

extra easy ^{SP} food diary

Name **JANE BLOGGS**

Group

Village Hall

Date **21 Jan 2015** Week

3

Free Foods

Healthy Extras

Syns

S foods

cauli, celeriac,
carrots, apple x 2
green beans,
courgettes, lettuce,
tomatoes, onions

P foods

chicken, bacon,
prawns, tuna,
2 x eggs, baked beans
peas, cottage cheese

others

(on that rare occasion!)

banana

a 250ml semi skimmed milk

b 2 x weetabix

b 2 x wholemeal bread
(100g loaf)

1 x tbsp jam - 2
1 x tbsp oil - 6
2 x choc chip cookies - 5

Total **13**

pumpkin, peppers,
spinach
broccoli, cabbage,
Leeks, strawberries,
apricots, melon

lemon sole, ham
5% fat beef mince,
egg, quark, chickpeas,

a 40g light cheddar

b 2 x hi fi light bars

b 35 x pistachio nuts

1 x pint lager 11.5

Total **11.5**

mushrooms, onions,
tomatoes, peppers,
mangetout, asparagus,
aubergine, celery,
passion fruit, orange,
2 x plums, 1 x pear

turkey, quorn mince
butter beans, lentils,
mushy peas, ham,
liver

mullerlight yogurt
banana & custard

a 6 x laughing cow
ex light triangles

b 35g porridge oats

b 4 x ryvita dark rye

large latte skimmed - 5.5
hula hoops 25g bag - 6.5

Total **12**

measure Healthy Extras
& Syns with care - stay
safe, feel amazing!

please turn over...