleslaw	200	328	13.2	12.2	2.6	29.6
Coleslaw	50	82	3.3	3	0.6	7.4
Coleslaw	25	41	1.6	1.5	0.3	3.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Cockles	100	82	4.1	0	13.8	1
DAY TOTAL 31/10/2014	1765.0	1726.0	73.1	52.0	97.1	116.9
Cheese Coleslaw	100	246	6.5	5.6	3.8	22.4
Cheese Coleslaw	100	246	6.5	5.6	3.8	22.4
Cheese Coleslaw	100	246	6.5	5.6	3.8	22.4
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Nandos 10 Wings	236	630	0.2	0	72.6	37.5
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
River Cobbler	265	239	0	0	46.2	5
DAY TOTAL 1/11/2014	886.0	1925.0	28.1	21.7	147.6	133.6
3 Jimmys Sausages	180	441	0.9	0.9	26.4	36
Mushrooms	100	16	0.4	0.2	1.8	0.5
1 Boiled Egg	65	92	0.1	0	8.4	7
1 Boiled Egg	65	92	0.1	0	8.4	7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pork Steak	130	273	0	0	44.7	10.2
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
Tzatziki	50	60	2.7	2.6	2.3	4.3
Tzatziki	50	60	2.7	2.6	2.3	4.3
DAY TOTAL 2/11/2014	990.0	1325.0	20.4	13.2	119.6	82.4
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Laughing Cow Triangle	52.5	126	3.3	3.3	5.7	9.9
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0

Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Rump Steak	215	305	0	0	81	7.2
Garlic Butter	50	345	2	2	0.5	35
Brie	100	172	1.9	0.3	17	30.1
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 3/11/2014	1344.5	1533.0	40.0	33.7	159.4	110.4
4 Back Bacon Rashers	200	199	0.1	0.1	16.2	13.2
Mushrooms	200	32	0.8	0.4	3.6	1
2 Eggs	130	186	0.2	0	17	14
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 4/11/2014	1295.0	1203.0	13.8	9.1	86.3	89.1
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Herring in Mango	200	396	6.8	5.6	25	29.8
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Coleslaw	50	82	3.3	3	0.6	7.4
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
DAY TOTAL 5/11/2014	935.0	1231.0	24.2	15.8	130.7	66.7
1 Boiled Egg	65	92	0.1	0	8.4	7
1 Boiled Egg	65	92	0.1	0	8.4	7
1 Boiled Egg	65	92	0.1	0	8.4	7
Herring in Mango	200	396	6.8	5.6	25	29.8
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Battered Fish	250	522	42.2	4	28.6	26
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
DAY TOTAL 6/11/2014	1290.0	1545.0	75.4	31.2	115.9	89.5
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4

Chicken Breast	125	138	0	0	29	2.2
Herring in Mango	200	396	6.8	5.6	25	29.8
Costa Caffè Latte BIG	560	165	25.5	21.3	15.3	0.7
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Chicken Jalfrezi	400	428	13.2	11.6	39	21.4
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Onion Bhaji	100	230	27.5	2.2	6.1	9.6
DAY TOTAL 7/11/2014	1525.0	1831.0	74.2	41.4	143.6	104.8
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
DAY TOTAL 8/11/2014	1435.0	1374.0	40.5	25.8	69.0	101.5
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Costa Caffè Latte BIG	560	165	25.5	21.3	15.3	0.7
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Pork Steak	130	273	0	0	44.7	10.2
Chicken Breast	125	138	0	0	29	2.2
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Brussel Sprouts	120	54	3.3	2.85	4.2	1.5
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Mayonnaise	30	216	0.45	0.3	0.33	23.7
DAY TOTAL 9/11/2014	1715.0	1803.0	59.7	40.5	145.8	106.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Costa Caffè Latte BIG	560	165	25.5	21.3	15.3	0.7
Herring in Mango	200	396	6.8	5.6	25	29.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8

Sri Lanken Chicken	600	390	24	13.2	19.8	21
Coleslaw	50	82	3.3	3	0.6	7.4
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
DAY TOTAL 10/11/2014	1605.0	1510.0	60.7	43.9	105.5	93.7
Coleslaw	50	82	3.3	3	0.6	7.4
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Chicken Jalfrezi	400	428	13.2	11.6	39	21.4
Brussel Sprouts	120	54	3.3	2.85	4.2	1.5
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Coleslaw	50	82	3.3	3	0.6	7.4
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Mayonnaise	30	216	0.45	0.3	0.33	23.7
DAY TOTAL 11/11/2014	1120.0	1546.0	53.8	35.0	92.9	99.3
4 Eggs	260	372	0.4	0	34	28
Herring in Mango	200	396	6.8	5.6	25	29.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Coleslaw	50	82	3.3	3	0.6	7.4
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Broccoli	150	57	2.7	2.2	6.6	1.3
Lamb Steak	100	150	0	0	23.5	5.2
Lamb Steak	100	150	0	0	23.5	5.2
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Gravy	100	26	4.2	1.6	0	1
DAY TOTAL 12/11/2014	1245.0	1653.0	28.8	17.4	153.7	101.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Pork Crackling	45	278	0.7	0.1	21.9	20.6
Pork Crackling	18	111	0.3	0	8.7	8.2
Costa Caffè Latte BIG	560	165	25.5	21.3	15.3	0.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12

2 Back Bacon Rashers	100	100	0.1	0.1	8.1	6.6
Mushrooms	100	16	0.4	0.2	1.8	0.5
Tomatoes	60	12	1.9	1.9	0.4	0.2
Brown Onion	100	41	7.9	5.6	1.2	0.2
DAY TOTAL 13/11/2014	1463.0	1650.0	46.1	34.7	163.4	89.3
Brie	50	86	9.9	0.1	8.5	15
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Branston Pickle	50	56	13	12	0.4	0.2
Pepperami	25	126	0.6	0	6.1	11
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 14/11/2014	870.0	1039.0	57.8	38.7	76.1	72.4
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Sri Lanken Chicken	600	390	24	13.2	19.8	21
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Coleslaw	50	82	3.3	3	0.6	7.4
Coleslaw	50	82	3.3	3	0.6	7.4
Beef Bolognese	392.5	252.4	16.5	14.6	29.1	7.3
Mixed Vegetables	100	60	7.3	3	3.1	0.7
Cheddar Cheese	40	166	0.1	0.1	10.2	14
Ceaser Sauce	50	162	2.3	1.9	1.2	16
DAY TOTAL 15/11/2014	1367.5	1380.4	57.4	39.1	86.4	85.8
4 Eggs	260	372	0.4	0	34	28
Cream	30	140	0.5	0.5	0.5	15.2
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Coleslaw	200	328	13.2	12.2	2.6	29.6
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
DAY TOTAL 16/11/2014	1175.0	1266.0	26.1	20.8	72.1	99.2
4 Eggs	260	372	0.4	0	34	28
Cream	30	140	0.5	0.5	0.5	15.2
Almonds	50	314	3.4	2.2	10.6	28
Almonds	50	314	3.4	2.2	10.6	28

Nandos 10 Wings	236	630	0.2	0	72.6	37.5
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
DAY TOTAL 17/11/2014	1143.0	2310.0	22.6	15.9	193.4	158.9

4 Back Bacon Rashers	200	199	0.1	0.1	16.2	13.2
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Mushrooms	200	32	0.8	0.4	3.6	1
2 Eggs	130	186	0.2	0	17	14

Mushrooms	50	8	0.2	0.1	0.9	0.3
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
4 Back Bacon Rashers	200	199	0.1	0.1	16.2	13.2
Pork Steak	130	273	0	0	44.7	10.2
Rump Steak	215	305	0	0	81	7.2
Lamb Steak	100	150	0	0	23.5	5.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
DAY TOTAL 18/11/2014	1470.0	2183.0	11.0	6.6	233.0	137.1

4 Back Bacon Rashers	200	199	0.1	0.1	16.2	13.2
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Mushrooms	200	32	0.8	0.4	3.6	1
2 Eggs	130	186	0.2	0	17	14

Pepperami	25	126	0.6	0	6.1	11
Pepperami	25	126	0.6	0	6.1	11
3 Baby Bel	60	183	0	0	13.2	14.3

2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Coleslaw	50	82	3.3	3	0.6	7.4
DAY TOTAL 19/11/2014	845.0	1270.0	6.6	4.2	88.0	97.1

Pork Steak	130	273	0	0	44.7	10.2
Mushrooms	200	32	0.8	0.4	3.6	1
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
2 Back Bacon Rashers	100	100	0.1	0.1	8.1	6.6
Mayonnaise	30	216	0.45	0.3	0.33	23.7

Herring in Mango	200	396	6.8	5.6	25	29.8
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3 Baby Bel	60	183	0	0	13.2	14.3
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2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Coleslaw	50	82	3.3	3	0.6	7.4
Pork Crackling	18	111	0.3	0	8.7	8.2
DAY TOTAL 20/11/2014	1123.0	1582.0	25.5	16.2	122.9	104.7

Meatballs	107	225	4.8	1.2	23.4	12.1
Coleslaw	50	82	3.3	3	0.6	7.4
Brie	25	43	4.9	0.1	4.3	7.5

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pork Crackling	18	111	0.3	0	8.7	8.2
Costa Caffè Latte BIG	560	165	25.5	21.3	15.3	0.7

