

FOOD NAME:	QUANTITY:	DESCRIPTION:	CALORIES	CARBS	PROTEIN	FAT
Bacon and Cream cheese bagel						
Bagel, wholemeal, toasted	76g	1	212kcal	39.1g	9.9g	1.7g
Cheese, cream, extra light	51g	1 tablespoon	56kcal	2.4g	6.1g	2.4g
Bacon rashers, back, grilled	50g	2 slices grilled	143kcal	0g	11.6g	10.8g
Lettuce, average, raw	25g	handfull	2.8kcal	0.35g	0.3g	0.02g
Tomatoes, standard, raw	85g	1 average	12.7kcal	2.5g	0.42g	0.08g
Salsa, retail	28g	1 tablespoon	25.4kcal	5.8g	0.35g	0.06g
Avocado, Hass, flesh only	35g	1/4 avocado	67kcal	0.66g	0.56g	6.9g
<i>Meal Totals:</i>			519kcal	51g	29.2g	22g

400kcal Tuna sandwich

Lettuce, Iceberg, raw	25g	sm portion	3.3kcal	0.48g	0.18g	0.08g
Tomatoes, raw	130g	1 tomato	22.1kcal	4g	0.91g	0.39g
Mayonnaise, reduced calorie, retail	15g	2 tsp	43kcal	1.2g	0.15g	4.2g
Wholemeal bread, average	74g	2 med slices	161kcal	28.3g	7g	1.9g
Spring onions, bulbs and tops, raw	10g	1 scallion	2.3kcal	0.3g	0.2g	0.05g
Sweetcorn, baby, canned, drained	24g	2 tbsp	5.5kcal	0.46g	0.7g	0.1g
Tuna, canned in brine, drained	130g	1 med can	129kcal	0g	30.6g	0.78g
Apples, eating, average, raw	100g	1 apple	47kcal	11.6g	0.4g	0.1g
<i>Meal Totals:</i>			413kcal	46g	40g	7.6g

snack 1

Granola, luxury fruit & nut lidl	60g		256kcal	29.7g	6.6g	12.3g
Bagels, plain, white, toasted	65g	1x small	186kcal	36.7g	7g	1.2g
Eggs, chicken, whole, boiled	59g	1.2x average egg	84kcal	0g	8.3g	5.7g
Milk, Super Milk, Semi skimmed	135g	1x On cereal (30-35g pc	57kcal	6.8g	4.5g	1.4g
<i>Meal Totals:</i>			583kcal	73g	26.4g	20.5g

Apple & Cheddar stacks

Oatcakes, nairns, organic	19.2g		82kcal	11.3g	1.8g	3.2g
Cheese, Cheddar, Irish	25g		101kcal	0.03g	6.3g	8.5g
Apples, eating, average, raw	50g		23.5kcal	5.8g	0.2g	0.05g
<i>Meal Totals:</i>			206kcal	17.1g	8.3g	11.7g

chicken curry with peas and rice

Chicken, breast, grilled without skin, meat o	160g	1 large breast chicken r	232kcal	0g	51g	3g
Sauce, fresh curry, Avonmore	90g	3 tablespoons sauce	51kcal	8.8g	1.3g	1.2g
Rice, white, long grain, easy cook, boiled in	160g	1 boil in the bag rice	227kcal	50g	4.8g	0.64g
Peas, frozen, boiled in unsalted water	160g	1 mug of frozen peas br	112kcal	16.8g	8.8g	1.1g
<i>Meal Totals:</i>			622kcal	76g	66g	6g

fruit bowl snack

Bananas, 1 large	120g		103kcal	24g	1.4g	0.12g
Grapes, red (15)	53g		37.8kcal	9g	0.32g	0.05g
Kiwi fruit, flesh and seeds (1 fruit)	60g		30.5kcal	6.3g	0.66g	0.3g
Blueberries (15)	11g		4.6kcal	1g	0.1g	0.02g
Yogurt, Greek, plain, low fat (3 tablespoons)	135g		76kcal	4.6g	13.8g	0.27g
Flaxseed, almonds, brazil nuts , walnuts and	9g	linwoods	56kcal	1.8g	1.6g	4.7g
<i>Meal Totals:</i>			308kcal	47g	17.9g	5.5g

snacks 3

Apples, eating, average, raw	100g	1 med	47kcal	11.6g	0.4g	0.1g
Oranges	160g	1 med	59kcal	13.3g	1.8g	0.16g
Tea, infusion, average, with semi-skimmed m	380g	2 cups	26.6kcal	2.7g	1.9g	0.76g
Yogurt, greek, fruit, 0% fat	200g	2 yog	167kcal	24.2g	17.5g	0g
Plums, average, raw	55g	1 med	19.8kcal	4.8g	0.33g	0.06g
<i>Meal Totals:</i>			319kcal	57g	21.9g	1.1g

Plan Total: **2970kcal** **367g** **210g** **74g**