

	Grams	Calories	Carbs	Sugars	Protein	Fat	Sat Fat
Tzatziki	50	60	2.7	2.6	2.3	4.3	2.2
Tuna	130	130	0	0	30.4	0.8	0.2
Pickled Gherkins	75	11.2	2	2	0.6	0.15	0
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2	0
Cucumber	80	9	1.2	1.1	0.6	0	0
Tomatoes	60	12	1.9	1.9	0.4	0.2	0
Tzatziki	50	60	2.7	2.6	2.3	4.3	2.2
Boiled Egg	65	98	0.1	0	8.1	7.3	2
Feta Cheese	100	275	1	1	16	23	13
Chicken Breast	250	275	0	0	59	4.5	1.5
Courgettes	250	45	4.5	4.2	4.5	1	0
Brussel Sprouts	120	54	3.3	2.85	4.2	1.5	0.3
Ready Made Sugar Free Jelly	115	3	0.5	0	0	0	0
<b>DAY TOTAL 30/09/2012</b>	<b>1387</b>	<b>1041.2</b>	<b>20.6</b>	<b>18.95</b>	<b>129</b>	<b>47.25</b>	<b>21.4</b>
Boiled Egg	130	196	0.2	0	16.2	14.6	4
Tinned Sardines in Tomato	120	148	1.1	1.1	24.2	5.2	1.6
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8	7.4
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8	7.4
Chicken Breast	250	275	0	0	59	4.5	1.5
Courgettes	250	45	4.5	4.2	4.5	1	0
<b>DAY TOTAL 01/10/2012</b>	<b>850</b>	<b>952</b>	<b>6.2</b>	<b>5.7</b>	<b>132.3</b>	<b>46.9</b>	<b>21.9</b>
Chicken Breast	250	275	0	0	59	4.5	1.5
Tzatziki	50	60	2.7	2.6	2.3	4.3	2.2
Tinned Sardines in Tomato	120	148	1.1	1.1	24.2	5.2	1.6
Pork Crackling	30	180	0.45	0.2	14.4	13.6	5
Pickled Gherkins	75	11.2	2	2	0.6	0.15	0
Cherry Tomatoes	90	18	2.7	0.3	0.6	0.3	0
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2	0
Feta Cheese	100	275	1	1	16	23	13
Ready Made Sugar Free Jelly	115	3	0.5	0	0	0	0
<b>DAY TOTAL 02/10/2012</b>	<b>872</b>	<b>979.2</b>	<b>11.15</b>	<b>7.9</b>	<b>117.7</b>	<b>51.25</b>	<b>23.3</b>

	<b>Grams</b>	<b>Calories</b>	<b>Carbs</b>	<b>Sugars</b>	<b>Protein</b>	<b>Fat</b>	<b>Sat Fat</b>
Chicken Breast	250	275	0	0	59	4.5	1.5
Tzatziki	50	60	2.7	2.6	2.3	4.3	2.2
Tinned Sardines in Tomato	120	148	1.1	1.1	24.2	5.2	1.6
Pork Crackling	30	180	0.45	0.2	14.4	13.6	5
Courgettes	250	45	4.5	4.2	4.5	1	0
River Cobbler	265	239	0	0	46.2	5	2.65
Tzatziki	100	120	5.4	5.2	4.6	8.6	4.4
Broccoli	150	57	2.7	2.2	6.6	1.3	0.3
<b>DAY TOTAL 03/10/2012</b>	<b>1215</b>	<b>1124</b>	<b>16.85</b>	<b>15.5</b>	<b>161.8</b>	<b>43.5</b>	<b>17.65</b>
2 Fried Eggs	130	186	0.2	0	17	14	2.2
3 Back Bacon Rashers	150	148	0.1	0.1	12.1	9.9	3.3
Tinned Sardines in Tomato	120	148	1.1	1.1	24.2	5.2	1.6
Laughing Cow Triangle	52.5	126	3.3	3.3	5.7	9.9	6.9
Pickled Gherkins	75	11.2	2	2	0.6	0.15	0
Pork Crackling	20	120	0.3	0.1	9.6	9.1	3.36
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8	7.4
Chicken Breast	125	137	0	0	29	2.3	0.7
Tzatziki	50	60	2.7	2.6	2.3	4.3	2.2
<b>DAY TOTAL 04/10/2012</b>	<b>772.5</b>	<b>1080.2</b>	<b>9.9</b>	<b>9.4</b>	<b>114.7</b>	<b>65.65</b>	<b>27.66</b>
