

Printable Diary for sbhnmhmd**Jan 8, 2025**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Cadbury Dairy Milk - Brownie Bites, 2 bite	130	15g	7g	1g	--	16mg	11g	1g
Pom-Bear - Pom-Bear Original Potato Snacks, 13 gram	65	8g	3g	1g	--	180mg	1g	1g
Morrisons mild cheddar slices - 10 slices per pack, 1 slice	96	0g	8g	6g	0mg	0mg	0g	0g
Hellmanns - Chilli Charger, 15 gram	45	2g	4g	0g	--	0mg	--	--
Baked Chicken Breast, 200 gram(s)	330	0g	7g	62g	170mg	148mg	0g	0g
St. Pierre - 4 Seeded Brioche Burger Buns, 62.5g per bun, 1 bun	197	32g	5g	6g	--	300mg	8g	2g
Dinner								
Prymat - Fried Onion / Cebulka Smazona, 17 gram	100	7g	7g	1g	--	--	2g	--
Morrisons - Natural Skyr, 100 gram	58	4g	0g	10g	--	6mg	3g	1g
Coop - Avocado, 40 grams	55	1g	5g	1g	0mg	0mg	1g	1g
Tilda - Lime and Coriander rice, 250 gram	334	59g	8g	6g	--	--	--	3g
Shazans - Beef Mince, 180 gram	329	0g	21g	34g	--	0mg	0g	0g
Snacks								
Barbell - Cookies and cream proteinbar, 1 bar	190	17g	6g	20g	--	--	1g	4g
TOTALS	1929	145g	81g	148g	170mg	650mg	27g	13g

Mar 2, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Boiled eggs, 3 egg	215	1g	14g	19g	558mg	213mg	1g	0g
Warburtons - Seeded Batch, 45.8 g	134	18g	4g	5g	0mg	176mg	1g	3g
Medjoull - Dates, 1 Date	64	16g	0g	0g	0mg	0mg	0g	2g
Morrisons - Dark Chocolate with Sea Salt, 20 grams	107	10g	6g	2g	--	--	--	2g
Morrisons - Frozen Blueberries (Team RH), 30 gram	14	3g	0g	0g	--	--	3g	0g
Arla - Skyr Natural Fat-Free Yoghurt, 170 grams	102	7g	0g	17g	--	--	7g	0g
TOTALS	636	55g	24g	43g	558mg	389mg	12g	7g

Mar 3, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Morrisons - Dark Chocolate with Sea Salt, 15 grams	80	7g	5g	1g	--	--	--	1g
Boiled eggs, 4 egg	286	1g	19g	25g	744mg	284mg	1g	0g
Medjoull - Dates, 1 Date	64	16g	0g	0g	0mg	0mg	0g	2g
Morrisons - Frozen Blueberries (Team RH), 60 gram	27	5g	0g	1g	--	--	5g	1g
Warburtons - Seeded Batch, 45.8 g	134	18g	4g	5g	0mg	176mg	1g	3g
MyProtein - Clear Whey Isolate (Vimto), 26 g	89	2g	0g	20g	0mg	0mg	1g	--
TOTALS	680	49g	28g	52g	744mg	460mg	8g	7g

Apr 15, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Lunch								
Morrisons - Greek Feta, 9 g	27	0g	2g	1g	--	195mg	0g	0g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Butter, salted, 12 gram	86	0g	10g	0g	26mg	77mg	0g	0g
Avocado oil, 1 teaspoon	40	0g	5g	0g	--	0mg	--	0g
Spinach, raw, fresh, 1 cup	7	1g	0g	1g	0mg	24mg	0g	1g
Mushrooms, 1 cup	22	3g	0g	2g	0mg	4mg	1g	1g
Boiled eggs, 3 egg	215	1g	14g	19g	558mg	213mg	1g	0g
TOTALS	511	32g	31g	24g	584mg	513mg	21g	4g

