

Weight Loss Food Diary – Stewart Watkiss

Day 1						
08/06/2009						
Alli Taken: Yes						
Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat
Wholemeal Granary Bread	2	Slice	70	1	140	2
Honey Roast Salmon	1	170g	146	7.4	146	7.4
Watercress	1		0	0	0	0
Hardboiled egg	1	Medium	88	6.5	88	6.5
Total for meal					374	15.9
Lunch						
Alli Taken: Yes						
Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat
Wholemeal Granary Bread	4	Slice	70	1	280	4
Low fat ham	5	Slice	25	0.5	125	2.5
Tesco Baked Crisps	1	bag	95	1.9	95	1.9
Ambrosia low fat rice pudding	1	pot	137	2	137	2
Banana	1	large	115	0.5	115	0.5
Total for meal					752	10.9
Dinner						
Alli Taken: Yes						
Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat
lean mince	1	100g	185	11.8	185	11.8
potatoes	3	100g	75	0.2	225	0.6
oxo	1	cube	19	0.4	19	0.4
steam veg (carrot broc. Sweatcorn)	1	sachet	80	1.8	80	1.8
onion	0.5	100g (half)	38	0.2	19	0.1
fry light	14	sprays	3.7	0.4	3.7	0.4
Baked Beans snap pot	1	1 pot	144	0.4	144	0.4
Sorbet	1	58g	120	0	120	0
Total for meal					795.7	15.5
Snacks						
Vitamin Taken: Yes						
Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat
No snacks					0	0
Total for day:					1921.7	42.3
Physical Activity						
Swimming						
Wii Fit						
Comments		Today I felt (good / okay / bad): good				

Day 2						
09/06/2009						
Alli Taken: Yes						
Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat
Kellogs Frosties breakfast bar	1	bar	103	3	103	3
Alpen breakfast bar	1	bar	119	3.3	119	3.3
Fruit fingers	1	½ pack	115	0.4	115	0.4
					0	0
Total for meal					337	6.7
Lunch						
Alli Taken: Yes						
Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat
Wholemeal Granary Bread	4	Slice	70	1	280	4
Low fat ham	3	Slice	24	0.5	72	1.5
Tomato	1	piece	14	0.2	14	0.2
Walkers baked crisps	1	pack	98	2	98	2
Muller Vitality Yogurt	1	125g pot	92	1.7	92	1.7
Total for meal					556	9.4
Dinner						
Alli Taken: Yes						
Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat
Light meatballs & spaghetti	1	pack	365	10.4	365	10.4
99% crackers	4	cracker	18	0.05	72	0.18
Half fat cheese	1	33g	87.33	5.37	87.33	5.37
					0	0
					0	0
Total for meal					524.33	15.95
Snacks						
Vitamin Taken:						

Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat
Strawberries		1 100g		28	0.1	28
Low fat custard		1 160g		149	2.9	149
Total for day:					1594.33	35.05
Physical Activity						
50 mins walking						
Wii Fit						
Comments	Today I felt (good / okay / bad): good					

Day 3						
10/06/2009						
Breakfast						
Alli Taken: Yes						
Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat
Bagel		1 1 bagel	216	1.6	216	1.6
Hardboiled egg		2 Medium	88	6.5	176	13
Banana		1 large	115	0.5	115	0.5
					0	0
					0	0
					0	0
Total for meal					507	15.1
Lunch						
Alli Taken: Yes						
Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat
Wholemeal Granary Bread		4 Slice	98	1	392	4
Seafood sticks		2 qtr pack	75	1.3	150	2.6
Light thousand island		2 15ml	15	0.02	30	0.04
Walkers baked crisps		1 pack	98	2	98	2
					0	0
					0	0
					0	0
					0	0
Total for meal					670	8.64
Dinner						
Alli Taken: Yes						
Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat
Tortilla		2	1	137.6	4.68	275.2
Salsa		1 50g (1/3)	22	0.25	22	0.25
Fajita Seasoning		1 20g (1/2)	57	0.36	57	0.36
onion		0.5 100g (half)	38	0.2	19	0.1
Pepper		1	1	26	0.4	26
Chicken		1 1 breast portion	170	1.8	96	0.6
fry light		3 4 sprays	3.7	0.4	11.1	1.2
Refried beans		2 50g (1/4)	48	0.3	96	0.6
Mexican Style Rice		1 100g (less half)	155	2.1	155	2.1
Total for meal					757.3	14.97
Snacks						
Vitamin Taken:						
Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat
Midget Gems		1 6 x sweets (10g)		36	0	36
Total for day:					1970.3	38.71
Physical Activity						
Swimming						
Wii Fit						
Comments	Today I felt (good / okay / bad): okay					
Side effects experienced after lunch. Maybe due to late breakfast too close to lunchtime.						
Side effects lasted for about 3 hours on and off.						