Tuna	130	130	0	0	30.4	0.8	0.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7	1.95
Pickled Gherkins	75	11.2	2	2	0.6	0.15	0
Ready Made Sugar Free Jelly	230	6	1	0	0	0	0
Tinned Sardines in Tomato	120	148	1.1	1.1	24.2	5.2	1.6
Laughing Cow Triangle	52.5	126	3.3	3.3	5.7	9.9	6.9
4 Salmon Appetisers	33.3	73.3	0.93	0.4	5.1	5.2	2
4 Salmon Appetisers	33.3	73.3	0.93	0.4	5.1	5.2	2
4 Salmon Appetisers	33.3	73.3	0.93	0.4	5.1	5.2	2
<b>DAY TOTAL 05/10/2012</b>	<b>737.4</b>	<b>857.1</b>	<b>10.64</b>	<b>7.9</b>	<b>76.53</b>	<b>55.35</b>	<b>16.65</b>

	Grams	Calories	Carbs	Sugars	Protein	Fat	Sat Fat
Chicken Breast	125	137	0	0	29	2.3	0.7
Tzatziki	50	60	2.7	2.6	2.3	4.3	2.2
Pork Crackling	30	180	0.45	0.2	14.4	13.6	5
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8	7.4
Brazil Nuts	50	341	1.5	1.2	7.1	34.1	8.2
Cheddar Cheese Light	100	288	0.4	0.4	28.4	21.6	14.8
Cauliflower	140	53.2	4.2	3.5	5	1.2	0.2
Brussel Sprouts	120	54	3.3	2.85	4.2	1.5	0.3
3 Apple and Pork Sausages	184	525	21.2	14.5	30.3	34.2	12.3
DAY TOTAL 06/10/2012	849	1782.2	33.95	25.45	134.9	123.6	51.1
Apple and Pork Sausage	62	175	7.2	4.8	10.1	11.4	4.1
Brazil Nuts	50	341	1.5	1.2	7.1	34.1	8.2
Chicken Breast	60	67	0	0	15	1.3	0.4
Pork Crackling	30	111	0.3	0	8.7	8.2	3
Pork Crackling	30	111	0.3	0	8.7	8.2	3
Apple and Pork Sausage	62	175	7.2	4.8	10.1	11.4	4.1
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8	7.4
Pork Hock	400	860	0	0	80	64.4	23.6
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8	7.4
Cauliflower	140	53.2	4.2	3.5	5	1.2	0.2
Courgettes	125	23	2.3	2.1	2.2	0.5	0
DAY TOTAL 07/10/2012	1059	2204.2	23.4	16.8	175.3	162.3	61.4
Total Greek Yoghurt	100	96	3.8	3.8	9	5	3.6
Blueberries	40	13	2.8	2.8	0.25	0.2	0
Tinned Sardines in Tomato	120	148	1.1	1.1	24.2	5.2	1.6
Chicken Thighs	220	347	0	0	51.7	15.6	4.2
Tomatoes	60	12	1.9	1.9	0.4	0.2	0
Tzatziki	50	60	2.7	2.6	2.3	4.3	2.2
Pickled Gherkins	75	11.2	2	2	0.6	0.15	0
Kwidzyn Salatka Warzywna (Pickled Salad)	220	70.4	6.1		5.2	0.2	
Ready Made Sugar Free Jelly	115	3	0.5	0	0	0	0
DAY TOTAL 08/10/2012	1000	760.6	20.9	14.2	93.65	30.85	11.6

	Grams	Calories	Carbs	Sugars	Protein	Fat	Sat Fat
2 Fried Eggs	130	186	0.2	0	17	14	2.2
3 Back Bacon Rashers	150	148	0.1	0.1	12.1	9.9	3.3
Tinned Sardines in Tomato	120	148	1.1	1.1	24.2	5.2	1.6
Pork Crackling	30	111	0.3	0	8.7	8.2	3
Ready Made Sugar Free Jelly	115	3	0.5	0	0	0	0
Tzatziki	50	60	2.7	2.6	2.3	4.3	2.2
Tuna	130	130	0	0	30.4	0.8	0.2
Pickled Gherkins	75	11.2	2	2	0.6	0.15	0
Feta Cheese	100	275	1	1	16	23	13
<b>DAY TOTAL 09/10/2012</b>	<b>900</b>	<b>1072.2</b>	<b>7.9</b>	<b>6.8</b>	<b>111.3</b>	<b>65.55</b>	<b>25.5</b>
Total Greek Yoghurt	100	96	3.8	3.8	9	5	3.6
