

DIET DIARY



	Monday (1035kcal)	Tuesday (1014kcal)	Wednesday (1056)	Thursday (1263kcal)	Friday (989kcal)	Saturday (1174kcal)	Sunday (1160kcal)
Breakfast	Soft boiled egg (70kcal) dipped into with wholemeal bread 'soldiers' (89kcal) =159kcal	Korvapuusti (cinnamon roll) with Cafe Au Lait =270kcal	Cauliflower scrambled eggs =310kcal	40g porridge oats (148kcal) made into porridge with 200ml light milk (84kcal), 25g milled flax seeds (137kcal)= 369kcal	Slice of spelt bread (75kcal) with 50g (93kcal) smoked salmon, 30g light soft sheese (50kcal)= 218kcal	2 grilled bacon medallions (64kcal), Wholemeal Slim bagel (120kcal), 30g light soft cheese (50kcal) = 234kcal	Oatmeal waffles with strawberry syrup =290kcal
Mid-Morning	Sugarfree jelly (9kcal) with stewed rhubarb (100g 10kcal)= 19kcal		4 Sula Sugar-free Butterscoth sweets =36kcal		kiwi fruit =36kcal		
Lunch	Wholemeal wrap (168kcal), 2 slices cooked deli turkey (70kcal), 75g fat free cottage cheese (46kcal) seasoned with cajun spices, 40g mixed leaves (15kcal)= 299kcal	Homemade vegetable soup (70kcal), wholemeal Slimbo (100kcal), 2 slices deli turkey (70kcal), 1 tomato (14kcal), 2 tbsp lighter than light mayo (22kcal) =276kcal	Wholemeal pitta pocket (145kcal), slice of Low Low cheddar (60kcal), sliced gherkins (10kcal), 1 light cheese triangle (25kcal)= 240kcal	Green curry turnip soup with lemon zest prawns =176kcal	Omelette with feta cheese and vegetables =200kcal	Green lentil hummus spread (4 tbsp 140kcal), 4 Finn crisp thins (80kcal), Broccoli soup (50kcal) = 270kcal	Taste of Sol- Tortilla Espanola (125g 201kcal), grilled asparagus (200g 58kcal)= 259kcal
Mid-afternoon	100g blueberries (45kcal), 100g natural Greek yogurt (66kcal)= 111kcal			Alesto Cacao & orange protein balls =150kcal	Flahavan's Flapjack =207kcal		Mini Twister Pineapple flavour =38kcal
Dinner	2 chicken sausages (198kcal) fried with spray oil, with 400g mashed turnip (170kcal) and 50ml Bisto gravy (13kcal)= 381kcal	Baked potato (200g 164kcal), John West Jacket topper with tomato (85g 114kcal), mixed with 100ml lighter than light mayo (76kcal), roasted cauliflower (300g 114kcal) = 468kcal	Chickpea burgers with cucumber raita and green salad =390kcal	Cully & Scully Fish Pie (400g 492kcal) with 200g steamed broccoli (76kcal)= 568kcal	Happy Pear's Moroccan Inspired Tagine =328kcal	Dinner out- choose under 600kcal for food, one gin (70kcal) and slimline tonic = 670kcal	Four Seasons pizza a la Eva =500kcal
Evening	15g bag of popcorn = 66kcal		150g Skyr yougurt, approx 80kcal depending on variety				Heineken light (3% alc) 330ml =73kcal

Start Date: _____

Name : _____