Day 4						
11/06/2009						
Breakfast						
Alli Taken:						
Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat
Dorset cereals Muesli		1 100g	366	9.5	36	9.5
Skimmed Milk		1 250ml	90	0	90	0
Muller Vitality Yogurt		1 125g pot	92	1.7	92	1.7
					0	0
					0	0
					0	0
					0	0
Total for meal					218	11.2
Lunch						
Alli Taken: Yes						

Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat
Warburtons Wholemeal Bread		4 Slice	95	1.2	380	4.8
low fat turkey		3 Slice	22	0.3	66	0.9
Tesco Baked Crisps		1 bag	95	1.9	95	1.9
					0	0
					0	0
					0	0
					0	0
					0	0
Total for meal					541	7.6

Dinner

Alli Taken: Yes

Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat
Light Chicken Korma with rice		1 pack	495	8.9	495	8.9
Mini Naan bread		2 1mini	168	2.8	336	5.6
Pickles		1 1 tbsp	50	0	50	0
Carte Dor Lemon Sorbet		1 65g	78	0	78	0
					0	0
					0	0
					0	0
					0	0
Total for meal					959	14.5

Snacks

Vitamin Taken: Yes

Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat
Shapers Chocolate Caramel bar		1 bar	100	3	100	3

Total for day:

1818 36.3

Physical Activity

Walk (in shopping centre due to bad weather)

Wii Fit

Comments

Today I felt (good / okay / bad): good

Day 5

11/06/2009

Breakfast

Alli Taken: Yes

Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat
Bran flakes – skimmed milk		2 30g	139	1.1	278	2.2
Warburtons Wholemeal Bread (toasted)		1 Slice	95	1.2	95	1.2
Muller Vitality Yogurt		1 125g pot	92	1.7	92	1.7
					0	0
					0	0
					0	0
Total for meal					465	5.1

Lunch

Alli Taken: Yes

Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat
Warburtons Wholemeal Bread		2 Slice	95	1.2	190	2.4
Big soup (veg)		2 ½ tin	111	2.5	222	5
Light mini pretzels		1 pack	96	0.7	96	0.7
Mandarins in juice		1 pot	40.8	0	40.8	0
					0	0
					0	0
					0	0
					0	0
Total for meal					548.8	8.1

Dinner

Alli Taken: Yes

Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat
Pork with chilli beans		1 pack	260	4.7	260	4.7
WW Caramel crunch dessert		1 pot	174	2.6	174	2.6
					0	0
					0	0
					0	0
					0	0
					0	0
					0	0
Total for meal					434	7.3

Snacks

Vitamin Taken: Yes

Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat
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Carrot & Orange cake slice	1 1 slice	95	0.7	95	0.7
goahead Crispy slice (raspberry)	1 1 slice	56	0.9	56	0.9
Total for day:				1598.8	22.1

Physical Activity

Swimming

Comments Today I felt (good / okay / bad): good

Day 6 13/06/2009

Breakfast Alli Taken: Yes

Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat	
Bagel		1 1 bagel		216	1.6	216	1.6
Grilled bacon		1 2 slices		120	9.8	120	9.8
Tomato		1 1 fruit		14	0.2	14	0.2
fry light		3 4 sprays		3.7	0.4	3.7	0.4
Melon, pineapple and grapes		1 ½ pack		85	0.4	85	0.4
						0	0
Total for meal						438.7	12.4

Lunch Alli Taken: Yes

Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat	
turkey salad sandwich		1 1 sandwich (approx)		300	3	300	3
Picalilli		1 2 heaped teaspoons		17.5	0.15	17.5	0.15
Mixed bean salad		1 ½ tin		195	3.4	195	3.4
Berry medley		1 pack		125	0.3	125	0.3
						0	0
						0	0
						0	0
						0	0
Total for meal						637.5	6.85

Dinner Alli Taken: Yes

Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat	
Sausage & Mash		1 pack		390	7.4	390	7.4
steam veg (carrot broc. Sweatcorn)		1 sachet		80	1.8	80	1.8
WW Toffee mini pot		1 pot		88	1.9	88	1.9
						0	0
						0	0
						0	0
						0	0
						0	0
Total for meal						558	11.1