Blueberries	40	13	2.8	2.8	0.25	0.2	0
Boiled Egg	65	98	0.1	0	8.1	7.3	2
Tinned Sardines in Tomato	120	148	1.1	1.1	24.2	5.2	1.6
Pork Crackling	30	111	0.3	0	8.7	8.2	3
Courgettes	250	45	4.5	4.2	4.5	1	0
Broccoli	150	57	2.7	2.2	6.6	1.3	0.3
Cabbage and Leek	150	34	5.1	4.4	1.8	0.75	0.15
Gravy Made up	200	64	5.6	0.4	0.6	4.2	2.4
<b>DAY TOTAL 10/10/2012</b>	<b>1105</b>	<b>666</b>	<b>26</b>	<b>18.9</b>	<b>63.75</b>	<b>33.15</b>	<b>13.05</b>
Total Greek Yoghurt	100	96	3.8	3.8	9	5	3.6
Blueberries	40	13	2.8	2.8	0.25	0.2	0
Tinned Sardines in Tomato	120	148	1.1	1.1	24.2	5.2	1.6
Pork Crackling	30	111	0.3	0	8.7	8.2	3
Courgettes	250	45	4.5	4.2	4.5	1	0
Broccoli	150	57	2.7	2.2	6.6	1.3	0.3
Cabbage and Leek	150	34	5.1	4.4	1.8	0.75	0.15
Gravy Made up	200	64	5.6	0.4	0.6	4.2	2.4
<b>DAY TOTAL 11/10/2012</b>	<b>1040</b>	<b>568</b>	<b>25.9</b>	<b>18.9</b>	<b>55.65</b>	<b>25.85</b>	<b>11.05</b>
Total Greek Yoghurt	100	96	3.8	3.8	9	5	3.6
Blueberries	40	13	2.8	2.8	0.25	0.2	0
Tinned Sardines in Tomato	120	148	1.1	1.1	24.2	5.2	1.6
Courgettes	250	45	4.5	4.2	4.5	1	0
Broccoli	300	114	5.4	4.4	13.2	2.6	0.6
Chicken Thighs	220	347	0	0	51.7	15.6	4.2
<b>Vege Meatballs</b>							
<b>DAY TOTAL 12/10/2012</b>	<b>1030</b>	<b>763</b>	<b>17.6</b>	<b>16.3</b>	<b>102.85</b>	<b>29.6</b>	<b>10</b>

	Grams	Calories	Carbs	Sugars	Protein	Fat	Sat Fat
Chicken Breast	190	209	0	0	44.8	3.4	1.1
Tinned Sardines in Tomato	120	148	1.1	1.1	24.2	5.2	1.6
Pork Crackling	30	111	0.3	0	8.7	8.2	3
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8	7.4
Rump Steak	430	610	0	0	162	14.4	5.6
Mushrooms	200	32	0.8	0.4	3.6	1	0.2
DAY TOTAL 13/10/2012	1020	1254	2.4	1.7	257.5	43	18.9
Light Choices Natural Fromage Frais	100	46	3.3	3.3	7.8	0.2	0.1
Blueberries	50	16.2	3.5	3.5	0.31	0.3	0
Tinned Sardines in Tomato	120	148	1.1	1.1	24.2	5.2	1.6
Pork Crackling	30	111	0.3	0	8.7	8.2	3
Guacamole	163	301	4.7	2.5	0.7	28.7	9.3
Pork Crackling	30	111	0.3	0	8.7	8.2	3
Pork Steak	130	273	0	0	44.7	10.2	4.2
Courgettes	250	45	4.5	4.2	4.5	1	0
Cabbage	150	48	6.2	6	2.5	0.6	0.2
DAY TOTAL 14/10/2012	1023	1099.2	23.9	20.6	102.11	62.6	21.4
Light Choices Natural Fromage Frais	100	46	3.3	3.3	7.8	0.2	0.1
Blueberries	50	16.2	3.5	3.5	0.31	0.3	0
Tinned Sardines in Tomato	120	148	1.1	1.1	24.2	5.2	1.6
Pork Crackling	30	111	0.3	0	8.7	8.2	3
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8	7.4
Ready Made Sugar Free Jelly	115	3	0.5	0	0	0	0
Ready Made Sugar Free Jelly	115	3	0.5	0	0	0	0
4 Salmon Appetisers	33.3	73.3	0.93	0.4	5.1	5.2	2
4 Salmon Appetisers	33.3	73.3	0.93	0.4	5.1	5.2	2
4 Salmon Appetisers	33.3	73.3	0.93	0.4	5.1	5.2	2
DAY TOTAL 15/10/2012	679.9	691.1	12.19	9.3	70.51	40.3	18.1

