

Meal Report for Annie Onymus

Wednesday 31/10/2018

Food	Amount	Energy (kJ)	Carbs (g)	Protein (g)	Fat (g)
Breakfast		1,209.4	42.3	9.1	8.1
BREAD, TOASTED BURGEN WHOLEGRAIN AND OATS	2 slice, thick, 38g	830.7	29.5	9.0	3.6
Jam, strawberry, regular	2 regular spread, 8g	176.0	10.8	0.0	0.0
MARGARINE SPREAD, FLORA LIGHT	2 slice of bread, regular spread, 4.8g	168.6	0.0	0.1	4.5
Coffee, white, from instant coffee powder, made up with cows milk not further defined	1 g	2.2	0.1	0.0	0.0
Sugar, raw	2 g	31.9	2.0	0.0	0.0
Lunch		3,252.9	93.0	42.5	24.5
Coffee, cappuccino, from ground coffee beans, with reduced fat cows milk	1 takeaway cup, large, 373mL	589.3	16.0	10.8	4.1
Sugar, raw	2 sachet/packet, single serve, 3g	95.8	6.0	0.0	0.0
Sandwich or roll, filled with chicken & salad	1 sandwich, 155g	1,012.2	27.9	16.1	6.2
Banana, cavendish, peeled, raw	1 fruit, medium, 98g	377.3	19.2	1.4	0.3
Cheese, cheddar, reduced fat, not further defined	2 slice, sandwich size, 21g	458.6	0.9	11.7	6.4
BISCUIT, ARNOTT'S ORIGINAL SAVOY CRACKER	10 biscuit/cracker, round, regular, Arnotts clix, Arnotts Jatz, original, 3.5g	719.6	23.0	2.5	7.5
Dinner		3,786.7	69.1	26.5	23.3
FROZEN MEAL, LEAN CUISINE RICH BEEF LASAGNE	1 Container or pack, not further defined, Individual size, 400g	1,816.0	56.8	23.6	11.2
Wine, red	2 glass, large, 200mL	1,283.0	0.0	0.8	0.0
Chocolate, dark, high cocoa solids, 60% cocoa solids or greater	4 square, 7g	687.7	12.3	2.1	12.1
Snack		994.0	33.2	3.8	9.7
Doughnut, unfilled, with cinnamon & sugar dusting	1 doughnut, round, regular, all brands, 50g	787.0	22.0	3.3	9.7
Grape, thompson seedless or sultana, raw	1 can/cup/box, snack size, 75g	207.0	11.3	0.5	0.1

Total	9,242.9	237.7	81.8	65.7
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