Apr 16, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Lunch								
Coop - Avocado, 90 grams	124	3g	11g	1g	0mg	0mg	1g	3g
Halloumi cheese, 71 g	222	0g	17g	17g	71mg	852mg	0g	0g
Boiled eggs, 3 egg	215	1g	14g	19g	558mg	213mg	1g	0g
Dinner								
Olive oil, 3 teaspoon	119	0g	14g	0g	0mg	0mg	0g	0g
Green beans, 1 cup	31	7g	0g	2g	0mg	6mg	3g	3g
Carrot - AT carrot , 2 carrots	38	6g	--	--	--	--	--	--
Macro - Salmon (with skin), 225 g	495	0g	36g	43g	0mg	0mg	0g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Snacks								
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
TOTALS	1358	44g	92g	83g	629mg	1071mg	24g	8g

Apr 17, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Lunch								
Spinach, raw, fresh, 1 cup	7	1g	0g	1g	0mg	24mg	0g	1g
Coop - Avocado, 40 grams	55	1g	5g	1g	0mg	0mg	1g	1g
Mushrooms, 1 cup	22	3g	0g	2g	0mg	4mg	1g	1g
Sunflower Oil, 1 tsp	40	0g	5g	0g	0mg	0mg	0g	0g
Boiled eggs, 3 egg	215	1g	14g	19g	558mg	213mg	1g	0g
Activia - Kefir Strawberry, 0.5 cup	101	11g	4g	4g	--	--	11g	--
TOTALS	440	17g	28g	27g	558mg	241mg	14g	3g

Apr 19, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Lunch								
Spinach, raw, fresh, 1 cup	7	1g	0g	1g	0mg	24mg	0g	1g
Mushrooms, 1 cup	22	3g	0g	2g	0mg	4mg	1g	1g
Halloumi cheese, 48 g	150	0g	12g	12g	48mg	576mg	0g	0g
Two Chicks - Egg Whites -100g-, 50 g	24	0g	0g	5g	--	205mg	0g	--
Boiled eggs, 2 egg	143	1g	10g	13g	372mg	142mg	0g	0g
Banana, 0.5 medium	57	13g	0g	0g	0mg	0mg	9g	1g
USN - Whey protein chocolate caramel, 34 g	126	2g	2g	24g	--	--	--	2g
Plenish - Organic & unsweetened Almond Milk, 200 ml	58	1g	5g	2g	--	0mg	0g	1g
Dinner								
Morrisons - ready to eat caesar salad kit, 200 gram	272	17g	18g	8g	--	--	--	3g
Sunflower Oil, 1 tsp	40	0g	5g	0g	0mg	0mg	0g	0g
Ribeye Raw, 336 gram(s)	605	5g	36g	66g	215mg	296mg	0g	0g
morrisons - cauliflower and broccoli mix (AS), 375 gram	146	14g	2g	13g	--	--	9g	11g
Snacks								
Asda - Rich Highland Shortie, 2 bisc (10g)	98	13g	5g	12g	0mg	0mg	4g	0g
TOTALS	1748	70g	95g	158g	635mg	1247mg	23g	20g

Apr 23, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Lunch								
Morrison - Dark Chocolate Rice Cakes, 2 cake	164	20g	8g	2g	--	0mg	8g	--
Snack-a-Jacks - Salt and Vinegar, 2 Rice Cake	86	16g	1g	2g	--	--	--	--
Warburton's - Protein power seeded bread, 2 slice	260	35g	5g	16g	--	--	--	7g
Heinz - Light Mayonnaise, 30 g	80	2g	8g	0g	0mg	204mg	1g	0g
John West in spring water - Tuna in spring water, 102 g	106	0g	1g	25g	--	--	--	--
Dinner								
Baked Chicken Breast, 220 gram(s)	363	0g	8g	68g	187mg	163mg	0g	0g
Veetee - Thai Jasmine Rice Pots, 1 Rice Pot 140g	196	44g	3g	4g	--	70mg	1g	1g
Morrisons - ready to eat caesar salad kit, 200 gram	272	17g	18g	8g	--	--	--	3g
TOTALS	1527	134g	52g	125g	187mg	437mg	10g	11g