Sri Lanken Chicken	600	390	24	13.2	19.8	21
Broccoli	150	57	2.7	2.2	6.6	1.3
Brussel Sprouts	120	54	3.3	2.85	4.2	1.5
Mayonnaise	30	216	0.45	0.3	0.33	23.7
DAY TOTAL 21/11/2014	1710.0	1487.0	69.5	44.4	97.4	94.2

Aubergine	100	16	2.2	2	0.9	0.4
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tomatoes	60	12	1.9	1.9	0.4	0.2
Courgettes	125	22.5	2.2	2.1	2.2	0.5
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Chopped Tomatoes	100	22	3.5	3.3	1.1	0.4

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Coleslaw	100	164	6.6	6	1.2	14.8
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Mayonnaise	30	216	0.45	0.3	0.33	23.7

DAY TOTAL 22/11/2014	880.0	1232.5	20.4	18.8	74.3	97.8
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1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
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Aubergine	100	16	2.2	2	0.9	0.4
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tomatoes	60	12	1.9	1.9	0.4	0.2
Courgettes	125	22.5	2.2	2.1	2.2	0.5
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Chopped Tomatoes	100	22	3.5	3.3	1.1	0.4
Mayonnaise	30	216	0.45	0.3	0.33	23.7

Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
Chicken Breast	125	138	0	0	29	2.2

Chicken Breast	125	138	0	0	29	2.2
Courgettes	125	22.5	2.2	2.1	2.2	0.5
DAY TOTAL 23/11/2014	1310.0	1181.0	28.4	21.0	113.8	66.2
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Herring in Mango	200	396	6.8	5.6	25	29.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
Courgettes	125	22.5	2.2	2.1	2.2	0.5
DAY TOTAL 24/11/2014	1075.0	1495.5	23.6	15.5	128.4	95.5
Chicken Breast	125	138	0	0	29	2.2
Herring in Mango	200	396	6.8	5.6	25	29.8
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Chicken Drumstick Net	57	116	0	0	14.4	6.1
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2
DAY TOTAL 25/11/2014	1302.0	1321.0	34.5	27.9	98.7	88.5
3 Chicken drumsticks	171	315	0	0	39.3	16.2
Chicken Drumstick Net	57	116	0	0	14.4	6.1
Herring in Mango	200	396	6.8	5.6	25	29.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Pepperami	25	126	0.6	0	6.1	11
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2
DAY TOTAL 26/11/2014	1093.0	1605.0	11.1	7.1	100.3	128.0
Venison Meatballs	180	261	5	0.6	38	9
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
Broccoli	75	28	1.4	1.1	3.3	0.65

Mustard Crackling	50	293	0.9	0.3	26.2	20.6
Pork Crackling	18	111	0.3	0	8.7	8.2
Coleslaw	200	328	13.2	12.2	2.6	29.6
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
DAY TOTAL 27/11/2014	903.0	1528.0	34.8	21.4	104.4	104.9
Nandos 10 Wings	236	630	0.2	0	72.6	37.5
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Beef Bolognese	392.5	252.4	16.5	14.6	29.1	7.3
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 28/11/2014	1368.5	1695.4	43.2	36.8	160.0	101.6
Beef Bolognese	392.5	252.4	16.5	14.6	29.1	7.3
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2
Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
Chicken Breast	125	138	0	0	29	2.2
Mushrooms	200	32	0.8	0.4	3.6	1
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
Venison Burgers (2)	200	226	5.6	2	34	7.4
DAY TOTAL 29/11/2014	1757.5	1487.4	37.7	24.2	196.7	55.8
Nandos 10 Wings	236	630	0.2	0	72.6	37.5
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Sky Protein Shake	330	182	13.5	11.6	26.4	2.3
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Chicken Drumstick Net	57	116	0	0	14.4	6.1
Chicken Drumstick Net	57	116	0	0	14.4	6.1
DAY TOTAL 30/11/2014	1465.0	1890.0	33.9	24.7	186.8	111.9
Chicken Drumstick Net	57	116	0	0	14.4	6.1
Chicken Drumstick Net	57	116	0	0	14.4	6.1

Chicken Drumstick Net	57	116	0	0	14.4	6.1
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Egg Mayonnaise	270	329.4	11.3	2.2	25.6	19.7
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
DAY TOTAL 1/12/2014	2276.0	1776.4	52.3	32.9	120.4	119.2

Chicken Drumstick Net	57	116	0	0	14.4	6.1
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Pork Crackling	18	111	0.3	0	8.7	8.2
Pork Crackling	18	111	0.3	0	8.7	8.2
Pork Crackling	18	111	0.3	0	8.7	8.2
Pork Crackling	18	111	0.3	0	8.7	8.2
Pork Steak	130	273	0	0	44.7	10.2
Mushrooms	200	32	0.8	0.4	3.6	1
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
DAY TOTAL 2/12/2014	824.0	1270.0	16.2	7.5	116.5	77.3

4 Eggs	260	372	0.4	0	34	28
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Prawn Cocktail	200	604	6.4	4.8	18.8	55.8
Coleslaw	50	82	3.3	3	0.6	7.4
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
DAY TOTAL 3/12/2014	1745.0	1790.0	62.2	51.0	106.1	128.3

4 Eggs	260	372	0.4	0	34	28
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Coleslaw	50	82	3.3	3	0.6	7.4
Coleslaw	50	82	3.3	3	0.6	7.4
2 Slices Ham	35	42	0.4	0.1	7.6	1.2

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Chicken Jalfrezi	400	428	13.2	11.6	39	21.4
Mayonnaise	30	216	0.45	0.3	0.33	23.7
DAY TOTAL 4/12/2014	1435.0	1531.0	46.8	39.5	111.6	100.6
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Costa Caffè Latte BIG	560	165	25.5	21.3	15.3	0.7
Almonds	50	314	3.4	2.2	10.6	28
Almonds	50	314	3.4	2.2	10.6	28
Coleslaw	50	82	3.3	3	0.6	7.4
4 Slices Ham	70	84	0.8	0.2	15.2	2.4
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Peas	50	40	4.8	1.3	3	0.4
Salmon	152	335	5.3	2.6	18.7	26
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 5/12/2014	1282.0	1937.0	52.0	35.7	132.5	136.2
4 Back Bacon Rashers	200	199	0.1	0.1	16.2	13.2
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Mushrooms	200	32	0.8	0.4	3.6	1
2 Eggs	130	186	0.2	0	17	14
Costa Caffè Latte BIG	560	165	25.5	21.3	15.3	0.7
Coleslaw	50	82	3.3	3	0.6	7.4
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Red Thai Curry Soup	600	354	21.6	12.6	16.8	19.8
DAY TOTAL 6/12/2014	1975.0	1714.0	53.2	38.6	109.2	115.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Coleslaw	200	328	13.2	12.2	2.6	29.6
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Mixed Vegetables	150	90	10.6	4.5	4.5	1

DAY TOTAL 7/12/2014	1460.0	1582.0	46.2	29.4	142.6	88.0
Pork Steak	130	273	0	0	44.7	10.2
Mackeral	125	258	5.3	5	17	18.7
Coleslaw	50	82	3.3	3	0.6	7.4
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Coleslaw	50	82	3.3	3	0.6	7.4
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Chicken Jalfrezi	400	428	13.2	11.6	39	21.4
DAY TOTAL 8/12/2014	820.0	1381.0	26.0	23.0	109.8	90.0
Pork Steak	130	273	0	0	44.7	10.2
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Mackeral	125	258	5.3	5	17	18.7
Coleslaw	50	82	3.3	3	0.6	7.4
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 9/12/2014	1100.0	1330.0	21.1	16.6	120.3	85.5
Pork Steak	130	273	0	0	44.7	10.2
Mackeral	125	258	5.3	5	17	18.7
Coleslaw	50	82	3.3	3	0.6	7.4
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Coleslaw	50	82	3.3	3	0.6	7.4
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Pork Steak	130	273	0	0	44.7	10.2
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
DAY TOTAL 10/12/2014	615.0	1199.0	13.0	11.5	131.6	68.3
Coleslaw	50	82	3.3	3	0.6	7.4
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mackeral	125	258	5.3	5	17	18.7
Nandos 5 Wings	118	325	0.1	0	36.3	18.8
Brie	100	172	1.9	0.3	17	30.1
Brie	100	172	1.9	0.3	17	30.1
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Whole Green Beans	100	27	4.7	2.1	1.7	0.1

Brussel Sprouts	120	54	3.3	2.85	4.2	1.5
Salmon	152	335	5.3	2.6	18.7	26
DAY TOTAL 11/12/2014	975.0	1716.0	26.3	16.7	135.5	155.5
Coleslaw	50	82	3.3	3	0.6	7.4
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Coleslaw	50	82	3.3	3	0.6	7.4
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
DAY TOTAL 12/12/2014	780.0	557.0	33.1	27.7	45.9	28.7
Coleslaw	50	82	3.3	3	0.6	7.4
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
4 Eggs	260	372	0.4	0	34	28
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
Chicken Breast	125	138	0	0	29	2.2
Mushrooms	200	32	0.8	0.4	3.6	1
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
Venison Burgers (2)	200	226	5.6	2	34	7.4
DAY TOTAL 13/12/2014	1530.0	1873.0	24.2	12.6	237.7	91.5
Coleslaw	50	82	3.3	3	0.6	7.4
Coleslaw	50	82	3.3	3	0.6	7.4
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pork Bolognese	526.3	464.7	21.8	17.3	41.0	22.5
Courgettes	250	45	4.5	4.2	4.5	1
Mayonnaise	60	432	1	0.6	0.6	47.4
DAY TOTAL 14/12/2014	1101.3	1651.7	35.2	28.9	83.6	132.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheese Savoury Coleslaw	250	657	10	5	23.8	57
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Mayonnaise	30	216	0.45	0.3	0.33	23.7