Snacks Vitamin Taken:

Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat	
Chocolate biscuit and raisin bar		1 1 bar		90	2.8	90	2.8

Total for day: **1724.2** **33.15**

Physical Activity

Gardening

Walking

Wii Fit / Wii Sport

Comments Today I felt (good / okay / bad): good

Day 7 14/06/2009

Breakfast Alli Taken: Yes

Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat	
Special K Red Berries (skimmed milk)		1 30g		153	0.6	153	0.6
Crumpet		2 1 item		100	0.4	200	0.8
Flora Extra Light		1 10g		19	1.8	19	1.8
						0	0
						0	0
						0	0
Total for meal						372	3.2

Lunch Alli Taken: Yes

Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat	
Chicken drumstick		1 1 drumstick (no skin)		75	2	75	2

Mixed salad and dressings (unknown)	1 small plate	250	4	250	4
Sausage (thick)	0.25 1 item	120	9	30	2.25
Mini Pretzels	1 pack	96	0.7	96	0.7
				0	0
				0	0
				0	0
				0	0
Total for meal				451	8.95

Dinner	Alli Taken:	Yes			
Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories Fat
Super Noodles		1 ½ pack	262	11.8	262 11.8
goahead chocolate hazelnut & pistachio		1 bar	127	3.6	127 3.6
					0 0
					0 0
					0 0
					0 0
					0 0
Total for meal					389 15.4

Snacks	Vitamin Taken:	Yes			
Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories Fat
					0 0
					0 0

Total for day:					1212 27.55
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Physical Activity
 Gardening
 Wii Sports
Comments Today I felt (good / okay / bad): good
 Eating out for lunch – actual calories and fat unknown

Day 8	15/06/2009				
Breakfast	Alli Taken: Yes				
Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories Fat
Crumpet		2 1 item	100	0.4	200 0.8
Flora Extra Light		1 10g	19	1.8	19 1.8
Banana		1 large	115	0.5	115 0.5
					0 0
					0 0
					0 0
Total for meal					334 3.1

Lunch	Alli Taken:	Yes			
Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories Fat
Bread (wholemeal)		4 Slice	95	1.2	380 4.8
Turkey (low fat)		2 Slice	22	0.3	44 0.6
Nandos sauce		0.2 5g	3.8	0.3	0.76 0.06
Baked Crisps (Walkers)		1 pack	98	2	98 2
Fruit in Jelly		1 pot	96	0.1	96 0.1
					0 0
					0 0
					0 0
Total for meal					618.76 7.56

Dinner	Alli Taken:	Yes			
Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories Fat
Chilli con carne & rice		1 1 pack	486	7.5	486 7.5
Naan bread (regular)		0.33 1item	392	6.6	129.36 2.18
Chocolate mini pot (WW)		1 pot	89	2.2	89 2.2
					0 0
					0 0
					0 0
					0 0
Total for meal					704.36 11.88

Snacks	Vitamin Taken:				
Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories Fat
goahead Crispy slice (raspberry)		3 1 slice	56	0.9	168 2.7
Clementines		12 fruit	52	0.1	52 0.1
Total for day:					1877.12 25.34

Physical Activity

Swimming
Wii Fit

Comments Today I felt (good / okay / bad): good

Day 9

16/06/2009

Breakfast

Alli Taken: Yes

Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat
Bread (wholemeal)	2	Slice	95	1.2	190	2.4
Flora Extra Light	2	10g	19	1.8	38	3.6
Bran flakes – skimmed milk	1	30g	139	1.1	139	1.1
Mandarins in juice	1	pot	40.8	0	40.8	0
					0	0
					0	0
Total for meal					407.8	7.1

Lunch

Alli Taken: Yes

Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat
Pitta bread (wholemeal)	2	1 pitta	145	1.5	290	3
Tinned Tuna	1	100g	105	0.5	105	0.5
Sweetcorn (tinned)	1	½ sml can	78	1.3	78	1.3
Mayonnaise (Extra Light)	1	15ml	12	0.5	12	0.5
Baked Crisps (Tesco)	1	bag	95	1.9	95	1.9
Apple (braeburn)	1	1 apple	63	0.1	63	0.1
					0	0
					0	0
Total for meal					643	7.3