	Grams	Calories	Carbs	Sugars	Protein	Fat	Sat Fat
Chicken Breast	250	275	0	0	59	4.5	1.5
Tzatziki	50	60	2.7	2.6	2.3	4.3	2.2
Tinned Sardines in Tomato	120	148	1.1	1.1	24.2	5.2	1.6
Pork Crackling	30	111	0.3	0	8.7	8.2	3
Courgettes	250	45	4.5	4.2	4.5	1	0
River Cobbler	265	239	0	0	46.2	5	2.65
Mayonnaise	30	216	0.45	0.3	0.33	23.7	1.95
Broccoli	150	57	2.7	2.2	6.6	1.3	0.3
<b>DAY TOTAL 16/10/2012</b>	<b>1145</b>	<b>1151</b>	<b>11.75</b>	<b>10.4</b>	<b>151.83</b>	<b>53.2</b>	<b>13.2</b>
Light Choices Natural Fromage Frais	100	46	3.3	3.3	7.8	0.2	0.1
Blueberries	50	16.2	3.5	3.5	0.31	0.3	0
Tinned Sardines in Tomato	120	148	1.1	1.1	24.2	5.2	1.6
Pork Crackling	30	111	0.3	0	8.7	8.2	3
Courgettes	250	45	4.5	4.2	4.5	1	0
Mayonnaise	30	216	0.45	0.3	0.33	23.7	1.95
Broccoli	150	57	2.7	2.2	6.6	1.3	0.3
Chicken Thighs	220	347	0	0	51.7	15.6	4.2
Cabbage and Leek	150	34	5.1	4.4	1.8	0.75	0.15
<b>DAY TOTAL 17/10/2012</b>	<b>1100</b>	<b>1020.2</b>	<b>20.95</b>	<b>19</b>	<b>105.94</b>	<b>56.25</b>	<b>11.3</b>
Tuna	130	130	0	0	30.4	0.8	0.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7	1.95
Pickled Gherkins	75	11.2	2	2	0.6	0.15	0
Tinned Sardines in Tomato	120	148	1.1	1.1	24.2	5.2	1.6
Pork Crackling	30	111	0.3	0	8.7	8.2	3
Courgettes	250	45	4.5	4.2	4.5	1	0
Mayonnaise	30	216	0.45	0.3	0.33	23.7	1.95
Broccoli	150	57	2.7	2.2	6.6	1.3	0.3
Mince	200	370	0	0	39.2	23.6	10.4
<b>DAY TOTAL 18/10/2012</b>	<b>1015</b>	<b>1304.2</b>	<b>11.5</b>	<b>10.1</b>	<b>114.86</b>	<b>87.65</b>	<b>19.4</b>
Boiled Egg	65	98	0.1	0	8.1	7.3	2
Boiled Egg	130	196	0.2	0	16.2	14.6	4
Mince	200	370	0	0	39.2	23.6	10.4
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2	0
Cucumber	80	9	1.2	1.1	0.6	0	0
Tomatoes	60	12	1.9	1.9	0.4	0.2	0
Tzatziki	50	60	2.7	2.6	2.3	4.3	2.2
Chicken Thighs	220	347	0	0	51.7	15.6	4.2
<b>DAY TOTAL 19/10/2012</b>	<b>847</b>	<b>1101</b>	<b>6.8</b>	<b>6.3</b>	<b>119.1</b>	<b>65.8</b>	<b>22.8</b>

	<b>Grams</b>	<b>Calories</b>	<b>Carbs</b>	<b>Sugars</b>	<b>Protein</b>	<b>Fat</b>	<b>Sat Fat</b>
Tuna	130	130	0	0	30.4	0.8	0.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7	1.95
Pickled Gherkins	75	11.2	2	2	0.6	0.15	0
Pork Crackling	30	111	0.3	0	8.7	8.2	3
Pork Crackling	30	111	0.3	0	8.7	8.2	3
Smoked Salmon	100	180	0.1	0.1	22.9	9.7	1.7
Brie	60	205	0.6	0.6	9.6	18	12.2
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2	0
<b>DAY TOTAL 20/10/2012</b>	<b>497</b>	<b>973.2</b>	<b>4.45</b>	<b>3.7</b>	<b>81.83</b>	<b>68.95</b>	<b>22.05</b>
Chicken Thighs	220	347	0	0	51.7	15.6	4.2
Pork Crunch	30	141	0.1	0	22	7	2
Boiled Egg	65	98	0.1	0	8.1	7.3	2
Broccoli	150	57	2.7	2.2	6.6	1.3	0.3
Cabbage and Leek	150	34	5.1	4.4	1.8	0.75	0.15