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Black Pudding	50	130	10.9	0.8	5.4	7.2
DAY TOTAL 15/12/2014	990.0	1456.0	47.3	27.8	73.2	110.2
Mushrooms	200	32	0.8	0.4	3.6	1
2 Eggs	130	186	0.2	0	17	14
2 Back Bacon Rashers	100	100	0.1	0.1	8.1	6.6
Black Pudding	50	130	10.9	0.8	5.4	7.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Red Thai Curry Soup	600	354	21.6	12.6	16.8	19.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 16/12/2014	1180.0	1090.0	34.0	14.3	79.3	70.2
Tuna	130	130	0	0	30.4	0.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Pickled Gherkins	75	11.2	2	2	0.6	0.15
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Brie	100	172	1.9	0.3	17	30.1
Red Thai Curry Soup	600	354	21.6	12.6	16.8	19.8
Pork Crackling	18	111	0.3	0	8.7	8.2
Celery	100	10	0.9	0.9	0.5	0.2
DAY TOTAL 17/12/2014	1613.0	1169.2	52.7	37.4	89.6	83.7
Tuna	130	130	0	0	30.4	0.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Pickled Gherkins	75	11.2	2	2	0.6	0.15
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
Chicken Breast	125	138	0	0	29	2.2
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Back Bacon Rasher	50	50	0.1	0.1	4	3.3
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
Laughing Cow Triangle	52.5	126	3.3	3.3	5.7	9.9
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
DAY TOTAL 18/12/2014	1604.5	1451.2	31.7	22.9	158.4	70.7
Brie	100	172	1.9	0.3	17	30.1

Chicken Jalfrezi	400	428	13.2	11.6	39	21.4
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Celery	100	10	0.9	0.9	0.5	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
Tzatziki	50	60	2.7	2.6	2.3	4.3
Brie	100	172	1.9	0.3	17	30.1
DAY TOTAL 19/12/2014	830.0	1118.0	23.8	18.6	78.4	114.1
Half Tuna	65	65	0	0	15.2	0.4
Half Mayonnaise	15	108	0.3	0.2	0.2	11.8
Half Pickled Gherkins	37	5.6	1	1	0.3	0.1
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Celery and Stilton Soup	600	240	20.4	8.4	6.6	13.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Celery	100	10	0.9	0.9	0.5	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
Mayonnaise	30	216	0.45	0.3	0.33	23.7
DAY TOTAL 20/12/2014	997.0	992.6	26.2	13.8	53.8	75.9
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Garlic Mushrooms	985	322	38	16.7	25.1	5.3
Costa Caffè Latte BIG	560	165	25.5	21.3	15.3	0.7
Nandos 10 Wings	236	630	0.2	0	72.6	37.5
Coleslaw	100	164	6.6	6	1.2	14.8
DAY TOTAL 21/12/2014	1931.0	1425.0	70.5	44.2	128.4	69.1
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Celery and Stilton Soup	600	240	20.4	8.4	6.6	13.8
Coleslaw	200	328	13.2	12.2	2.6	29.6
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Pork Crackling	18	111	0.3	0	8.7	8.2
DAY TOTAL 22/12/2014	1483.0	1504.0	48.3	27.9	109.1	94.0
4 Eggs	260	372	0.4	0	34	28
Peanuts	100	615	5.6	5.1	30	51
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8

Coleslaw	100	164	6.6	6.1	1.3	14.8
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Costa Caffè Latte BIG	560	165	25.5	21.3	15.3	0.7
DAY TOTAL 23/12/2014	1105.0	1502.0	38.7	32.8	102.4	106.5
Peanuts	100	615	5.6	5.1	30	51
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Coleslaw	100	164	6.6	6.1	1.3	14.8
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
DAY TOTAL 24/12/2014	915.0	1421.0	24.7	19.6	66.6	115.9
4 Eggs	260	372	0.4	0	34	28
Cream	30	140	0.5	0.5	0.5	15.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
Broccoli	150	57	2.7	2.2	6.6	1.3
Courgettes	250	45	4.5	4.2	4.5	1
Brussel Sprouts	120	54	3.3	2.85	4.2	1.5
Yorkshire Pudding	33	78	12	0.5	3	1.8
2 Stuffing Balls	50	126	19.2	1.8	3	3.8
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
DAY TOTAL 25/12/2014	1498.0	1954.0	52.8	17.6	149.2	125.0
Pork Steak	130	273	0	0	44.7	10.2
Souper Greens and Pesto	600	216	22.2	12	9.6	7.2
Beef Cubes	125	155	0	0	26	5.5
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Peanuts	100	615	5.6	5.1	30	51
DAY TOTAL 26/12/2014	985.0	1475.0	28.3	17.4	110.6	97.6
4 Eggs	260	372	0.4	0	34	28
Cream	30	140	0.5	0.5	0.5	15.2
Souper Greens and Pesto	600	216	22.2	12	9.6	7.2
Beef Cubes	125	155	0	0	26	5.5
Mayonnaise	30	216	0.45	0.3	0.33	23.7

Beef Cubes	125	155	0	0	26	5.5
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Costa Caffè Latte BIG	560	165	25.5	21.3	15.3	0.7
DAY TOTAL 27/12/2014	1760.0	1635.0	49.5	34.4	112.1	109.5

3 Fried Eggs	195	279	0.3	0	25.5	21
Black Pudding	50	130	10.9	0.8	5.4	7.2
Black Pudding	50	130	10.9	0.8	5.4	7.2

Rump Steak	215	305	0	0	81	7.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Costa Caffè Latte BIG	560	165	25.5	21.3	15.3	0.7
2 Stuffing Balls	50	126	19.2	1.8	3	3.8
DAY TOTAL 28/12/2014	1150.0	1351.0	67.3	25.0	135.9	70.8

Rump Steak	107	153	0	0	40.5	3.6
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8

Nandos 10 Wings	236	630	0.2	0	72.6	37.5
Souper Greens and Pesto	200	76	7.4	4	3.2	2.4
Peanuts	100	615	5.6	5.1	30	51
Rump Steak	107	153	0	0	40.5	3.6

Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Souper Greens and Pesto	200	76	7.4	4	3.2	2.4
Souper Greens and Pesto	200	76	7.4	4	3.2	2.4
DAY TOTAL 29/12/2014	1235.0	2097.0	36.4	22.0	210.6	126.8

2 Fried Eggs	130	186	0.2	0	17	14
Mushrooms	50	8	0.2	0.1	0.9	0.3
4 Back Bacon Rashers	200	199	0.1	0.1	16.2	13.2
Tomatoes	60	12	1.9	1.9	0.4	0.2

Souper Greens and Pesto	200	76	7.4	4	3.2	2.4
Souper Greens and Pesto	200	76	7.4	4	3.2	2.4
Souper Greens and Pesto	200	76	7.4	4	3.2	2.4

Costa Caffè Latte BIG	560	165	25.5	21.3	15.3	0.7
Costa Caffè Latte BIG	560	165	25.5	21.3	15.3	0.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Tomatoes	60	12	1.9	1.9	0.4	0.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	40	4.5	0.6	0.6	0.3	0
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
DAY TOTAL 30/12/2014	2425.0	1657.5	87.2	64.6	107.3	94.9

4 Eggs	260	372	0.4	0	34	28
Cream	30	140	0.5	0.5	0.5	15.2

Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2
Mussels	500	260	5.8	2.8	30.4	12.4
Mussels Meat	150	150	9.9	0.1	19.1	3.9
DAY TOTAL 31/12/2014	2430.0	1617.0	55.2	33.2	127.2	100.6

1 Boiled Egg	65	92	0.1	0	8.4	7
Mushrooms	50	8	0.2	0.1	0.9	0.3
3 Back Bacon Rashers	150	150	0.1	0.1	12.1	10.2
Tomatoes	60	12	1.9	1.9	0.4	0.2
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Coleslaw	50	82	3.3	3	0.6	7.4
DAY TOTAL 1/1/2015	1325.0	1463.0	18.7	14.6	93.8	110.3

Nandos 10 Wings	236	630	0.2	0	72.6	37.5
Coleslaw	50	82	3.3	3	0.6	7.4

Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Souper Greens and Pesto	200	76	7.4	4	3.2	2.4

Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Tuna	130	130	0	0	30.4	0.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Pickled Gherkins	75	11.2	2	2	0.6	0.15
Coleslaw	50	82	3.3	3	0.6	7.4
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 2/1/2015	1976.0	1875.2	76.1	59.8	156.3	104.7

Tuna	65	65	0	0	15.2	0.4
Mayonnaise	10	72	0.15	0.1	0.11	7.9
Coleslaw	50	82	3.3	3	0.6	7.4

Tinned Chicken Jalfrezi	400	360	16.4	11.2	43.2	13.6
Mayonnaise	30	216	0.45	0.3	0.33	23.7

Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Coleslaw	50	82	3.3	3	0.6	7.4
Mayonnaise	30	216	0.45	0.3	0.33	23.7
20 Ikea Meatballs	300	633	16.6	20	53.4	43.3
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 3/1/2015	1315.0	2160.0	42.6	38.8	142.7	164.2
Coleslaw	50	82	3.3	3	0.6	7.4
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Sri Lanken Chicken	600	390	24	13.2	19.8	21
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Costa Caffé Latte BIG	560	165	25.5	21.3	15.3	0.7
2 Cod in Butter Sauce	240	256	12	5	25.4	11.6
Broccoli	150	57	2.7	2.2	6.6	1.3
Mayonnaise	60	432	1	0.6	0.6	47.4
Peas	50	40	4.8	1.3	3	0.4
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 4/1/2015	1945.0	1779.0	78.8	49.2	109.0	112.7
4 Eggs	260	372	0.4	0	34	28
Cream	30	140	0.5	0.5	0.5	15.2
Herring in Mango	200	396	6.8	5.6	25	29.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
DAY TOTAL 5/1/2015	1240.0	1985.0	22.3	13.9	160.7	138.2
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Tomatoes	60	12	1.9	1.9	0.4	0.2
Herring in Mango	200	396	6.8	5.6	25	29.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12

Chicken Drumstick Net	57	116	0	0	14.4	6.1
Courgettes	125	22.5	2.2	2.1	2.2	0.5
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
DAY TOTAL 6/1/2015	1252.0	1770.5	25.8	17.7	152.0	113.8
Chicken Drumstick Net	57	116	0	0	14.4	6.1
Chicken Drumstick Net	57	116	0	0	14.4	6.1
Chicken Drumstick Net	57	116	0	0	14.4	6.1
Tomatoes	60	12	1.9	1.9	0.4	0.2
Coley	270	225	0	0	52.4	0.9
Red Thai Curry Soup	600	354	21.6	12.6	16.8	19.8
Cheddar Cheese Light	100	288	0.4	0.4	28.4	21.6
Pepperami	25	126	0.6	0	6.1	11
Mayonnaise	30	216	0.45	0.3	0.33	23.7
DAY TOTAL 7/1/2015	1256.0	1569.0	25.0	15.2	147.6	95.5
4 Eggs	260	372	0.4	0	34	28
Herring in Mango	200	396	6.8	5.6	25	29.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pickled Onion	50	17	3.5	1	0.5	0.1
Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
Mushrooms	200	32	0.8	0.4	3.6	1
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
DAY TOTAL 08/01/2015	1355.0	1828.0	33.2	18.6	181.0	105.5
Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
Red Thai Curry Soup	600	354	21.6	12.6	16.8	19.8
Coleslaw	50	82	3.3	3	0.6	7.4
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Almonds	50	314	3.4	2.2	10.6	28
DAY TOTAL 09/01/2015	1125.0	1611.0	28.7	17.9	169.7	87.0
1 Boiled Egg	65	92	0.1	0	8.4	7
1 Boiled Egg	65	92	0.1	0	8.4	7

1 Boiled Egg	65	92	0.1	0	8.4	7
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
Sri Lanken Chicken	600	390	24	13.2	19.8	21
Costa Caffè Latte BIG	560	165	25.5	21.3	15.3	0.7
Coleslaw	50	82	3.3	3	0.6	7.4
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pork Bolognese	526.3	464.7	21.8	17.3	41.0	22.5
Mozzarella	30	85	0.2	0.2	4.5	7.2
Mozzarella	30	85	0.2	0.2	4.5	7.2
Mozzarella	30	85	0.2	0.2	4.5	7.2
DAY TOTAL 10/01/2015	2156.3	1962.7	76.3	55.9	151.4	117.0
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
Souper Greens and Pesto	600	216	22.2	12	9.6	7.2
Coleslaw	50	82	3.3	3	0.6	7.4
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
DAY TOTAL 11/01/2015	770.0	526.0	26.5	15.4	39.6	27.8
4 Eggs	260	372	0.4	0	34	28
Cream	30	140	0.5	0.5	0.5	15.2
Herring in Mango	200	396	6.8	5.6	25	29.8
Costa Caffè Latte BIG	560	165	25.5	21.3	15.3	0.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Chicken Jalfrezi	400	428	13.2	11.6	39	21.4
Mayonnaise	30	216	0.45	0.3	0.33	23.7
DAY TOTAL 12/01/2015	1530.0	1861.0	47.1	39.5	128.3	129.6
4 Eggs	260	372	0.4	0	34	28
Cream	30	140	0.5	0.5	0.5	15.2
Chicken Breast	125	138	0	0	29	2.2
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Pork Crackling	18	111	0.3	0	8.7	8.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pork Steak	130	273	0	0	44.7	10.2
Venison Meatballs	180	261	5	0.6	38	9

Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
Broccoli	75	28	1.4	1.1	3.3	0.65
DAY TOTAL 13/01/2015	1380.0	1860.0	25.4	13.1	185.4	110.7

Tuna	130	130	0	0	30.4	0.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Pickled Gherkins	75	11.2	2	2	0.6	0.15

Herring in Mango	200	396	6.8	5.6	25	29.8
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Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
Nandos 10 Wings	236	630	0.2	0	72.6	37.5
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2
DAY TOTAL 14/01/2015	1183.0	1619.2	17.5	14.7	133.3	111.9

Nandos 10 Wings	236	630	0.2	0	72.6	37.5
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Herring in Mango	200	396	6.8	5.6	25	29.8
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1

Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
Mayonnaise	15	108	0.2	0.1	0.15	11.8
DAY TOTAL 15/01/2015	2245.0	3949.2	42.9	30.4	317.6	275.3

Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
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2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Coleslaw	50	82	3.3	3	0.6	7.4
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
DAY TOTAL 16/01/2015	1350.0	1204.0	64.0	51.2	56.8	81.3

Rump Steak	430	406	0	0	108	9.6
Garlic Butter	50	345	2	2	0.5	35
Mushrooms	100	16	0.4	0.2	1.8	0.5
Courgettes	63	11.3	1.1	1.1	1.1	0.3

2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Coleslaw	50	82	3.3	3	0.6	7.4

Coleslaw	50	82	3.3	3	0.6	7.4
Pork Crackling	18	111	0.3	0	8.7	8.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Chicken Jalfrezi	400	428	13.2	11.6	39	21.4
DAY TOTAL 17/01/2015	1326.0	2027.3	24.9	21.7	196.6	136.3

2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Coleslaw	50	82	3.3	3	0.6	7.4
Souper Greens and Pesto	600	216	22.2	12	9.6	7.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Broccoli	150	57	2.7	2.2	6.6	1.3
Lamb Steak	100	150	0	0	23.5	5.2
Lamb Steak	100	150	0	0	23.5	5.2
Lamb Steak	100	150	0	0	23.5	5.2
Courgettes	250	45	4.5	4.2	4.5	1
Mayonnaise	60	432	1	0.6	0.6	47.4
Peas	50	40	4.8	1.3	3	0.4
DAY TOTAL 18/01/2015	1575.0	1724.0	39.6	23.9	117.5	116.0

Tuna	130	130	0	0	30.4	0.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Pickled Gherkins	75	11.2	2	2	0.6	0.15
Herring in Mango	200	396	6.8	5.6	25	29.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Broccoli	150	57	2.7	2.2	6.6	1.3
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Tzatziki	50	60	2.7	2.6	2.3	4.3
Tzatziki	50	60	2.7	2.6	2.3	4.3
Venison Meatballs	180	261	5	0.6	38	9
DAY TOTAL 19/01/2015	1145.0	1605.2	32.4	20.6	123.5	108.1

4 Eggs	260	372	0.4	0	34	28
Cream	30	140	0.5	0.5	0.5	15.2
Costa Caffè Latte BIG	560	165	25.5	21.3	15.3	0.7
Herring in Mango	200	396	6.8	5.6	25	29.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Nandos 10 Wings	236	630	0.2	0	72.6	37.5

DAY TOTAL 20/01/2015	1366.0	2063.0	34.1	27.9	161.9	145.7
4 Eggs	260	372	0.4	0	34	28
Cream	30	140	0.5	0.5	0.5	15.2
Black Pudding	50	130	10.9	0.8	5.4	7.2
Brie	100	172	1.9	0.3	17	30.1
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Brie	100	172	1.9	0.3	17	30.1
Cheddar Cheese Light	100	288	0.4	0.4	28.4	21.6
Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
Pickled Gherkins	75	11.2	2	2	0.6	0.15
DAY TOTAL 21/01/2015	1165.0	2251.2	18.3	4.6	245.8	175.0
Mushrooms	200	32	0.8	0.4	3.6	1
2 Eggs	130	186	0.2	0	17	14
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Pork Steak	130	273	0	0	44.7	10.2
Pickled Gherkins	75	11.2	2	2	0.6	0.15
Dry Roasted Peanuts	80	456	8.8	4.2	22.8	36.8
DAY TOTAL 22/01/2015	1215.0	1198.2	23.2	14.4	101.9	76.6
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Chicken Jalfrezi	400	428	13.2	11.6	39	21.4
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
DAY TOTAL 23/01/2015	1250.0	1400.0	26.5	20.5	110.3	94.3
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
4 Eggs	260	372	0.4	0	34	28
Cream	30	140	0.5	0.5	0.5	15.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Almonds	50	314	3.4	2.2	10.6	28
3 Jimmys Sausages	180	441	0.9	0.9	26.4	36