Dinner

Alli Taken: Yes

Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat
Chicken breast (mini fillets)	2	100g	138	1.7	276	3.4
Mushroom stir fry (with tbsp oil)	1	175g (½ pack)	67	3.7	67	3.7
Fry light (woks)	0 (replaces oil included in above)	10 sprays	10	0.1	0	0
Noodles	1	125g (1 sheet)	217	1.3	217	1.3
					0	0
					0	0
					0	0
Total for meal					560	8.4

Snacks

Vitamin Taken:

Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat
goahead Fruit bake	0.5	1 bar	124	2.5	62	1.25
Carrot & Orange cake slice	1	1 slice	95	0.7	95	0.7
Total for day:					1767.8	24.75

Physical Activity

Walk (50mins)
Wii Fit

Comments Today I felt (good / okay / bad): okay

Day 10

17/06/2009

Breakfast

Alli Taken: Yes

Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat
Bread (granary)	2	1 slice	89	0.9	178	1.8
Flora Extra Light	2	10g	19	1.8	38	3.6
Bran flakes – skimmed milk	1	30g	139	1.1	139	1.1
Fresh fruit pot	1	200g (1 pot)	93	0.2	93	0.2
					0	0
					0	0
Total for meal					448	6.7

Lunch

Alli Taken: Yes

Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat
Bread (granary)	3	1 slice	89	0.9	267	2.7
Smoked salmon (sustainably sourced)	2	60g (½ pack)	82	1.9	164	3.8
Philadelphia Extra Light Mini	1	1 mini pot	38	1.6	38	1.6
Baked Crisps (Tesco)	1	bag	95	1.9	95	1.9

Apple (braeburn)	1 1 apple	63	0.1	63	0.1
				0	0
				0	0
				0	0
Total for meal				627	10.1

Dinner	Alli Taken: Yes				
Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories Fat
Mackerel & Rocket Fishcake (BGTY)	1	1 fishcake	218	11.9	218 11.9
Potatoes (new)	1	5 potatoes	175	0.8	175 0.8
Iceburg lettuce	1	50g (¼ lettuce)	10	0	10 0
Carrot	1	1 carrot	17.5	0.3	17.5 0.3
Radish	1	5 bulbs	7	0.1	7 0.1
Salad onion	1	1 onion	3.13	0.06	3.13 0.06
Tomatoes (baby plum)	1	¼ pack	9	0.3	9 0.3
Italian dressing (light)	1	15ml	4	0	4 0
Pineapple, apple, melon, strawberry & grape	1	½ pack	69	0.2	69 0.2
				0	0
				0	0
Total for meal				512.63	13.66

Snacks	Vitamin Taken: Yes				
Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories Fat
					0 0
					0 0
Total for day:				1587.63	30.46

Physical Activity
Swimming

Comments Today I felt (good / okay / bad): okay

Day 11	18/06/2009				
Breakfast	Alli Taken: Yes				
Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories Fat
Smoked cod (line caught)	1	6 100g	101	1.6	161.6 2.56
Bread (granary)	2	1 slice	89	0.9	178 1.8
Fresh fruit pot	1	200g (1 pot)	93	0.2	93 0.2
					0 0
					0 0
					0 0
Total for meal				432.6	4.56

Lunch	Alli Taken: Yes				
Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories Fat
Bread (granary)	2	1 slice	89	0.9	178 1.8
Ham (low fat)	2	Slice	25	0.5	50 1
Rice pudding low fat mini pot	1	1 pot	137	2	137 2
Clementines	1	2 fruit	52	0.1	52 0.1
Baked Crisps (Walkers)	1	1 pack	98	2	98 2
					0 0
					0 0
					0 0
Total for meal				515	6.9

Dinner	Alli Taken: Yes				
Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories Fat
Chicken Tikka Masala (light)	1	1 pack	470	7.1	470 7.1
Pitta bread (wholemeal)	1	1 pitta	145	1.5	145 1.5
Banoffee dessert (WW)	1	1 pot	170	3.6	170 3.6
					0 0
					0 0
					0 0
					0 0
Total for meal				785	12.2

Snacks	Vitamin Taken: Yes				
Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories Fat
Pineapple					0 0
					0 0
Total for day:				1732.6	23.66

Physical Activity

Walk (60mins)
Wii Fit

Comments Today I felt (good / okay / bad): good

Day 12

19/06/2009

Breakfast

Alli Taken: Yes

Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat
Smoked cod (line caught)	1.6	100g	101	1.6	161.6	2.56
Bread (granary)	2	1 slice	89	0.9	178	1.8
Fresh fruit pot	1	1200g (1 pot)	93	0.2	93	0.2
					0	0
					0	0
					0	0
Total for meal					432.6	4.56