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8	7.4
Swedish Meatballs	120	252	8.4	1.3	14.4	18	5
<b>DAY TOTAL 21/10/2012</b>	<b>785</b>	<b>1073</b>	<b>16.6</b>	<b>8.1</b>	<b>118.8</b>	<b>60.75</b>	<b>21.05</b>
Tuna	130	130	0	0	30.4	0.8	0.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7	1.95
Pickled Gherkins	75	11.2	2	2	0.6	0.15	0
Tinned Sardines in Tomato	120	148	1.1	1.1	24.2	5.2	1.6
Pork Crackling	30	111	0.3	0	8.7	8.2	3
Brie	30	102	0.3	0.3	4.8	9	6.1
Broccoli Soup	300	120	5.7	3.9	6.6	7.2	4.8
<b>DAY TOTAL 22/10/2012</b>	<b>715</b>	<b>838.2</b>	<b>9.85</b>	<b>7.6</b>	<b>75.63</b>	<b>54.25</b>	<b>17.65</b>
Chicken Thighs	220	347	0	0	51.7	15.6	4.2
Tinned Sardines in Tomato	120	148	1.1	1.1	24.2	5.2	1.6
Pork Crackling	30	111	0.3	0	8.7	8.2	3
Brie	60	204	0.6	0.6	9.6	18	12.2
Chicken Thigh	110	173	0	0	25.9	7.8	2.1
Prawn Cocktail	200	604	6.4	4.8	18.8	55.8	4.2
Courgettes	250	45	4.5	4.2	4.5	1	0
Broccoli	150	57	2.7	2.2	6.6	1.3	0.3
<b>DAY TOTAL 23/10/2012</b>	<b>990</b>	<b>1632</b>	<b>12.9</b>	<b>10.7</b>	<b>143.4</b>	<b>111.6</b>	<b>27.3</b>

	Grams	Calories	Carbs	Sugars	Protein	Fat	Sat Fat
Light Choices Natural Fromage Frais	100	46	3.3	3.3	7.8	0.2	0.1
Blueberries	50	16.2	3.5	3.5	0.31	0.3	0
Tinned Sardines in Tomato	120	148	1.1	1.1	24.2	5.2	1.6
Pork Crackling	30	111	0.3	0	8.7	8.2	3
Brie	60	204	0.6	0.6	9.6	18	12.2
Courgettes	250	45	4.5	4.2	4.5	1	0
Broccoli	150	57	2.7	2.2	6.6	1.3	0.3
Ready Made Sugar Free Jelly	230	6	1	0	0	0	0
<b>DAY TOTAL 24/10/2012</b>	<b>990</b>	<b>633.2</b>	<b>17</b>	<b>14.9</b>	<b>61.71</b>	<b>34.2</b>	<b>17.2</b>
Tuna	130	130	0	0	30.4	0.8	0.2
Mayonnaise	30	216	0.45	0.3	0.33	23.7	1.95
Pickled Gherkins	75	11.2	2	2	0.6	0.15	0
Pork Crunch	42	198	0.1	0.1	29	8.8	3.2
Chicken Thighs	220	347	0	0	51.7	15.6	4.2
Courgettes	250	45	4.5	4.2	4.5	1	0
Broccoli	150	57	2.7	2.2	6.6	1.3	0.3
Ready Made Sugar Free Jelly	230	6	1	0	0	0	0
<b>DAY TOTAL 25/10/2012</b>	<b>1127</b>	<b>1010.2</b>	<b>10.75</b>	<b>8.8</b>	<b>123.13</b>	<b>51.35</b>	<b>9.85</b>
Ready Made Sugar Free Jelly	230	6	1	0	0	0	0
Brie	60	204	0.6	0.6	9.6	18	12.2
Thai Tom Yam Soup	133	30	5	4	0	1	0
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8	7.4
Ready Made Sugar Free Jelly	230	6	1	0	0	0	0
Pork Steak	260	546	0	0	89.4	20.4	8.4
Quarterpounder	88	230	0.6	0.12	21	15.9	6.7
Tomatoes	60	12	1.9	1.9	0.4	0.2	0
Tzatziki	50	60	2.7	2.6	2.3	4.3	2.2
<b>DAY TOTAL 26/10/2012</b>	<b>1161</b>	<b>1238</b>	<b>13</b>	<b>9.42</b>	<b>136.9</b>	<b>70.6</b>	<b>36.9</b>
Chicken Thighs	220	347	0	0	51.7	15.6	4.2
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2	0
Cucumber	80	9	1.2	1.1	0.6	0	0
Chicken Thighs	150	236	0	0	35	10.6	2.8
