

DIET DIARY



	Monday (1148kcal)	Tuesday (1092kcal)	Wednesday (1232kcal)	Thursday (1152kcal)	Friday (1196kcal)	Saturday (1065kcal)	Sunday (1107kcal)
Breakfast	35g Hi 8 no added sugar muesli (126kcal), 200ml unsweetened almond milk (26kcal) =152kcal	40g oats (147kcal) made into porridge with 150ml low fat milk (70kcal), 15g milled flax seeds (82kcal)=299kcal	50g smoked salmon (100kcal), poached egg (70kcal), slice of wholemeal soda bread (90kcal) =260kcal	2 low fat bacon medallions (60kcal), 140g no added sugar beans (98kcal), grilled portobello mushroom (20kcal)=178kcal	2 Weetabix (136kcal), 150ml low fat milk (70kcal)=206kcal	Banana pancake (171kcal) (1/2 banana mashed with small egg, cooked like pancake with 1 tsp of butter)	Finnish Whipped Porridge (147kcal)
Mid-morning	small orange (45kcal)	small apple (70kcal) with 100g tub natural yougurt (56kcal) =126kcal	Not guilty' bag of white choc crispies (99kcal)	150g strawberries (48kcal)		1/2 scone (125kcal) with 10g butter (75kcal)= 200kcal	
Lunch	Tex Mex Salad (488kcal)	1 slice wholemeal soda bread (90kcal), 2 slices ham (40kcal), Tricolour soup (88kcal) =218kcal	Soy & ginger tuna 80g can (152kcal), bag of mixed salads (40kcal) =192kcal	Seafood Salad 350kcal	Tesco Cajun chicken wrap (191g) 490kcal	Warm Halloumi Salad (196kcal)	100g pork steak (260kcal), 300g carrots (126kcal), medium potato (120kcal), 100ml Bisto gravy (26kcal)= 532kcal
Mid-afternoon	Baba Ganoush serving (41kcal) with 2 oatcakes (90kcal) = 131kcal	two low sugar biscuits (under 100kcal)	50g reduced fat houmous (84kcal), 2 oatcakes (90kcal)=174kcal				Protein bar (200kcal)
Dinner	Now to wow lasagne (212kcal)	200g cod (160kcal), (frozen) Cauliflower rice portion (29kcal), 100g low calorie coleslaw (160kcal) =349kcal	100g 5% fat mince (122kcal), wholemeal wrap (160kcal), 100g canned mixed bean salad (105kcal), 40g grated low fat cheese (120kcal)=507kcal	100g turkey burger (119kcal), burger bun (135kcal), Skinny Sauce smokey BBQ (10ml 2kcal), 400g celeriac made into fries with 1kcal spray (170kcal)=426kcal	Take-out (500kcal)	120g fillet steak (186kcal), cauliflower mash (160kcal), 200g steamed green beans (62kcal) =408kcal	2 small eggs omelette (140kcal) with 300g grated courgette (60kcal) and 1/2 bunch of scallions (16kcal)= 216kcal
Evening	330ml Brewdog Nanny state alc free ale (20kcal), low calorie bag of crisps (under 100kcal)= 120kcal			150kcal portion of low calorie ice cream		120ml red wine (90kcal)	115g pot of sugar free jelly (5kcal) with 100g stewed rhubarb (7kcal) =12kcal

Date: _____

Name : _____