Lunch

Alli Taken: Yes

Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat
Bread (granary)	2	1 slice	89	0.9	178	1.8
Ham (low fat)	2	Slice	25	0.5	50	1
Picalilli	1	2 heaped teaspoons	17.5	0.15	17.5	0.15
Baked Crisps (Walkers)	1	pack	98	2	98	2
Mandarins in juice	1	pot	40.8	0	40.8	0
					0	0
					0	0
					0	0
Total for meal					384.3	4.95

Dinner

Alli Taken: Yes

Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat
Chicken breast (mini fillets)	2	100g	138	1.7	276	3.4
Nandos sauce	4	5g	3.8	0.3	15.2	1.2
Instant Rice (Mexican)	1.25	100g (less half)	155	2.1	193.75	2.63
Kidney beans in chilli sauce	0.5	tin	180	1.1	90	0.55
Sorbet (Carte Dor – Lemon)	1	65g	78	0	78	0
					0	0
					0	0
					0	0
Total for meal					652.95	7.78

Snacks

Vitamin Taken: Yes

Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat
goahead Caramel Crunch Bars	1	1 bar	106	3.4	106	3.4
					0	0
Total for day:					1575.85	20.69

Physical Activity

Swimming (1 mile crawl – 54 lengths)
Wii Fit

Comments Today I felt (good / okay / bad): good

Day 13

20/06/2009

Breakfast

Alli Taken: Yes

Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat
Egg (Free range)	1	Medium	88	6.5	88	6.5
Bread (granary)	2	1 slice	89	0.9	178	1.8
					0	0
					0	0
					0	0
					0	0
Total for meal					266	8.3

Lunch

Alli Taken: Yes

Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat
Jacket potato	3	100g approx	75	0.2	225	0.6
Tinned Tuna (with added sweetcorn)	1	100g approx	113	0.5	113	0.5
Prawn salad (no dressing)	1	1 portion approx	160	0.9	160	0.9
					0	0
					0	0

0 0
0 0
0 0

Total for meal 498 2

Dinner Alli Taken: Yes

Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat
Chilli Beef & Potato crush		1 pack		233	6	233 6
Refried beans		2 50g (¼ sml can)		48	0.3	96 0.6
Fruit gums (no added sugar)		2 ¼ pack (8 sweets)		52	0	104 0
						0 0
						0 0
						0 0
						0 0
						0 0

Total for meal 433 6.6

Snacks Vitamin Taken:

Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat
Low calorie jelly		1 pot		8.75	0.1	8.75 0.1
Banana		0.5 large		115	0.5	57.5 0.25
Total for day:					1263.25	17.25

Physical Activity

Walking (shopping in town & supermarket)

Wii Fit

Comments Today I felt (good / okay / bad):

Day 14 21/06/2009

Breakfast Alli Taken: Yes

Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat
Fruit Teacake		1.5 1 teacake		160	2.1	240 3.15
Flora Extra Light		1.5 10g		19	1.8	28.5 2.7
Fresh fruit pot		1 200g (1 pot)		93	0.2	93 0.2
						0 0
						0 0
						0 0

Total for meal 361.5 6.05

Lunch Alli Taken: Yes

Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat
Salmon sandwich		0.5 1 sandwich (approx)		300	12	150 6
Prawn sandwich		1 1 sandwich (approx)		300	6	300 6
Mini Hoops (WW)		1 pack		71	0.2	71 0.2
Strawberries		2 100g		28	0.1	56 0.2
						0 0
						0 0
						0 0
						0 0

Total for meal 577 12.4

Dinner Alli Taken: No

Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat
BBQ Chicken with jacket potato				Unknown (eating out)	500	12
					0	0
					0	0
					0	0
					0	0
					0	0
					0	0
					0	0

Total for meal 500 12

Snacks Vitamin Taken:

Food	Qty	Amount per portion	Calories per portion	Fat g/portion	Calories	Fat
Teddy bear sweets (Father's day gift)		1.5 6 x sweets (10g)		36	0	54 0
					0	0
Total for day:					1492.5	30.45

Physical Activity

Walking

Gardening

Wii Fit

Comments

Today I felt (good / okay / bad): good

Meal out – unsure of fat content (dressing on side salad & butter on plate) so no alli taken.