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Brussel Sprouts	120	54	3.3	2.85	4.2	1.5
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Broccoli	150	57	2.7	2.2	6.6	1.3
Mayonnaise	60	432	0.9	0.6	0.7	47.4
DAY TOTAL 24/01/2015	1635.0	2263.0	28.8	19.5	119.7	183.9

3 Jimmys Sausages	180	441	0.9	0.9	26.4	36
Mayonnaise	30	216	0.45	0.3	0.33	23.7

Pork Crackling	18	111	0.3	0	8.7	8.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pepperami	25	126	0.6	0	6.1	11

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cauliflower	200	76	6	5	7.2	1.8
Beef Mince	250.0	630.0	0.0	0.0	46.0	49.6
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Gravy	100	26	4.2	1.6	0	1
DAY TOTAL 25/01/2015	1053.0	2004.0	23.5	12.7	127.6	153.9

4 Eggs	260	372	0.4	0	34	28
Cream	30	140	0.5	0.5	0.5	15.2

Herring in Mango	200	396	6.8	5.6	25	29.8
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Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cauliflower	200	76	6	5	7.2	1.8
Beef Mince	250.0	630.0	0.0	0.0	46.0	49.6
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Gravy	100	26	4.2	1.6	0	1
DAY TOTAL 26/01/2015	1240.0	1874.0	28.7	17.4	131.4	137.2

4 Eggs	260	372	0.4	0	34	28
Cream	30	140	0.5	0.5	0.5	15.2

Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
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Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
Pickled Gherkins	75	11.2	2	2	0.6	0.15
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
Chicken Breast	125	138	0	0	29	2.2
DAY TOTAL 27/01/2015	1672.0	1735.2	34.9	30.1	217.4	81.6

1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
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Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
2 Back Bacon Rashers	100	100	0.1	0.1	8.1	6.6
1 Boiled Egg	65	92	0.1	0	8.4	7
1 Boiled Egg	65	92	0.1	0	8.4	7
Tomatoes	60	12	1.9	1.9	0.4	0.2
Dry Roasted Peanuts	80	456	8.8	4.2	22.8	36.8
Crispy Salad	120	42	7.1	1.4	1.3	0.3
Ceaser Sauce	50	162	2.3	1.9	1.2	16
Brie	100	172	1.9	0.3	17	30.1
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Chicken Breast	125	138	0	0	29	2.2
DAY TOTAL 28/01/2015	975.0	1845.0	23.2	10.7	148.0	150.6
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
2 Back Bacon Rashers	100	100	0.1	0.1	8.1	6.6
1 Boiled Egg	65	92	0.1	0	8.4	7
1 Boiled Egg	65	92	0.1	0	8.4	7
Tomatoes	60	12	1.9	1.9	0.4	0.2
Dry Roasted Peanuts	80	456	8.8	4.2	22.8	36.8
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
Brussel Sprouts	120	54	3.3	2.85	4.2	1.5
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Mayonnaise	60	432	1	0.6	0.6	47.4
DAY TOTAL 29/01/2015	1110.0	1859.0	25.2	14.4	137.3	133.9
Almonds	50	314	3.4	2.2	10.6	28
Red Thai Curry Soup	600	354	21.6	12.6	16.8	19.8
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Coleslaw	200	328	13.2	12.2	2.6	29.6
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
DAY TOTAL 30/01/2015	1050.0	1716.0	47.7	32.5	69.5	137.0
1 Boiled Egg	65	92	0.1	0	8.4	7
1 Boiled Egg	65	92	0.1	0	8.4	7
1 Boiled Egg	65	92	0.1	0	8.4	7
Coleslaw	100	164	6.6	6.1	1.3	14.8
2 Slices Ham	35	42	0.4	0.1	7.6	1.2

Costa Caffè Latte BIG	560	165	25.5	21.3	15.3	0.7
Coleslaw	100	164	6.6	6.1	1.3	14.8
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pork Steak	130	273	0	0	44.7	10.2
Courgettes	250	45	4.5	4.2	4.5	1
Cabbage	150	48	6.2	6	2.5	0.6
Broccoli	150	57	2.7	2.2	6.6	1.3
Mayonnaise	30	216	0.45	0.3	0.33	23.7
DAY TOTAL 31/01/2015	1785.0	1636.0	53.9	46.6	131.1	101.3
Sri Lanken Chicken	600	390	24	13.2	19.8	21
Almonds	50	314	3.4	2.2	10.6	28
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
Courgettes	250	45	4.5	4.2	4.5	1
Cabbage	150	48	6.2	6	2.5	0.6
Broccoli	150	57	2.7	2.2	6.6	1.3
DAY TOTAL 1/02/2015	1640.0	1817.0	41.0	28.0	192.3	93.3
1 Boiled Egg	65	92	0.1	0	8.4	7
1 Boiled Egg	65	92	0.1	0	8.4	7
1 Boiled Egg	65	92	0.1	0	8.4	7
Herring in Mango	200	396	6.8	5.6	25	29.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	80	9	1.2	1.1	0.6	0
Pork Steak	130	273	0	0	44.7	10.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Souper Greens and Pesto	600	216	22.2	12	9.6	7.2
DAY TOTAL 2/02/2015	1285.0	1530.0	31.2	19.2	119.6	102.7
Greek Yoghurt	150	84	4.8	4.8	14.4	0.1
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Herring in Mango	200	396	6.8	5.6	25	29.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	80	9	1.2	1.1	0.6	0
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Sri Lanken Chicken	600	390	24	13.2	19.8	21
DAY TOTAL 3/02/2015	1145.0	1281.0	37.9	25.3	81.9	86.6

4 Eggs	260	372	0.4	0	34	28
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	80	9	1.2	1.1	0.6	0
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Pork Crackling	45	278	0.7	0.1	21.9	20.6
Coley	173	134	0	0	32	0.9
Brussel Sprouts	120	54	3.3	2.85	4.2	1.5
Broccoli	300	114	5.4	4.4	13.2	2.6
DAY TOTAL 4/02/2015	1738.0	1780.0	37.8	30.9	153.3	112.8
Tuna	130	130	0	0	30.4	0.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Pickled Gherkins	75	11.2	2	2	0.6	0.15
Herring in Mango	200	396	6.8	5.6	25	29.8
Pickled Gherkins	75	11.2	2	2	0.6	0.15
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Brie	100	172	1.9	0.3	17	30.1
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2
DAY TOTAL 5/02/2015	940.0	1226.4	14.9	10.9	88.6	110.7
Tuna	130	130	0	0	30.4	0.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Faggots	220	191	22	2	13	4.8
Faggots	220	191	22	2	13	4.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Laughing Cow Triangle	35	84	3.3	2.2	3.8	6.6
Pork Crackling	45	278	0.7	0.1	21.9	20.6
Tinned Jalfrezi	400	380	16.4	5.6	21.6	6.8
DAY TOTAL 6/02/2015	1130.0	1614.0	65.1	12.4	118.2	78.9
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Laughing Cow Triangle	35	84	3.3	2.2	3.8	6.6
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
Prawn Cocktail	200	604	6.4	4.8	18.8	55.8

Aldi Chicken Soup	600	384	19.8	19.8	15	22.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 7/02/2015	1555.0	1771.0	63.7	53.3	91.6	126.0
Black Pudding	150	390	32.7	2.4	16.2	21.6
2 Back Bacon Rashers	100	100	0.1	0.1	8.1	6.6
1 Boiled Egg	65	92	0.1	0	8.4	7
1 Boiled Egg	65	92	0.1	0	8.4	7
1 Boiled Egg	65	92	0.1	0	8.4	7
Tomatoes	60	12	1.9	1.9	0.4	0.2
Sri Lanken Chicken	600	390	24	13.2	19.8	21
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
Courgettes	250	45	4.5	4.2	4.5	1
Cauliflower Cheese	200	192	9.4	4.4	8.2	12.8
DAY TOTAL 8/02/2015	2105.0	1828.0	86.2	32.9	151.5	90.9
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Pork Crackling	45	278	0.7	0.1	21.9	20.6
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
Chicken Breast	125	138	0	0	29	2.2
Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
DAY TOTAL 9/02/2015	1470.0	1691.0	39.7	28.3	225.6	67.2
3 Jimmys Sausages	180	441	0.9	0.9	26.4	36
Mushrooms	100	16	0.4	0.2	1.8	0.5
Tomatoes	60	12	1.9	1.9	0.4	0.2
Black Pudding	50	130	10.9	0.8	5.4	7.2
1 Boiled Egg	65	92	0.1	0	8.4	7
Greek Yoghurt	100	50	3.1	3.1	9.5	0.1
Venison Meatballs	180	261	5	0.6	38	9
Courgettes	250	45	4.5	4.2	4.5	1
Brussel Sprouts	120	54	3.3	2.85	4.2	1.5
DAY TOTAL 10/02/2015	1105.0	1101.0	30.1	14.6	98.6	62.5
Prawn Cocktail	200	604	6.4	4.8	18.8	55.8
Herring in Mango	200	396	6.8	5.6	25	29.8