Apr 24, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Lunch								
Max Crisps - Paprika Crisps, 1 packet	143	14g	9g	2g	0mg	0mg	1g	1g
tesco tuna and sweetcorn pasta - tuna pasta, 300 gram	434	51g	15g	22g	--	90mg	5g	--
Emmi - Caffe Latte Cappuccino, 370 ml	233	37g	4g	11g	0mg	150mg	10g	0g
Dinner								
Organic mixed vegetables - Mixed Vegetables, 1 cup	60	12g	0g	2g	0mg	20mg	4g	3g
Baked Chicken Breast, 178 gram(s)	294	0g	6g	55g	151mg	132mg	0g	0g
Veetee - Thai Jasmine Rice Pots, 1 Rice Pot 140g	196	44g	3g	4g	--	70mg	1g	1g
Snacks								
Magnum - Utopia Double Hazelnut, 1 x 85ml	245	26g	14g	3g	--	--	20g	1g
TOTALS	1605	184g	51g	99g	151mg	462mg	41g	6g

May 23, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Lunch								
salmon - Raw, 260 gram	541	0g	34g	52g	143mg	153mg	0g	0g
Veetee - sticky rice, 260 gram	396	82g	5g	6g	--	--	0g	--
Biscuitville - Caramel Brulee Iced Latte, 1 Order	230	40g	7g	2g	5mg	440mg	25g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Pret A Manger - Smoked Chipotle Hand Cooked Crisps, 40 g (1 pack)	208	21g	12g	2g	--	390mg	1g	2g
Pret - Tuna mayo baguette, 1 pack	514	59g	19g	25g	--	--	4g	3g
TOTALS	1889	202g	77g	87g	148mg	983mg	30g	5g

May 27, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Lunch								
Biotiful - Kefir Original, 250 ml	148	12g	7g	9g	--	250mg	7g	--
Ajinmoto - Costco - Teppanyaki Chicken and Rice, 1 sachet	297	42g	8g	12g	0mg	800mg	6g	3g
CP Flamin' chicken tenders - Chicken tenders, 170 gram	366	21g	14g	37g	--	--	--	--
TOTALS	811	75g	29g	58g	0mg	1050mg	13g	3g

May 28, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Lunch								
Spinach, raw, fresh, 1 cup	7	1g	0g	1g	0mg	24mg	0g	1g
Mushrooms, 1 cup	22	3g	0g	2g	0mg	4mg	1g	1g
Jason's sourdough - Bread, 2 slice	222	42g	1g	10g	--	--	--	3g
Avocado oil, 1 teaspoon	40	0g	5g	0g	--	0mg	--	0g
Boiled eggs, 3 egg	215	1g	14g	19g	558mg	213mg	1g	0g
Dinner								
Fresh skinless mango, 1 cup	99	25g	1g	1g	0mg	2mg	23g	3g
Biotiful - Kefir Original, 250 ml	148	12g	7g	9g	--	250mg	7g	--
CP Flamin' chicken tenders - Chicken tenders, 185 gram	398	23g	16g	40g	--	--	--	--
Ajinmoto - Costco - Teppanyaki Chicken and Rice, 1 sachet	297	42g	8g	12g	0mg	800mg	6g	3g
Snacks								
Jalapeno Popper, 2 piece	112	2g	11g	2g	34mg	114mg	2g	1g
Britt - Iced Mocha, 1 serving	193	32g	5g	6g	--	132mg	21g	--
TOTALS	1753	183g	68g	102g	592mg	1539mg	61g	12g

