


FOOD NAME:	QUANTITY:	DESCRIPTION:	CALORIES	CARBS	PROTEIN	FAT	FIBRE
 R 2 w'bix, milk and liberte 18g prot							
Yogurt, greek, fruit, 0% fat	100g	Liberte	83kcal	12.1g	8.7g	0g	0.1g
Semi-skimmed milk, average	150g	in cereal	69kcal	6.8g	5.1g	2.6g	0g
Weetabix	40g	2 w'bix	141kcal	27.6g	4.5g	1.1g	4.4g
<i>Meal Totals:</i>			293kcal	46g	18.3g	3.6g	4.5g

 R smoothie pre and post (split 1/2 and 1/2)							
Bananas, weighed without skin	100g	1 banana	95kcal	22.5g	1.2g	0.3g	3.1g
Dried skimmed milk	57g	4.5 tbsp	198kcal	28.7g	20.6g	0.34g	0g
Honey	14g	2 tsp	40kcal	10.7g	0.06g	0g	0g
Milled flax seed	18g	2 tbsp	92kcal	0.27g	3.9g	8.3g	5.2g
Oats, rolled, dry	60g	6 tbsp	241kcal	39.7g	7.4g	5.2g	6.3g
Raspberries, frozen	65g	1/2 cup	16.9kcal	3.2g	0.78g	0.2g	4.6g
Semi-skimmed milk, average	568g	1 pint	261kcal	25.6g	19.3g	9.7g	0g
<i>Meal Totals:</i>			944kcal	131g	53g	24g	19.2g

 R post run breakfast							
Granola, luxury fruit & nut lidl	60g		256kcal	29.7g	6.7g	12.3g	4.7g
Bagels, plain, white, toasted	65g	1x small	186kcal	36.8g	7g	1.2g	4.5g
Eggs, chicken, whole, boiled	59g	1.2x average egg	84kcal	0g	8.3g	5.7g	0g
Milk, Super Milk, Semi skimmed	135g	1x On cereal (30-35g pc	57kcal	6.8g	4.5g	1.4g	0g
<i>Meal Totals:</i>			584kcal	73g	26.4g	20.6g	9.2g

 R Apple Breakfast Muffins							
Flour, wheat, white, plain, soft	37.5g		131kcal	27.8g	3.8g	0.53g	1.5g
Breakfast cereal, bran flakes, for	7.5g		24.7kcal	5.1g	0.72g	0.17g	1g
Baking powder	0.6004g		0.95kcal	0.21g	0.03g	0g	0g
Bicarbonate of soda	0.6004g		0kcal	0g	0g	0g	0g
Vanilla essence, no alcohol	0.7505g		0kcal	0g	0g	0g	0g
Buttermilk	37.5g		14kcal	1.8g	1.3g	0.19g	0g
Oil, sunflower	7.2g	50ml	65kcal	0g	trace	7.2g	0g
Sugar, brown	5.9g		22.7kcal	5.7g	0.01g	0g	0g
Eggs, chicken, whole, raw	25.7g	3 eggs	34.1kcal	0.31g	3.2g	2.2g	0g

Apples, eating, raw, flesh and skin	18.8g	Peeled and cored	9.9kcal	2.2g	0.11g	0.09g	0.23g
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Meal Totals:

302kcal **43g** **9.1g** **10.4g** **2.7g**

R Bacon and Cream cheese bagel

Bagel, wholemeal, toasted	76g	1	212kcal	39.1g	9.9g	1.7g	6.7g
Cheese, cream, extra light	51g	1 tablespoon	56kcal	2.4g	6.1g	2.4g	0.2g
Bacon rashers, back, grilled	50g	2 slices grilled	143kcal	0g	11.6g	10.8g	0g
Lettuce, average, raw	25g	handfull	2.8kcal	0.35g	0.3g	0.02g	0.37g
Tomatoes, standard, raw	85g	1 average	12.7kcal	2.5g	0.42g	0.08g	0.85g
Salsa, retail	28g	1 tablespoon	25.4kcal	5.8g	0.35g	0.06g	0.42g
Avocado, Hass, flesh only	35g	1/4 avocado	67kcal	0.66g	0.56g	6.9g	1.6g

Meal Totals:

519kcal **51g** **29.2g** **22g** **10.2g**



R Berry Bonanza

Mixed berries, frozen	140g	1x cup	42kcal	8.7g	1.2g	0.28g	3.6g
Bananas, flesh only	100g	1x Medium	86kcal	20g	1.2g	0.1g	1.4g
Coconut, desiccated	25g	8.3x teaspoon	151kcal	1.5g	1.4g	15.5g	5.3g
Milk, whole, pasteurised, average	206g	1.5x On cereal (30-35g	131kcal	9.1g	7g	7.4g	0g
Peanut butter, smooth	54g	3x tablespoon	327kcal	6.6g	12.3g	28g	3.6g

Meal Totals:

737kcal **46g** **23.1g** **51g** **13.9g**

R bircher museli (4 serves)

Mixed berries, frozen	5g		1.5kcal	0.31g	0.04g	0.01g	0.13g
Sunflower seeds, toasted	68g		405kcal	12g	13.9g	33.5g	4.8g
Sultanas	73g		213kcal	51g	2g	0.29g	1.5g
Apples, eating, raw, flesh and skin	200g		106kcal	23g	1.2g	1g	2.4g
Lemon juice, fresh	40g		3kcal	0.64g	0.12g	0g	0.04g
Mixed nuts, (no peanuts)	29g		183kcal	2.3g	4.9g	17.1g	2.4g
Honey	42g		129kcal	32.1g	0.17g	0g	0g
Arla Skyr Natural	150g		92kcal	5.9g	16.5g	0.3g	0g
Apple juice concentrate, unsweetened	400g		943kcal	228g	2g	2.4g	0g
Oat flakes, rolled	160g		598kcal	103g	17.4g	13g	12.5g
Cinnamon, ground	5g		6.6kcal	1.3g	0.2g	0.06g	2.7g

Meal Totals:

2680kcal **460g** **58g** **68g** **26.3g**

R chia berry smoothie

Chia seeds	7g		27.1kcal	0.55g	1.3g	2.2g	2.7g
Almond milk, fortified, unsweeter	90ml		10.7kcal	0.09g	0.36g	0.99g	0.72g
Citrus orange fruit, soft/easy pee	40g		16.7kcal	3.7g	0.28g	0.08g	0.6g
Arla Skyr Natural	150g		92kcal	5.9g	16.5g	0.3g	0g
Spinach, baby, raw 1/2 cup	10g		1.7kcal	0.02g	0.26g	0.06g	0.1g
Carrots, young, raw 1medium	54g		16.7kcal	3.2g	0.38g	0.27g	1.3g
Mixed berries, frozen 1 cup	140g		42kcal	8.7g	1.2g	0.28g	3.6g
		<i>Meal Totals:</i>	207kcal	22.1g	20.3g	4.2g	9.1g
		<i>Plan Total:</i>	6266kcal	872g	238g	204g	95g