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Coleslaw	100	164	6.6	6.1	1.3	14.8
Venison Meatballs	180	261	5	0.6	38	9
Gravy	100	26	4.2	1.6	0	1
DAY TOTAL 11/02/2015	860.0	1811.0	29.7	19.2	97.6	144.9
4 Eggs	260	372	0.4	0	34	28
Cream	30	140	0.5	0.5	0.5	15.2
Herring in Mango	200	396	6.8	5.6	25	29.8
Ready Made Sugar Free Jelly	250	6	1	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Venison Meatballs	180	261	5	0.6	38	9
Courgettes	250	45	4.5	4.2	4.5	1
Brussel Sprouts	120	54	3.3	2.85	4.2	1.5
DAY TOTAL 12/02/2015	1400.0	1774.0	22.7	14.8	121.2	134.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Coleslaw	200	328	13.2	12.2	2.6	29.6
Laughing Cow Triangle	52.5	126	3.3	3.3	5.7	9.9
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
Mayonnaise	60	432	1	0.6	0.6	47.4
Peas	50	40	4.8	1.3	3	0.4
Pork Steak	130	273	0	0	44.7	10.2
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Egg	65	93	0.1	0	8.5	7
2 Back Bacon Rashers	100	100	0.1	0.1	8.1	6.6
Black Pudding	50	130	10.9	0.8	5.4	7.2
DAY TOTAL 13/02/2015	1049.5	1903.0	40.4	25.1	105.5	145.8
1 Egg	65	93	0.1	0	8.5	7
2 Back Bacon Rashers	100	100	0.1	0.1	8.1	6.6
Black Pudding	50	130	10.9	0.8	5.4	7.2
1 Egg	65	93	0.1	0	8.5	7
2 Back Bacon Rashers	100	100	0.1	0.1	8.1	6.6
Black Pudding	50	130	10.9	0.8	5.4	7.2
Mushrooms	200	32	0.8	0.4	3.6	1

Coleslaw	200	328	13.2	12.2	2.6	29.6
Beef Bolognese	392.5	252.4	16.5	14.6	29.1	7.3
DAY TOTAL 14/02/2015	1222.5	1258.4	52.7	29.0	79.3	79.5
Tinned Chicken Jalfrezi	400	360	16.4	11.2	43.2	13.6
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Coleslaw	50	82	3.3	3	0.6	7.4
Coleslaw	50	82	3.3	3	0.6	7.4
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Itsu Miso Soup	300	108	11.5	6	5.2	4.2
Itsu Salmon Tuna Tartare	145	175	3.8	3.8	17.4	9.7
1 Boiled Egg	65	92	0.1	0	8.4	7
1 Boiled Egg	65	92	0.1	0	8.4	7
Battered Fish	250	267	9	0.55	22.4	15.2
Battered Fish	250	267	9	0.55	22.4	15.2
DAY TOTAL 15/02/2015	2165.0	1906.0	82.5	49.7	144.2	111.1
Beef Bolognese	392.5	252.4	16.5	14.6	29.1	7.3
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Coleslaw	50	82	3.3	3	0.6	7.4
Coleslaw	50	82	3.3	3	0.6	7.4
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Black Pudding	50	130	10.9	0.8	5.4	7.2
Black Pudding	50	130	10.9	0.8	5.4	7.2
Broccoli	150	57	2.7	2.2	6.6	1.3
Broccoli	150	57	2.7	2.2	6.6	1.3
Chicken Breast	125	138	0	0	29	2.2
Courgettes	250	45	4.5	4.2	4.5	1
DAY TOTAL 16/02/2015	1387.5	1333.4	63.6	35.8	112.8	67.4
4 Eggs	260	372	0.4	0	34	28
Cream	30	140	0.5	0.5	0.5	15.2
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Herring in Mango	200	396	6.8	5.6	25	29.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Chicken Breast	125	138	0	0	29	2.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Coleslaw	50	82	3.3	3	0.6	7.4
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pork Crackling	18	111	0.3	0	8.7	8.2
DAY TOTAL 17/02/2015	883.0	1959.0	20.8	14.6	137.3	150.4

Chicken Drumstick Net	57	116	0	0	14.4	6.1
Chicken Drumstick Net	57	116	0	0	14.4	6.1
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Coleslaw	200	328	13.2	12.2	2.6	29.6
Coleslaw	100	164	6.6	6.1	1.3	14.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Chicken Jalfrezi	400	428	13.2	11.6	39	21.4
DAY TOTAL 18/02/2015	914.0	1440.0	33.4	30.3	100.1	99.6
4 Eggs	260	372	0.4	0	34	28
Cream	30	140	0.5	0.5	0.5	15.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Mackeral	125	258	5.3	5	17	18.7
3 Pepperami	75	378	1.8	0	18.3	33
Chicken Drumstick Net	57	116	0	0	14.4	6.1
Chicken Drumstick Net	57	116	0	0	14.4	6.1
Cauliflower	200	76	6	5	7.2	1.8
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Gravy	100	26	4.2	1.6	0	1
DAY TOTAL 19/02/2015	1104.0	1716.0	29.0	16.8	124.5	121.7
4 Eggs	260	372	0.4	0	34	28
Cream	30	140	0.5	0.5	0.5	15.2
Flapjack (Bike Ride) 100Km	35	163	20.6	10.7	2	7.7
Flapjack (Bike Ride) 100Km	35	163	20.6	10.7	2	7.7
Flapjack (Bike Ride) 100Km	35	163	20.6	10.7	2	7.7
Flapjack (Bike Ride) 100Km	35	163	20.6	10.7	2	7.7
Flapjack (Bike Ride) 100Km	35	163	20.6	10.7	2	7.7
Flapjack (Bike Ride) 100Km	35	163	20.6	10.7	2	7.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Coleslaw	200	328	13.2	12.2	2.6	29.6
DAY TOTAL 20/02/2015	750.0	1962.0	137.9	77.1	63.3	129.8
Nandos 10 Wings	236	630	0.2	0	72.6	37.5
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Brown Onion	50	20	3.9	2.8	0.6	0.1
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Casserole Vegetables	400	80	11.6	9.2	2	0.8

Diced Pork	400	688	2.8	1.6	145.2	14
Gravy	100	26	4.2	1.6	0	1
DAY TOTAL 21/02/2015	1871.0	2002.0	42.5	27.9	251.0	91.7

Nandos 10 Wings	236	630	0.2	0	72.6	37.5
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Brown Onion	50	20	3.9	2.8	0.6	0.1
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Coleslaw	100	164	6.6	6.1	1.3	14.8
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
Cheddar Cheese Light	100	288	0.4	0.4	28.4	21.6

Souper Greens and Pesto	600	216	22.2	12	9.6	7.2
DAY TOTAL 22/02/2015	1403.0	1726.0	48.2	32.5	133.8	109.8

4 Eggs	260	372	0.4	0	34	28
Cream	30	140	0.5	0.5	0.5	15.2
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1

Mackeral	125	258	5.3	5	17	18.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cucumber	80	9	1.2	1.1	0.6	0
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Coleslaw	50	82	3.3	3	0.6	7.4

3 Chicken drumsticks	57	315	0	0	39.3	16.2
Courgettes	250	45	4.5	4.2	4.5	1
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Brussel Sprouts	120	54	3.3	2.85	4.2	1.5
DAY TOTAL 23/02/2015	1292.0	1689.0	36.7	25.9	129.1	113.3

4 Eggs	260	372	0.4	0	34	28
Cream	30	140	0.5	0.5	0.5	15.2

3 Chicken drumsticks	57	315	0	0	39.3	16.2
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Coleslaw	50	82	3.3	3	0.6	7.4
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 24/02/2015	602.0	1389.0	5.4	4.4	113.8	102.8

4 Eggs	260	372	0.4	0	34	28
Cream	30	140	0.5	0.5	0.5	15.2

3 Chicken drumsticks	57	315	0	0	39.3	16.2
Cheddar Cheese Light	100	288	0.4	0.4	28.4	21.6
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Tuna Steak	180	180	0	0	42	1.2
Quarter Pounder Burger	170	490	7	2.4	39.8	33.6
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
DAY TOTAL 25/02/2015	1064.0	2049.0	23.0	14.3	191.1	133.6

3 Chicken drumsticks	57	315	0	0	39.3	16.2
Cheddar Cheese Light	100	288	0.4	0.4	28.4	21.6
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Mackeral	125	258	5.3	5	17	18.7
Creamy Mushrooms	468	268	23.6	12.6	17.6	10.4
Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
DAY TOTAL 26/02/2015	1045.0	1849.0	37.5	22.7	194.9	100.4

4 Eggs	260	372	0.4	0	34	28
Cream	30	140	0.5	0.5	0.5	15.2
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Sri Lanken Chicken	600	390	24	13.2	19.8	21
Coleslaw	200	328	13.2	12.2	2.6	29.6
Coleslaw	50	82	3.3	3	0.6	7.4
Coleslaw	50	82	3.3	3	0.6	7.4
Rump Steak	215	605	0	0	81	7.2
Garlic Butter	50	345	2	2	0.5	35
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
Blueberries	100	57	14	10	0.7	0.3
Cream	30	140	0.5	0.5	0.5	15.2
DAY TOTAL 27/02/2015	1645.0	2787.0	69.5	49.2	151.1	184.8

2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Red Thai Curry Soup	600	354	21.6	12.6	16.8	19.8
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
Cabbage	150	48	6.2	6	2.5	0.6

Beef Cubes	125	155	0	0	26	5.5
Mushrooms	100	16	0.4	0.2	1.8	0.5
Chicken Breast	125	138	0	0	29	2.2
DAY TOTAL 28/02/2015	1645.0	1497.0	38.2	23.3	190.7	61.2