May 29, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Lunch								
Morrison's mild cheddar slices - 10 slices per pack, 1 slice	96	0g	8g	6g	0mg	0mg	0g	0g
Jason's sourdough - Bread, 2 slice	222	42g	1g	10g	--	--	--	3g
Avocado oil, 1 teaspoon	40	0g	5g	0g	--	0mg	--	0g
Boiled eggs, 3 egg	215	1g	14g	19g	558mg	213mg	1g	0g
Dinner								
Mozarella cheese - Mozarella cheese, 56 g	156	2g	10g	16g	46mg	9mg	2g	0g
Avocado oil, 1.5 teaspoon	60	0g	7g	0g	--	0mg	--	0g
Village Bakery - 6 Tortilla Wraps (High Protein), 122 gram	358	58g	5g	20g	--	--	--	3g
Tesco Mince 5% - Beef Mince, 200 g	248	0g	9g	42g	0mg	0mg	0g	0g
Snacks								
Jim Jams - Milk Chocolate Spread, 13 gram	65	7g	5g	1g	--	36mg	1g	--
Mixed berries, 1 cup	60	15g	0g	1g	0mg	2mg	10g	3g
Aldi pancakes salted caramel - High protein pancake, 100 gram	244	31g	7g	13g	--	--	11g	--
TOTALS	1764	156g	71g	128g	604mg	260mg	25g	9g

Jun 22, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Jason's sourdough - Bread, 1 slice	111	21g	0g	5g	--	--	--	1g
Morrison's mild cheddar slices - 10 slices per pack, 0.5 slice	48	0g	4g	3g	0mg	0mg	0g	0g
Two Chicks - Egg Whites -100g-, 130 g	62	1g	0g	14g	--	533mg	1g	--
Boiled eggs, 2 egg	143	1g	10g	13g	372mg	142mg	0g	0g
Lunch								
morrisons - cauliflower and broccoli mix (AS), 100 gram	39	4g	1g	3g	--	--	2g	3g
Baked Chicken Breast, 150 gram(s)	248	0g	5g	47g	128mg	111mg	0g	0g
Dinner								
Morrison's - Bistro Style Salad, 100 gram	61	3g	4g	2g	--	--	2g	2g
Organic mixed vegetables - Mixed Vegetables, 1 cup	60	12g	0g	2g	0mg	20mg	4g	3g
salmon - Raw, 100 gram	208	0g	13g	20g	55mg	59mg	0g	0g
Snacks								
Arla - Skyr Natural Fat-Free Yoghurt, 150 grams	90	6g	0g	15g	--	--	6g	0g
Plenish - Organic & unsweetened Almond Milk, 200 ml	58	1g	5g	2g	--	0mg	0g	1g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
USN - Whey protein chocolate caramel, 34 g	126	2g	2g	24g	--	--	--	2g
TOTALS	1254	51g	44g	150g	555mg	865mg	15g	12g

Jul 28, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Lunch								
Skips - Skips, 12 gram	76	9g	4g	1g	0mg	0mg	1g	0g
Avocado, 1 medium	240	13g	22g	3g	0mg	11mg	1g	10g
Sriracha, 1 tsp	5	1g	0g	0g	--	95mg	1g	0g
Jason's sourdough - Bread, 1 slice	111	21g	0g	5g	--	--	--	1g
Boiled eggs, 4 egg	286	1g	19g	25g	744mg	284mg	1g	0g
Snacks								
Flipz - Chocolate pretzel, 22 g	105	15g	4g	2g	--	0mg	8g	0g
Tango - Raspberry Ice Blast (Cineworld Large), 21 oz	185	47g	--	--	--	--	47g	--
TOTALS	1008	107g	49g	36g	744mg	390mg	59g	11g

