

Day2

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)
Scone	1pce	286.5	6	42	1.5	10.5	2.4	3.6	3.75	3	157.5	1.76
Coffee Muffin	1pce	138	3	23	2	5	1.2	2.3	0.7	34	16	1.27
Apple	1serving	81	0.5	21	4	0.5	0.1	0.05	0.1	0	10	0.25
Sausage Role	2servings	131.5	3.5	14.25	0.5	7	2.2	2.8	1.4	7.5	54	0.78
Ckn, chz, trtlla	2servings	1000	42	86	16	70	20.2			92	500	7
Total		1637	55	186.25	24	93	26.1	8.75	5.95	136.5	737.5	11.05

Notes

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

Burger Kebab=Chicken Sandwich

Scone=1.5 bescuit

Ckn, chz, trtlla=mexican pizza

Day2

Mag (mg)	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)
21 ?		160.5	816	0.53	22.5	0.3	0.35	0.3	2.58	0.06	4.5	0.75
28 ?		73	234	0.57	15	0.1	0.75	0.12	1.44	0.09	8	0
7 ?		159	0	0.05	7	0.02	0.44	0.02	0.11	0.07	4	8
8.5 ?		71.5	385	2.68	7.5	0.11	0.14	0.11	1.14	0.04	2	0.25
160 ?		800	1000	10	800	0.6		0.66	6	2.25	120	10
224.5		1264	2435	13.82	852	1.13	1.67	1.21	11.27	2.51	138.5	19

3 ?		36	226	5	0	0.01	0.04	0.02	0.55	0.03	1	0
14 ?		107	544	0.35	15	0.2	0.23	0.2	1.72	0.04	3	0.5