Olive, Feta, and Tomatoe Salad	165	328	5.61	2.8	7.6	29.5	5.6
<b>DAY TOTAL 27/10/2012</b>	<b>657</b>	<b>929</b>	<b>7.51</b>	<b>4.6</b>	<b>95.5</b>	<b>55.9</b>	<b>12.6</b>

	<b>Grams</b>	<b>Calories</b>	<b>Carbs</b>	<b>Sugars</b>	<b>Protein</b>	<b>Fat</b>	<b>Sat Fat</b>
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8	7.4
Chicken Thigh	110	173	0	0	25.9	7.8	2.1
Chicken Thighs	220	347	0	0	51.7	15.6	4.2
Cucumber	80	9	1.2	1.1	0.6	0	0
Baby Leaf Salad	80	12.8	1.7	1.5	0.8	0	0
Tomatoes	60	12	1.9	1.9	0.4	0.2	0
Tzatziki	50	60	2.7	2.6	2.3	4.3	2.2
Tuna Steak	180	180	0	0	42	1.2	0.4
<b>DAY TOTAL 28/10/2012</b>	<b>830</b>	<b>937.8</b>	<b>7.7</b>	<b>7.3</b>	<b>137.9</b>	<b>39.9</b>	<b>16.3</b>
Chicken Thighs	220	347	0	0	51.7	15.6	4.2
Tinned Sardines in Tomato	120	148	1.1	1.1	24.2	5.2	1.6
Pork Crackling	30	111	0.3	0	8.7	8.2	3
Chicken Thighs	220	347	0	0	51.7	15.6	4.2
Pork Steak	130	273	0	0	44.7	10.2	4.2
Courgettes	250	45	4.5	4.2	4.5	1	0
Cabbage	150	48	6.2	6	2.5	0.6	0.2
<b>DAY TOTAL 29/10/2012</b>	<b>1120</b>	<b>1319</b>	<b>12.1</b>	<b>11.3</b>	<b>188</b>	<b>56.4</b>	<b>17.4</b>
Light Choices Natural Fromage Frais	100	46	3.3	3.3	7.8	0.2	0.1
Blueberries	50	16.2	3.5	3.5	0.31	0.3	0
Tinned Sardines in Tomato	120	148	1.1	1.1	24.2	5.2	1.6
Pork Crackling	30	111	0.3	0	8.7	8.2	3
Salmon	152	335	5.3	2.6	18.7	26	11.2
Courgettes	250	45	4.5	4.2	4.5	1	0
Cabbage	150	48	6.2	6	2.5	0.6	0.2
<b>DAY TOTAL 30/10/2012</b>	<b>852</b>	<b>749.2</b>	<b>24.2</b>	<b>20.7</b>	<b>66.71</b>	<b>41.5</b>	<b>16.1</b>
Chicken Thighs	220	347	0	0	51.7	15.6	4.2
Pickled Gherkins	75	11.2	2	2	0.6	0.15	0
Pork Crackling	30	111	0.3	0	8.7	8.2	3
Pork Crackling	30	111	0.3	0	8.7	8.2	3
Courgettes	250	45	4.5	4.2	4.5	1	0
Quarterpounder	88	230	0.6	0.12	21	15.9	6.7
Quarterpounder	88	230	0.6	0.12	21	15.9	6.7
Cabbage	150	48	6.2	6	2.5	0.6	0.2
Green Beans	100	32	4.4	2.1	1.8	0.1	0
Mayonnaise	30	216	0.45	0.3	0.33	23.7	1.95
<b>DAY TOTAL 31/10/2012</b>	<b>1061</b>	<b>1381.2</b>	<b>19.35</b>	<b>14.84</b>	<b>120.83</b>	<b>89.35</b>	<b>25.75</b>

	<b>Grams</b>	<b>Calories</b>	<b>Carbs</b>	<b>Sugars</b>	<b>Protein</b>	<b>Fat</b>	<b>Sat Fat</b>
Courgettes	250	45	4.5	4.2	4.5	1	0
Green Beans	100	32	4.4	2.1	1.8	0.1	0
Mayonnaise	30	216	0.45	0.3	0.33	23.7	1.95
Chicken Thighs	220	347	0	0	51.7	15.6	4.2
Chicken Thighs	110	174	0	0	25.8	7.8	2.1
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8	7.4
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8	7.4
Broccoli Soup	400	160	7.6	5.2	8.8	9.6	6.4
<b>DAY TOTAL 1/11/2012</b>	<b>1210</b>	<b>1262</b>	<b>17.35</b>	<b>12.2</b>	<b>121.33</b>	<b>79.4</b>	<b>29.45</b>
Tzatziki	50	60	2.7	2.6	2.3	4.3	2.2
Tuna	130	130	0	0	30.4	0.8	0.2