Jul 29, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Flying Goose - Sriracha Sauce, 15 g	21	4g	0g	0g	--	431mg	3g	--
Butter, salted, 4 gram	29	0g	3g	0g	9mg	26mg	0g	0g
Coop - Avocado, 86 grams	119	3g	11g	1g	0mg	0mg	1g	3g
Boiled eggs, 1 egg	72	0g	5g	6g	186mg	71mg	0g	0g
Two Chicke - Egg Whites, 130 gram	62	0g	0g	14g	--	--	0g	0g
Jasons Sourdough - 01 The Great white, 90 gram	214	42g	1g	9g	--	--	2g	6g
Dinner								
75g cooked Basmati Rice - Basmati Rice, 75 g	97	21g	0g	2g	0mg	0mg	0g	--
Birdseye - Steam fresh, 1 bag	64	5g	1g	3g	--	--	5g	3g
SHAZANS - COOKED BEEF MINCE, 165 gram	356	0g	18g	48g	--	--	--	--
Snacks								
Strawberry, 1 cup, halves	49	12g	0g	1g	0mg	2mg	7g	3g
USN - Whey protein chocolate caramel, 34 g	126	2g	2g	24g	--	--	--	2g
Fage Total 0% - Fage Total 0%, 250 g	133	8g	0g	27g	17mg	92mg	8g	0g
Lucozade - Lucozade Energy, 100 ml	73	18g	0g	0g	--	--	9g	--

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
TOTALS	1415	115g	41g	135g	212mg	622mg	35g	17g

Jul 30, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Morrisons Milk - Whole Fat Milk, 88 ml								
Morrisons Milk - Whole Fat Milk, 88 ml	57	4g	3g	3g	--	35mg	4g	--
Emporium - Red Leicester, 25 gms	98	0g	8g	6g	--	188mg	--	--
Boiled eggs, 1 egg	72	0g	5g	6g	186mg	71mg	0g	0g
Two Chicke - Egg Whites, 130 gram	62	0g	0g	14g	--	--	0g	0g
Jason's Sourdough - high protein bread, 116 gram	276	26g	7g	24g	--	--	--	6g
Dinner								
kerrigans skewers - chicken skewers, 30 gram	48	2g	2g	6g	--	--	--	--
BirdsEye SteamFresh - Family Favourite Mix, 1 bag	64	10g	1g	3g	--	20mg	5g	4g
chicken wings - wings with skin, 250 gram	485	0g	37g	37g	0mg	0mg	0g	0g
Kiwi, 1 fruit	48	11g	0g	1g	0mg	4mg	7g	2g
Snacks								
Kiwi, 1 fruit	48	11g	0g	1g	0mg	4mg	7g	2g
TOTALS	1258	64g	63g	101g	186mg	322mg	23g	14g

Jul 31, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Skips - Skips, 12 gram								
Skips - Skips, 12 gram	76	9g	4g	1g	0mg	0mg	1g	0g
Jason's Sourdough - high protein bread, 116 gram	276	26g	7g	24g	--	--	--	6g
Two Chicke - Egg Whites, 70 gram	34	0g	0g	8g	--	--	0g	0g
Boiled eggs, 2 egg	143	1g	10g	13g	372mg	142mg	0g	0g
Monin - Vanilla, 20 ml	68	17g	0g	0g	--	--	17g	--
Morrisons Milk - Whole Fat Milk, 88 ml	57	4g	3g	3g	--	35mg	4g	--
Dinner								
tilda - peri peri rice, 250 gram	326	59g	6g	6g	0mg	0mg	3g	5g
Birdseye - Steam fresh, 1 bag	64	5g	1g	3g	--	--	5g	3g
Usda - Chicken Thigh - Boneless, Skinless (Cooked), 150 g	290	0g	16g	36g	0mg	503mg	0g	0g
Snacks								

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Emporium - Red Leicester, 25 gms	98	0g	8g	6g	--	188mg	--	--
TOTALS	1432	121g	55g	100g	372mg	868mg	30g	14g

