



## Printable Diary for Haroon\_z

From:   Show:  Food Diary  Food Notes

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## February 3, 2018

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Tesco - Scottish Porridge Oats 100g, 100 g	362	61g	7g	10g	0mg	0mg	1g	8g
100% Gold Standard Whey - Chocolate Peanut Butter, 1 scoop	130	4g	2g	24g	60mg	210mg	2g	0g
<b>Lunch</b>								
Generic - Chicken Breast, Uncooked, Trimmed, 210 g (3.5oz)	231	0g	3g	49g	122mg	137mg	0g	0g
Levi Roots' Reggae Reggae Jerk/Bbq Sauce - Marinade Sauce, 50 g	66	16g	0g	0g	0mg	210mg	14g	0g
Reggae Reggae - Jerk/Bbq Table Sauce, 87.5 g	116	27g	0g	1g	0mg	368mg	24g	1g
Oil - Olive, 0.75 tablespoon	90	0g	10g	0g	0mg	0mg	0g	0g
Green Pepper - 1 Whole Large, 1 whole approx 3 1/4"long x 3" dia	33	8g	0g	1g	0mg	5mg	4g	3g
Generic - Onion, Small Cooked, 1 small	28	6g	0g	1g	0mg	0mg	0g	0g
Tesco - Sweet Gem Lettuce Fresh, 1 Lettuce	20	2g	1g	1g	0mg	0mg	2g	0g
Sweet potato, baked in skin - Sweet Potato, Baked in Skin, 250 grams	225	52g	1g	5g	0mg	90mg	15g	8g
Tesco - Cucumber, 0.5 Cucumber 8.25" (30g)	24	6g	0g	1g	0mg	3mg	0g	1g
Rosii - Large Vine Tomato, 1 whole with skin	33	7g	0g	2g	0mg	9mg	5g	2g
Tesco Finest Brioche Bun - Brioche Buger Bun, 136 g	372	59g	8g	13g	0mg	1mg	9g	5g
<b>Dinner</b>								
Tree to Table - Maple Syrup, 1.5 tbsp	83	20g	0g	0g	0mg	4mg	18g	0g
KYF - Southern fried chicken strips, 108 g	327	8g	23g	12g	0mg	354mg	0g	1g
Diner - Belgium Waffle (Correct), 1 cook	412	65g	13g	10g	19mg	958mg	6g	3g
<b>Snacks</b>								
Blue Diamond - Almonds Almond Breeze Almond Milk Unsweetened Uk (100ml), 200 ml	28	1g	2g	1g	0mg	120mg	0g	1g
Danone - Actimel Original (0%fat), 100 gram	28	3g	1g	3g	0mg	0mg	3g	0g
Arla - Protein Yoghurt - Raspberry, 200 g	142	13g	1g	20g	0mg	0mg	12g	0g
Weetabix - Protein Weetabix, 2 biscuit	144	25g	1g	8g	0mg	0mg	2g	4g
<b>TOTAL:</b>	<b>2,894</b>	<b>383g</b>	<b>73g</b>	<b>162g</b>	<b>201mg</b>	<b>2,469mg</b>	<b>117g</b>	<b>37g</b>