Pickled Gherkins	75	11.2	2	2	0.6	0.15	0
Pork Crackling	30	111	0.3	0	8.7	8.2	3
Pork Crackling	30	111	0.3	0	8.7	8.2	3
Chicken Breast	250	275	0	0	59	4.5	1.5
Courgettes	250	45	4.5	4.2	4.5	1	0
Brussel Sprouts	120	54	3.3	2.85	4.2	1.5	0.3
Ready Made Sugar Free Jelly	115	3	0.5	0	0	0	0
<b>DAY TOTAL 2/11/2012</b>	<b>1050</b>	<b>800.2</b>	<b>13.6</b>	<b>11.65</b>	<b>118.4</b>	<b>28.65</b>	<b>10.2</b>
Chicken Breast	250	275	0	0	59	4.5	1.5
Tzatziki	50	60	2.7	2.6	2.3	4.3	2.2
Tinned Sardines in Tomato	120	148	1.1	1.1	24.2	5.2	1.6
Pork Crackling	30	111	0.3	0	8.7	8.2	3
Lamb	200	652	12	0	52	46	26
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2	0
Cucumber	80	9	1.2	1.1	0.6	0	0
Tomatoes	60	12	1.9	1.9	0.4	0.2	0
Mayonnaise	30	216	0.45	0.3	0.33	23.7	1.95
<b>DAY TOTAL 3/11/2012</b>	<b>862</b>	<b>1492</b>	<b>20.35</b>	<b>7.7</b>	<b>148.13</b>	<b>92.3</b>	<b>36.25</b>

	Grams	Calories	Carbs	Sugars	Protein	Fat	Sat Fat
Light Choices Natural Fromage Frais	100	46	3.3	3.3	7.8	0.2	0.1
Blueberries	50	16.2	3.5	3.5	0.31	0.3	0
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2	0
Cucumber	80	9	1.2	1.1	0.6	0	0
Tomatoes	60	12	1.9	1.9	0.4	0.2	0
Tzatziki	50	60	2.7	2.6	2.3	4.3	2.2
Tuna	130	130	0	0	30.4	0.8	0.2
Pickled Gherkins	75	11.2	2	2	0.6	0.15	0
Beef	200	240	0	0	45.2	5.8	2.4
Broccoli	150	57	2.7	2.2	6.6	1.3	0.3
Cabbage and Leek	150	34	5.1	4.4	1.8	0.75	0.15
Gravy Made up	200	64	5.6	0.4	0.6	4.2	2.4
<b>DAY TOTAL 4/11/2012</b>	<b>1287</b>	<b>688.4</b>	<b>28.7</b>	<b>22.1</b>	<b>97.21</b>	<b>18.2</b>	<b>7.75</b>
Ready Made Sugar Free Jelly	115	3	0.5	0	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2	9.4
Tinned Sardines in Tomato	120	148	1.1	1.1	24.2	5.2	1.6
Pork Crackling	30	180	0.45	0.2	14.4	13.6	5
Beef	200	240	0	0	45.2	5.8	2.4
Broccoli	150	57	2.7	2.2	6.6	1.3	0.3
Cabbage and Leek	150	34	5.1	4.4	1.8	0.75	0.15
Mayonnaise	30	216	0.45	0.3	0.33	23.7	1.95
<b>DAY TOTAL 5/11/2012</b>	<b>825</b>	<b>1018</b>	<b>10.8</b>	<b>8.7</b>	<b>93.03</b>	<b>65.55</b>	<b>20.8</b>
Chicken Thighs	220	347	0	0	51.7	15.6	4.2
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2	0
Cucumber	80	9	1.2	1.1	0.6	0	0
Mackeral	125	258	5.3	5	17	18.7	2
Pork Crackling	30	180	0.45	0.2	14.4	13.6	5
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2	0
Tomatoes	60	12	1.9	1.9	0.4	0.2	0
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8	7.4
Prawns	200	130	0	0	27.4	1.6	0.6
<b>DAY TOTAL 6/11/2012</b>	<b>849</b>	<b>1098</b>	<b>10.45</b>	<b>9.8</b>	<b>126.9</b>	<b>60.9</b>	<b>19.2</b>

	<b>Grams</b>	<b>Calories</b>	<b>Carbs</b>	<b>Sugars</b>	<b>Protein</b>	<b>Fat</b>	<b>Sat Fat</b>
Chicken Thighs	220	347	0	0	51.7	15.6	4.2