Aug 1, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Lunch								
Emmi Iced Caffe Latte - Iced protein Latte, 370 ml	211	14g	4g	29g	--	--	13g	--
Max Crisps - Paprika Crisps, 1 packet	143	14g	9g	2g	0mg	0mg	1g	1g
John West in spring water - Tuna in spring water, 102 g	106	0g	1g	25g	--	--	--	--
tesco tuna and sweetcorn pasta - tuna pasta, 300 gram	434	51g	15g	22g	--	90mg	5g	--
Dinner								
Pepes - Garlic Mayo, 0.5 Serving	87	1g	9g	1g	--	200mg	1g	--
Pepes Piri Piri - Reg Fries, 0.5 regular fries	136	16g	6g	3g	--	0mg	--	--
Pepes Piri Piri - Quarter Chicken, 0.38 chicken	599	2g	24g	94g	--	--	--	--
tango - tango orange, 1 can	63	14g	0g	0g	0mg	0mg	14g	0g
TOTALS	1779	112g	68g	176g	0mg	290mg	34g	1g

Aug 2, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Jason's Sourdough - high protein bread, 58 gram	138	13g	4g	12g	--	--	--	3g
Monin - Vanilla, 10 ml	34	8g	0g	0g	--	--	8g	--
Morrison's Milk - Whole Fat Milk, 88 ml	57	4g	3g	3g	--	35mg	4g	--
TOTALS	229	25g	7g	15g	0mg	35mg	12g	3g

Aug 3, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Lunch								
Strawberry, 1 cup, halves	49	12g	0g	1g	0mg	2mg	7g	3g
USN - Whey protein chocolate caramel, 34 g	126	2g	2g	24g	--	--	--	2g
Fage Total 0% - Fage Total 0%, 250 g	133	8g	0g	27g	17mg	92mg	8g	0g
Morrison's - Dark Chocolate with Sea Salt, 10 grams	54	5g	3g	1g	--	--	--	1g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Dinner								
Chicken Thigh Bone-In Skin-On - Chicken thighs with bone and skin, 188 gram	415	--	31g	31g	182mg	152mg	--	--
tilda spicy mexican rice - tilda spicy rice, 250 gram	304	49g	8g	7g	--	--	--	--
Snacks								
Emporium - Red Leicester, 25 gms	98	0g	8g	6g	--	188mg	--	--
Boiled eggs, 2 egg	143	1g	10g	13g	372mg	142mg	0g	0g
Warburtons - Seeded Batch, 45.8 g	134	18g	4g	5g	0mg	176mg	1g	3g
TOTALS	1456	95g	66g	115g	571mg	752mg	16g	9g

Aug 5, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Warburtons - Seeded Batch, 45.8 g	134	18g	4g	5g	0mg	176mg	1g	3g
Coop - Avocado, 50 grams	69	2g	6g	1g	0mg	0mg	1g	2g
Boiled eggs, 2 egg	143	1g	10g	13g	372mg	142mg	0g	0g
chicken thigh mince - cooked, 100 gram	273	0g	13g	28g	--	--	--	--
TOTALS	619	21g	33g	47g	372mg	318mg	2g	5g

Aug 6, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Lunch								
emmi caffe latte skinny - light coffee drink, 370 ml	133	17g	2g	12g	--	--	--	--
Max Crisps - Paprika Crisps, 1 packet	143	14g	9g	2g	0mg	0mg	1g	1g
tesco tuna and sweetcorn pasta - tuna pasta, 300 gram	434	51g	15g	22g	--	90mg	5g	--
Dinner								
tilda - peri peri rice, 250 gram	326	59g	6g	6g	0mg	0mg	3g	5g
Boiled eggs, 3 egg	215	1g	14g	19g	558mg	213mg	1g	0g
Snacks								
Walkers Sensations - Sensations Crisps, 25 g	126	14g	7g	2g	0mg	0mg	0g	0g
Ben and Jerry's - Chocolate Fudge Brownie, 0.44 cups	231	28g	12g	4g	33mg	76mg	24g	2g
TOTALS	1608	184g	65g	67g	591mg	379mg	34g	8g

