

FOOD NAME:	QUANTITY:	DESCRIPTION:	CALORIES	CARBS	PROTEIN	FAT
 R Apple, Yogurt, Almonds (300 cal)						
Apples, eating, raw, flesh and skin	151g	174g incl waste	80kcal	17.4g	0.91g	0.76g
FAGE Total 0% Natural Fat Free Greek Recipe Stra	170g	1x Per pack	90kcal	5.1g	17.5g	0g
20 almonds Almonds, with skin	20g	2x Average Portion	117kcal	1.4g	4.2g	10.5g
<i>Meal Totals:</i>			287kcal	23.9g	22.6g	11.3g

Tuna in tomatoe sauce with Rice Cakes (250 cal)						
Rice cakes, plain, low salt	27g	3x rice cake	94kcal	19.5g	2g	0.92g
Princes Tuna Chunks in Tomato Sauce 160g	160g	1x Per pack	158kcal	11g	22.2g	2.9g
<i>Meal Totals:</i>			253kcal	30.5g	24.2g	3.8g

Banana and Toast (250 cal)						
Bread, brown, toasted	64g	2x Medium slice	167kcal	31.6g	6.5g	1.7g
Bananas, raw, flesh only, weighed with skin	158g	1x Medium (7	85kcal	19.9g	1.3g	0g
<i>Meal Totals:</i>			252kcal	51g	7.7g	1.7g

Apple slices and Peanut Butter (320 cal)						
Peanut butter, wholegrain	40g	2x tablespoon	243kcal	2.9g	10g	21.2g
Apples, eating, raw, flesh and skin, weighed with c	174g	1x Medium	79kcal	17.2g	0.87g	0.7g
<i>Meal Totals:</i>			321kcal	20.1g	10.8g	21.9g

Beef Jerky and fruit (200 cal)						
Fruit salad apple, kiwi, strawberries, grapes	140g	1x Average Portion	64kcal	14.3g	0.98g	0.28g
Jack Link's Meat Snacks Beef Jerky Original 25g	50g	2x Per pack	138kcal	9.4g	20.5g	2g
<i>Meal Totals:</i>			201kcal	23.7g	21.5g	2.3g

Protein/Oats shake (300 cal)						
Whey protein isolate powder	30g	1x average serving/scoop	114kcal	0.42g	27g	0.45g
Blueberries, frozen	50g	0.3x cup, unthawed	18.5kcal	3.8g	0.25g	0.25g
Almond Milk, unsweetened	150ml	5x In tea/coffee	19.1kcal	0.3g	0.75g	1.7g
Oat flakes, rolled	40g	1x Serving, 1/2 cup	149kcal	25.7g	4.4g	3.2g
<i>Meal Totals:</i>			301kcal	30.2g	32.4g	5.6g

Protein Bar (200 cal)						
Fulfil, White Chocolate Cookie Dough	55g	1x bar	195kcal	11.2g	21.2g	7.2g

	Meal Totals:	195kcal	11.2g	21.2g	7.2g
	Plan Total:	1809kcal	191g	140g	54g

Macronutrient Analysis

	CARBOHYDRATE	SUGARS	PROTEIN	FAT	SATFAT	ALCOHOL
Intake	191.1g	98.5g	140.4g	53.7g	11.7g	0g
g/kg body-weight	2.5	1.3	1.8	0.7	0.2	0
Kilocal	763	394	562	484	106	0
Kilocal %	42.2%	21.8%	31.1%	26.7%	5.8%	0%