2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8

Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Red Thai Curry Soup	600	354	21.6	12.6	16.8	19.8

3 Fried Eggs	195	279	0.3	0	25.5	21
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Mushrooms	100	16	0.4	0.2	1.8	0.5
Brown Onion	100	41	7.9	5.6	1.2	0.2
Tuna Steak	180	180	0	0	42	1.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 01/03/2015	1990.0	1659.0	57.1	40.8	156.2	90.2

Blueberries	100	57	14	10	0.7	0.3
Cream	30	140	0.5	0.5	0.5	15.2

Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Herring in Mango	200	396	6.8	5.6	25	29.8

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	60	432	1	0.6	0.6	47.4
DAY TOTAL 02/03/2015	1035.0	1376.0	48.4	38.3	63.9	105.4

4 Eggs	260	372	0.4	0	34	28
Cream	30	140	0.5	0.5	0.5	15.2
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1

Mackeral	125	258	5.3	5	17	18.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	60	432	1	0.6	0.6	47.4

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cauliflower	200	76	6	5	7.2	1.8
Pork Steak	130	273	0	0	44.7	10.2
Brussel Sprouts	120	54	3.3	2.85	4.2	1.5
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
DAY TOTAL 03/03/2015	1195.0	2136.0	30.2	21.3	149.1	158.8

2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Coleslaw	100	164	6.6	6.1	1.3	14.8

Mackeral	125	258	5.3	5	17	18.7
Pepperami	25	126	0.6	0	6.1	11
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Lamb Steak	100	150	0	0	23.5	5.2
Lamb Steak	100	150	0	0	23.5	5.2
Mushrooms	100	16	0.4	0.2	1.8	0.5
Brown Onion	100	41	7.9	5.6	1.2	0.2
DAY TOTAL 04/03/2015	750.0	1337.0	29.9	22.0	85.5	93.6
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Mackeral	125	258	5.3	5	17	18.7
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Coleslaw	50	82	3.3	3.1	0.6	7.4
Pork Crackling	18	111	0.3	0	8.7	8.2
Pistachio	100	615	12.3	7.6	26	49.3
Pistachio	100	615	12.3	7.6	26	49.3
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pork Crackling	18	111	0.3	0	8.7	8.2
DAY TOTAL 05/03/2015	1136.0	2503.0	60.6	45.4	138.6	188.3
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
4 Eggs	260	372	0.4	0	34	28
Cream	30	140	0.5	0.5	0.5	15.2
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Chicken Jalfrezi	400	428	13.2	11.6	39	21.4
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Broccoli	150	57	2.7	2.2	6.6	1.3
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
Whole Green Beans	100	27	4.7	2.1	1.7	0.1
DAY TOTAL 06/03/2015	1965.0	2026.0	60.6	45.0	174.5	118.8
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
4 Eggs	260	372	0.4	0	34	28
Cream	30	140	0.5	0.5	0.5	15.2
Cycling Sportive	0	0	0	0	0	0

Nandos 10 Wings	236	630	0.2	0	72.6	37.5
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 07/03/2015	1136.0	1451.0	26.8	22.0	136.6	92.2

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Chicken Jalfrezi	400	428	13.2	11.6	39	21.4

Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Pork Crackling	18	111	0.3	0	8.7	8.2
Pistachio	100	615	12.3	7.6	26	49.3

Brie	100	172	1.9	0.3	17	30.1
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Chicken Jalfrezi	400	428	13.2	11.6	39	21.4
DAY TOTAL 08/03/2015	1188.0	2390.0	57.7	40.9	164.4	178.2

4 Back Bacon Rashers	200	199	0.1	0.1	16.2	13.2
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Mushrooms	200	32	0.8	0.4	3.6	1
2 Eggs	130	186	0.2	0	17	14

Costa Caffe Latte Small	280	82	12.7	10.7	7.6	0.3
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Spag Bog	450	634	52.9	6.7	36.6	29.6
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Courgettes	250	45	4.5	4.2	4.5	1
DAY TOTAL 09/03/2015	1665.0	1514.0	72.2	22.8	110.7	84.3

Butter Croissant	73	266	32	5.7	7.7	11.4
Butter Croissant	73	266	32	5.7	7.7	11.4

Rump Steak	430	610	0	0	162	14.4
Courgettes	125	22.5	2.3	2.1	2.3	0.5
Penne	265	471	88.8	1.6	17.2	3.7

Chicken Breast	125	138	0	0	29	2.2
Quarter Pounder Burger	88	201	3.2	0.4	18.3	14.2
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
DAY TOTAL 10/03/2015	1411.0	2064.5	164.8	21.8	248.1	62.5

Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
4 Eggs	260	372	0.4	0	34	28

Cream	30	140	0.5	0.5	0.5	15.2
Spanish Mussels	110	200	5.4	1.8	13.4	13.6
Coleslaw	50	82	3.3	3	0.6	7.4
Coleslaw	50	82	3.3	3	0.6	7.4
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
DAY TOTAL 11/03/2015	1790.0	1743.0	66.7	47.0	98.6	119.5
Coleslaw	50	82	3.3	3	0.6	7.4
Coleslaw	50	82	3.3	3	0.6	7.4
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
Mackeral	125	258	5.3	5	17	18.7
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Coleslaw	50	82	3.3	3	0.6	7.4
Coleslaw	50	82	3.3	3	0.6	7.4
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
DAY TOTAL 12/03/2015	1497.0	1615.0	51.5	45.0	157.4	87.3
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
Prawn Cocktail	200	604	6.4	4.8	18.8	55.8
Faggots	220	191	22	2	13	4.8
Faggots	220	191	22	2	13	4.8
Faggots	220	191	22	2	13	4.8
Coleslaw	50	82	3.3	3	0.6	7.4
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Guinness Nuts Mix	90	543	7.5	5.1	23.1	44.7
DAY TOTAL 13/03/2015	1090.0	2132.0	84.2	19.4	96.5	152.6
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
2 Eggs	130	186	0.2	0	17	14
Courgettes	125	22.5	2.2	2.1	2.2	0.5

2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
Sri Lanken Chicken	600	390	24	13.2	19.8	21
Rump Steak	430	610	0	0	162	14.4
Garlic Butter	50	345	2	2	0.5	35
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
DAY TOTAL 14/03/2015	1595.0	2321.5	30.2	18.6	248.3	150.0
Cheddar Cheese Light	25	72	0.1	0.1	7.1	5.4
4 Eggs	260	372	0.4	0	34	28
Cream	30	140	0.5	0.5	0.5	15.2
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
Chicken Breast	125	138	0	0	29	2.2
Chicken Breast	125	138	0	0	29	2.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cauliflower	200	76	6	5	7.2	1.8
DAY TOTAL 15/03/2015	1180.0	1485.0	21.4	12.9	140.0	92.8
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Brie	25	43	4.9	0.1	4.3	7.5
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Coleslaw	100	164	6.6	6	1.2	14.8
Thai Green Curry (ALDI)	392	410	18.4	9.2	32	22
DAY TOTAL 16/03/2015	1142.0	1040.0	56.3	37.0	60.7	69.9
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Coleslaw	100	164	6.6	6	1.2	14.8
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Brie	50	86	9.8	0.2	8.6	15
Thai Green Curry (ALDI)	392	410	18.4	9.2	32	22
DAY TOTAL 17/03/2015	1202.0	1257.0	69.4	41.8	68.2	90.5
Brie	25	43	4.9	0.1	4.3	7.5
4 Eggs	260	372	0.4	0	34	28

Cream	30	140	0.5	0.5	0.5	15.2
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Stevia Chocolate	35	174	8.2	4.7	3.15	13.1
Brie	50	86	9.8	0.2	8.6	15
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
DAY TOTAL 18/03/2015	957.0	1709.0	31.2	12.2	151.8	128.8
4 Eggs	260	372	0.4	0	34	28
Cream	30	140	0.5	0.5	0.5	15.2
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Nandos 10 Wings	236	630	0.2	0	72.6	37.5
Herring in Mango	200	396	6.8	5.6	25	29.8
Beef Bolognese	392.5	252.4	16.5	14.6	29.1	7.3
DAY TOTAL 19/03/2015	1238.5	2084.4	25.0	21.3	178.8	141.8
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Beef Bolognese	392.5	252.4	16.5	14.6	29.1	7.3
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
DAY TOTAL 20/03/2015	1652.5	945.4	53.8	44.1	86.0	44.0
4 Eggs	260	372	0.4	0	34	28
Cream	30	140	0.5	0.5	0.5	15.2
Coleslaw	200	328	13.2	12.2	2.6	29.6
1 Boiled Egg	65	92	0.1	0	8.4	7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Guinness Nuts Mix	90	543	7.5	5.1	23.1	44.7
Brie	50	86	9.9	0.1	8.5	15
DAY TOTAL 21/03/2015	780.0	1747.0	32.2	18.2	98.9	151.5
4 Salmon Appetisers	33.3	73.3	0.93	0.4	5.1	5.2
Tomatoes	60	12	1.9	1.9	0.4	0.2