Aug 7, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Lunch								
emmi caffe latte skinny - light coffee drink, 370 ml	133	17g	2g	12g	--	--	--	--
Tesco - marry me wrap, 1 wrap	418	46g	17g	19g	--	--	--	--
Max Crisps - Paprika Crisps, 1 packet	143	14g	9g	2g	0mg	0mg	1g	1g
Dinner								
Usda - Chicken Thigh - Boneless, Skinless (Cooked), 140 g	270	0g	15g	34g	0mg	469mg	0g	0g
tilda - peri peri rice, 250 gram	326	59g	6g	6g	0mg	0mg	3g	5g
TOTALS	1290	136g	49g	73g	0mg	469mg	4g	6g

Aug 8, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Lunch								
McCoys - Salt & Vinegar Crisps, 47.5 g	251	26g	15g	3g	--	--	1g	--
Tesco - Marry me chicken wrap meal deal, 1 Pack	418	46g	17g	19g	--	1mg	5g	3g
TOTALS	669	72g	32g	22g	0mg	1mg	6g	3g

Aug 9, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Lunch								
Ajinmoto - Costco - Teppanyaki Chicken and Rice, 1 sachet	297	42g	8g	12g	0mg	800mg	6g	3g
Flank steak, cooked, 133 g	247	0g	10g	37g	104mg	76mg	0g	0g
Snacks								
Kiwi, 1 fruit	48	11g	0g	1g	0mg	4mg	7g	2g
TOTALS	592	53g	18g	50g	104mg	880mg	13g	5g

Aug 11, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
emmi caffe latte skinny - light coffee drink, 370 ml	133	17g	2g	12g	--	--	--	--

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
McCoys - Salt & Vinegar Crisps, 47.5 g	251	26g	15g	3g	--	--	1g	--
Tesco - marry me wrap, 1 wrap	418	46g	17g	19g	--	--	--	--
Dinner								
CP Flamin' chicken tenders - Chicken tenders, 185 gram	398	23g	16g	40g	--	--	--	--
Morrisons - Grated Mozzarella & Cheddar, 38 gram	136	1g	10g	9g	--	467mg	0g	--
old el paso - large tortilla extra thin, 32 gram	96	17g	2g	3g	--	32mg	1g	0g
TOTALS	1432	130g	62g	86g	0mg	499mg	2g	0g

Aug 12, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Lunch								
Proper Lentil Chips - Salt & Vinegar, 28 g	130	17g	5g	3g	--	--	1g	--
tesco tuna and sweetcorn pasta - tuna pasta, 300 gram	434	51g	15g	22g	--	90mg	5g	--
TOTALS	564	68g	20g	25g	0mg	90mg	6g	0g

Aug 16, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Lunch								
Ben's Original Peri Peri Rice - peri peri rice, 270 grams	449	84g	8g	9g	--	475mg	2g	3g
Peri peri chicken breast - Chicken, 300 grams	501	5g	28g	60g	--	4mg	2g	--
TOTALS	950	89g	36g	69g	0mg	479mg	4g	3g

Aug 18, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Lunch								
Fanta - 250ml can of fanta, 1 can	48	11g	0g	0g	--	--	--	--
Warburtons - Protein Thin Bagel, 2 bagel	308	43g	4g	16g	0mg	432mg	4g	6g
Heinz - Light Mayonnaise, 45 g	120	4g	12g	0g	0mg	306mg	1g	0g
Peri peri chicken breast - Chicken, 160 grams	267	3g	15g	32g	--	2mg	1g	--
TOTALS	743	61g	31g	48g	0mg	740mg	6g	6g

Sep 3, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Lunch								
Two Chicke - Egg Whites, 100 gram	48	0g	0g	11g	--	--	0g	0g
Boiled eggs, 2 egg	143	1g	10g	13g	372mg	142mg	0g	0g
Morrisons - Crispy Potato Bites, 185 g	318	50g	9g	6g	--	185mg	1g	9g
TOTALS	509	51g	19g	30g	372mg	327mg	1g	9g

Nov 22, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Boiled eggs, 2 egg	143	1g	10g	13g	372mg	142mg	0g	0g
Costco - Ramen poulette, 1 bol	316	46g	3g	27g	--	--	--	--
TOTALS	459	47g	13g	40g	372mg	142mg	0g	0g