

Day1

Food	Measure/Wgt.	Energy (kcal)	Prot (g)	Carb (g)	Fibr (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chola (mg)	Calc (mg)	Iron (mg)	Mag (mg)
Klg Flakes	3c	300	6	72	3	0.5	0.3	0.05	0.3	0	0	26	9
w/Milk	1c	121	8	12	0	5	2.9	1.3	0.2	18	298	0.12	33
Sausage Roles	3pce	394.5	10.5	42.75	1.5	21	6.6	8.4	4.2	22.5	162	2.33	25.5
Burger Kebab	1pce	515	24	39	1	29	8.5	10.4	8.4	60	60	4.68	35
w/Lettuce	1c	7	1	1	1	0.5	0.05	0.05	0.1	0	10	0.27	5
Chips	20ea	316	2	20	2	8	1.9	4.7	0.7	0	9	0.38	17
Fanta	1 1/2c	179	0	46	0	0	0	0	0	0	19	0.22	5
Lasagna	2pce	764	44	78	6	30	15.4	10	1.8	112	516	6.44	100
Lettuce	2c	16	0.5	1	0.5	0.5	0.05	0.05	0.05	0	10	0.31	2
Total		2612.5	96	311.75	15	94.5	35.7	34.95	15.75	212.5	1084	40.75	231.5

Notes

Beef Sausage	1pce	72	3	0.5	0	7	2.8	3.2	0.3	13	3	0.38	3
Biscuit	1pce	191	4	28	1	7	1.6	2.4	2.5	2	105	1.17	14
Burger Kebab=Chicken Sandwich													

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Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Vit A (RE)	Thia (mg)	VT-E (a-TE)	Ribo (mg)	Niac (mg)	V-B6 (mg)	Fola (ug)	VT-C (mg)
?	75	900	0.5	675	1	0.03	1.3	15	1.5	297	45
?	376	122	0.95	139	0.09	0.17	0.4	0.21	0.1	12	2
?	214.5	1155	8.03	22.5	0.32	0.41	0.33	3.41	0.11	6	0.75
?	353	957	1.87	31	0.33	0.55	0.24	6.81	0.2	100	9
?	87	5	0.12	18	0.02	0.15	0.02	0.1	0.02	31	2
?	366	108	0.19	0	0.09	0.25	0.01	1.63	0.12	14	5
?	7	45	0.37	0	0	0	0	0	0	0	0
?	922	1490	6.5	312	0.46	2.3	0.66	8	0.42	38	30
?	81	2	0.07	73	0.03	0.12	0.03	0.14	0.01	38	7
	2481.5	4784	18.6	1270.5	2.34	3.98	2.99	35.3	2.48	536	100.75

?	36	226	5	0	0.01	0.04	0.02	0.55	0.03	1	0
?	107	544	0.35	15	0.2	0.23	0.2	1.72	0.04	3	0.5