

Meal	Variety	Processed	Veg	Fruit	Grain	Meat	Dairy	KJ	Cal
Breakfast								2564	612.52
2 slice Wholemeal multigrain toast	1	0.5			2			1264	301.96
2 poached eggs	1					1		622	148.59
Vegemite 1 Tsp	1	1						41	9.7946
Muesli 1/4 Cup	1				1			513	122.55
Milk reduced Fat 1/4 Cup							0.25	124	29.623
Snack								724	172.96
1 medium Apple	1			1				405	96.751
10 Almonds	1							318	75.968
Lunch								2527	603.68
Wholemeal wrap	1	0.5			2			907	216.67
1/4 medium Tomato	1		0.5					28	6.689
1/4 medium Capcicum	1		0.5					80	19.111
Small Carrot grated	1		1					24	5.7334
1/4 cup cucumber	1		0.5					34	8.1223
1 cup of Lettuce	1		1					24	5.7334
80g of chicken	1					1		764	182.51
Cottage cheese 1/2 cup	1	0.5					1	502	119.92
Half punnet of Blue berries	1			0.5				164	39.178
Snack								876	209.27
1 Medium Banana	1							377	90.062
Medium takeaway Latte		0.5					0.5	499	119.21
Dinner								4132	987.1
Tuna Fillit 115	1					1		1515	361.92
Cucumber and Cherry tomato Salad (see recipe)	3		2.5					754	180.12
Slice of Multigrain Bread		0.5			1			537	128.28
Natural Greek Yoghurt 1/3 cup	1						1	1143	273.05
1/4 a medium Mango	1			0.5				183	43.717
Total	22	3.5	6	2	6	3	2.75	10823	2585.5
Target	> 18	< 5.5	6	2	6	3	2.5		