

Meal	Variety	Processed	Veg	Fruit	Grain	Meat	Dairy	KJ	Cal
Breakfast								2110	352.1022
2 slice Wholemeal multigrain toast	1	0.5			2			1264	150
1 poached eggs	1					0.5		311	74.29527
Vegemite 1 Tsp	1	1						41	9.794553
Glass of milk							1	494	118.0124
Snack								318	75.96751
Apple Medium	1				1			318	75.96751
Lunch								2742	655.0406
Wholemeal wrap	1	0.5			2			907	216.6746
1/4 medium Tomato	1		0.5					28	6.688963
1/4 medium Capcicum	1		0.5					80	19.11132
Small Carrot grated	1		0.5					12	2.866699
1/4 cup cucumber	1		0.5					34	8.122312
1/2cup of Lettuce	1		0.5					12	2.866699
80g of chicken	1					1		764	182.5131
Cottage cheese 1/2 cup	1	0.5					1	502	119.9236
Small skinny latte	1						0.5	403	96.27329
Snack								631	150.7406
3 thick Rice Cakes	1				1			631	159.74
Dinner								2269	542.0449
Salmon Fillit 115g	1					1		1515	361.9207
Cucumber and Cherry tomato Salad (see recipe)	3		2.5					754	180.1242
1/2 Punnet of Blueberries	1				1				
Total	19	2.5	5	2	5	2.5	2.5	8070	1775.896
Target	> 18	< 5.5	5	2	6	2.5	2.5		