Nandos 10 Wings	236	630	0.2	0	72.6	37.5
Coleslaw	50	82	3.3	3	0.6	7.4
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cauliflower Cheese	600	576	28.2	13.2	24.6	38.4
Pork Steak	130	273	0	0	44.7	10.2
Mixed Vegetables	150	90	10.6	4.5	4.5	1
Broccoli	150	57	2.7	2.2	6.6	1.3
DAY TOTAL 22/03/2015	1459.3	1937.3	48.0	25.4	173.3	112.0
Tinned Chicken Jalfrezi	400	360	16.4	11.2	43.2	13.6
Herring in Mango	200	396	6.8	5.6	25	29.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Coleslaw	50	82	3.3	3	0.6	7.4
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Nandos 10 Wings	236	630	0.2	0	72.6	37.5
Coleslaw	50	82	3.3	3	0.6	7.4
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 24/03/2015	1071.0	1880.0	30.8	23.3	178.0	118.5
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Coleslaw	50	82	3.3	3	0.6	7.4
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Herring in Mango	200	396	6.8	5.6	25	29.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Coleslaw	50	82	3.3	3	0.6	7.4
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
3 Fried Eggs	195	279	0.3	0	25.5	21
3 Jimmys Sausages	180	441	0.9	0.9	26.4	36
4 Back Bacon Rashers	200	199	0.1	0.1	16.2	13.2
Tomatoes	60	12	1.9	1.9	0.4	0.2
DAY TOTAL 24/03/2015	1105.0	1863.0	17.8	15.1	138.3	139.0
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
2 Back Bacon Rashers	100	100	0.1	0.1	8.1	6.6
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Basil Tuna	80	185	0.2	0	19.2	11.9
Brie	50	86	9.9	0.1	8.5	15
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Broccoli Soup	300	120	5.7	3.9	6.6	7.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 25/03/2015	1500.0	1067.0	47.6	29.8	87.3	71.4

Costa Caffè Latte BIG	560	165	25.5	21.3	15.3	0.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
4 Salmon Appetisers	33.3	73.3	0.93	0.4	5.1	5.2
4 Salmon Appetisers	33.3	73.3	0.93	0.4	5.1	5.2
4 Salmon Appetisers	33.3	73.3	0.93	0.4	5.1	5.2
2 Pork Belly Slices	325	456	0	0	39.8	33
2 Pork Belly Slices	325	456	0	0	39.8	33
Courgettes	125	22.5	2.2	2.1	2.2	0.5
Red Pepper	100	72	6.4	6.1	1	0.4
Red Pepper	100	72	6.4	6.1	1	0.4
DAY TOTAL 26/03/2015	1734.9	1751.4	43.7	37.2	142.8	105.2
Laughing Cow Triangle	52.5	126	3.3	3.3	5.7	9.9
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
Laughing Cow Triangle	52.5	126	3.3	3.3	5.7	9.9
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
2 Pork Belly Slices	325	456	0	0	39.8	33
Chicken Breast	125	138	0	0	29	2.2
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Brie	50	86	9.9	0.1	8.5	15
DAY TOTAL 27/03/2015	1209.0	1619.0	30.5	20.1	119.8	125.9
4 Eggs	260	372	0.4	0	34	28
Cream	30	140	0.5	0.5	0.5	15.2
Sri Lanken Chicken	600	390	24	13.2	19.8	21
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Laughing Cow Triangle	52.5	126	3.3	3.3	5.7	9.9
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
Quarter Pounder Burger	88	201	3.2	0.4	18.3	14.2
Guinness Nuts Mix	45	272	3.7	2.5	11.6	22.4
DAY TOTAL 28/03/2015	1387.5	1951.0	42.3	26.7	108.3	149.9

Guinness Nuts Mix	45	272	3.7	2.5	11.6	22.4
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Coleslaw	100	164	6.6	6	1.2	14.8
Mayonnaise	60	432	1	0.6	0.6	47.4
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Cauliflower	200	76	6	5	7.2	1.8
Pork Steak	130	273	0	0	44.7	10.2
Pork Steak	130	273	0	0	44.7	10.2
DAY TOTAL 29/03/2015	750.0	1676.0	17.9	14.4	131.8	118.8
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7
Laughing Cow Triangle	52.5	126	3.3	3.3	5.7	9.9
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
Guinness Nuts Mix	90	543	7.5	5.1	23.1	44.7
Quarter Pounder Burger	170	490	7	2.4	39.8	33.6
Brown Onion	50	21	4	2.8	0.6	0.1
4 Salmon Appetisers	33.3	73.3	0.93	0.4	5.1	5.2
Brie	100	172	1.9	0.3	17	30.1
Pickled Gherkins	75	11.2	2	2	0.6	0.15
DAY TOTAL 30/03/2015	1922.8	1856.5	84.1	65.2	126.4	129.9
Brie	100	172	1.9	0.3	17	30.1
Pickled Gherkins	75	11.2	2	2	0.6	0.15
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Greek Yoghurt	150	84	4.8	4.8	14.4	0.1
Cheddar Cheese Light	100	288	0.4	0.4	28.4	21.6
Coleslaw	100	164	6.6	6	1.2	14.8
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Laughing Cow Triangle	52.5	126	3.3	3.3	5.7	9.9
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2
Cucumber	80	9	1.2	1.1	0.6	0
Tomatoes	60	12	1.9	1.9	0.4	0.2
Tzatziki	50	60	2.7	2.6	2.3	4.3
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 31/03/2015	929.5	1163.2	26.5	23.5	100.6	94.6
4 Eggs	260	372	0.4	0	34	28
Cream	30	140	0.5	0.5	0.5	15.2
Costa Caffe Latte BIG	560	165	25.5	21.3	15.3	0.7

Herring in Tomato	200	388	12	10.6	28	26
Pistachio	100	615	12.3	7.6	26	49.3
Nandos 10 Wings	236	630	0.2	0	72.6	37.5
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 1/04/2015	1436.0	2454.0	51.1	40.2	190.6	167.5
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
2 Eggs	130	186	0.2	0	17	14
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
1 Jimmy Sausage	60	147	0.3	0.3	8.8	12
Costa Caffè Latte BIG	560	165	25.5	21.3	15.3	0.7
Deli Meat Salad (German)	200	570	11.8	9.4	13.2	52
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 2/04/2015	1180.0	1653.0	38.9	32.1	94.9	125.5
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Tinned Chicken Jalfrezi	400	360	16.4	11.2	43.2	13.6
Mayonnaise	30	216	0.45	0.3	0.33	23.7
Deli Meat Salad (German)	200	570	11.8	9.4	13.2	52
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 3/04/2015	730.0	1434.0	29.1	21.3	85.1	110.9
Cheese Coleslaw	100	246	6.5	5.6	3.8	22.4
2 Slices Ham	35	42	0.4	0.1	7.6	1.2
Cheese Coleslaw	100	246	6.5	5.6	3.8	22.4
Costa Caffè Latte BIG	560	165	25.5	21.3	15.3	0.7
Broccoli	150	57	2.7	2.2	6.6	1.3
Lamb Steak	100	150	0	0	23.5	5.2
Lamb Steak	100	150	0	0	23.5	5.2
Courgettes	250	45	4.5	4.2	4.5	1
Mayonnaise	60	432	1	0.6	0.6	47.4
Peas	50	40	4.8	1.3	3	0.4
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
DAY TOTAL 4/04/2015	1555.0	1717.0	52.1	41.1	106.4	118.0
Cheese Coleslaw	100	246	6.5	5.6	3.8	22.4
Mustard Crackling	50	293	0.9	0.3	26.2	20.6
Mustard Crackling	50	293	0.9	0.3	26.2	20.6
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8
Souper Greens and Pesto	600	216	22.2	12	9.6	7.2

Samosa	100	259	26.5	4.3	4.8	13.9
Samosa	100	259	26.5	4.3	4.8	13.9
DAY TOTAL 5/04/2015	1050.0	1710.0	83.7	27.0	89.6	109.4

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4.5
0.4
1

17.6

25.9

0.4
0.4
1.95
1

8
9

17.6

38.4

4.5
4.4

9.4

0.4

1.95

8

9

0

0

0

2.2

4.2

4.2

48.3

4.4

9.4

4.6

4.6

8.7

5.2

2.6

39.5

0.4

2.6

7.4

7.4

4.8

4.8

27.4

4.4

9.4

2.2

1.1

7.4

0.4

8.4

9.1

42.4

2

0

8.7
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7.4
25.8
4.2
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0.3
49.1
1.2
5.2
7.4
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0.4
8.7
0.5
7.4
31.3
7.4
0.5
0.4
5.2
7.4
0.5
0.4
3.3
13.8
4.4
0
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1.8
9.1
4.8
4.8
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35.1

0.4
7.4

7.4
2
2
2

17
17
0
0.1
0.1

55.4

6.9
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0
0
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6.9
0
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0
2.2
17
0.7
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59.0

4.4
9.4

15
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58.0

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0.4

1

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4.2

25.7

0.4

0.4

6.9

0

0

0

2.2

8.4

13.8

0

2

18.1

0

52.2

18.1

0

0.4

0.1

14.8

1

0.4

6.9

0

0

0

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7.4

51.3

4.4

9.4

0.4

3.2

6.2

8.7

7.4

39.7

4.6

4.6

2.2

4.6

4.6

0.4

7.8

7.4

36.2

7.4

1.2

1.95

7.8

7.4

25.8

6.3

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6.3

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0.3

2.5

2.5

0

3.9

0.1

7.4

30.1

6.3

7

7

7.4

1.8

1.2

1.2

31.9