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2	0
Cucumber	80	9	1.2	1.1	0.6	0	0
Mackeral	125	258	5.3	5	17	18.7	2
Chicken Thighs	220	347	0	0	51.7	15.6	4.2
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2	0
Cucumber	80	9	1.2	1.1	0.6	0	0
<b>DAY TOTAL 7/11/2012</b>	<b>809</b>	<b>988</b>	<b>9.1</b>	<b>8.6</b>	<b>122.8</b>	<b>50.3</b>	<b>10.4</b>
Chicken Thighs	220	347	0	0	51.7	15.6	4.2
Mackeral	125	258	5.3	5	17	18.7	2
Whole Trout	450	710	0.5	0	101.7	32.9	9.7
Baby Leaf Salad	42	9	0.7	0.7	0.6	0.2	0
Cucumber	80	9	1.2	1.1	0.6	0	0
Tomatoes	60	12	1.9	1.9	0.4	0.2	0
<b>DAY TOTAL 8/11/2012</b>	<b>977</b>	<b>1345</b>	<b>9.6</b>	<b>8.7</b>	<b>172</b>	<b>67.6</b>	<b>15.9</b>
Chicken Thighs	220	347	0	0	51.7	15.6	4.2
Tinned Sardines in Tomato	120	148	1.1	1.1	24.2	5.2	1.6
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8	7.4
Ready Made Sugar Free Jelly	115	3	0.5	0	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2	9.4
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8	7.4
Courgettes	250	45	4.5	4.2	4.5	1	0
Mayonnaise	30	216	0.45	0.3	0.33	23.7	1.95
<b>DAY TOTAL 9/11/2012</b>	<b>865</b>	<b>1187</b>	<b>7.45</b>	<b>6.5</b>	<b>109.63</b>	<b>82.3</b>	<b>31.95</b>
Chicken Thighs	220	347	0	0	51.7	15.6	4.2
Chicken Thighs	220	347	0	0	51.7	15.6	4.2
Cheddar Cheese Light	50	144	0.2	0.2	14.2	10.8	7.4
Ready Made Sugar Free Jelly	115	3	0.5	0	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2	9.4
Homemade Broccoli Soup	300.0	233.0	3.7	2.3	9.2	19.2	11.8
<b>DAY TOTAL 10/11/2012</b>	<b>935.0</b>	<b>1214.0</b>	<b>4.9</b>	<b>3.0</b>	<b>127.3</b>	<b>76.4</b>	<b>37.0</b>

	<b>Grams</b>	<b>Calories</b>	<b>Carbs</b>	<b>Sugars</b>	<b>Protein</b>	<b>Fat</b>	<b>Sat Fat</b>
Homemade Broccoli Soup	300.0	233.0	3.7	2.3	9.2	19.2	11.8
Homemade Broccoli Soup	300.0	233.0	3.7	2.3	9.2	19.2	11.8
Ready Made Sugar Free Jelly	115	3	0.5	0	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2	9.4
Cabbage and Leek	150	34	5.1	4.4	1.8	0.75	0.15
Gravy Made up	100	32	2.8	0.2	0.3	2.1	1.2
Courgettes	250	45	4.5	4.2	4.5	1	0
Duck Leg	230	475	1	0.2	53.7	28.3	8.3
Onion	100	38	7.8	5.5	1.3	0.2	0
<b>DAY TOTAL 10/11/2012</b>	<b>1575.0</b>	<b>1233.0</b>	<b>29.7</b>	<b>19.6</b>	<b>80.5</b>	<b>85.9</b>	<b>42.6</b>
Chicken Thighs	220	347	0	0	51.7	15.6	4.2
Mackeral	125	258	5.3	5	17	18.7	2
Pork Crackling	30	180	0.45	0.2	14.4	13.6	5
Cauliflower Soup	300	228.8	3.5	2.7	9.1	19.2	11.5
Ready Made Sugar Free Jelly	115	3	0.5	0	0	0	0
Cream	30	140	0.5	0.5	0.5	15.2	9.4
Pepperami	25	126	0.6	0	6.1	11	4.5
<b>DAY TOTAL 10/11/2012</b>	<b>845.0</b>	<b>1282.8</b>	<b>10.9</b>	<b>8.4</b>	<b>98.8</b>	<b>93.3</b>	<b>36.6</b>
Chicken Thighs	220	347	0	0	51.7	15.6	4.2