

	Food & Drink	Calories (Kcal)	Carbohydrates (g)	Protein (g)	Fat (g)	Price (£)
Breakfast	Bran Flakes (100g)	344	67	8	2	£0.46
	Skimmed Milk (300ml)	111	14.7	10.8	0.3	£0.13
	2 Crumpets	240	47.8	7.8	1.2	£0.21
	Strawberry Jam (100g)	244	60.6	0.4	0	£0.40
	Sub Totals:	939	190.1	27	3.5	£1.20
Snack 1	Mini Cheese & Tomato Pizza (500g)	1085	216.5	34	9.5	£1.17
	0% Fat Strawberry Yoghurt (330g)	202	33	16.6	0.4	£1.00
	Can of Coke (330ml)	139	35	0	0	£0.30
	Sub Totals:	1426	284.5	50.6	9.9	£2.47
Lunch	2 Slices of Wholemeal Bread	210	33.2	9.2	3.4	£0.16
	Chicken Tikka Filler (100g)	135	7.1	13	5.9	£0.50
	1 Chocolate Muffin (105g approx.)	440	64.9	7.5	16.1	£0.50
	Sub Totals:	785	105.2	29.7	25.4	£1.16
Snack 2	Cheese & Onion Crisps (35g)	181	18.8	2.8	10.5	£0.32
	Reduced Fat Rice Pudding (500g)	395	46.5	14	3	£0.53
	Can of Coke (330ml)	139	35	0	0	£0.30
	Sub Totals:	715	100.3	16.8	13.5	£1.15
Dinner	Cheese & Pepperoni Lasagne (400g)	536	54	28.8	21.6	£1.45
	Garlic Bread (100g)	365	43.1	7.6	17.3	£0.45
	Sub Totals:	901	97.1	36.4	38.9	£1.90
Snack 3	Chocolate Bubbly Bites (150g)	825	82.5	11.55	49.2	£1.20
	0% Fat Strawberry Yoghurt (330g)	202	33	16.6	0.4	£1.00
	Sub Totals:	1027	115.5	28.15	49.6	£2.20
Grand Totals:		5793	892.7	188.65	140.8	£10.08
% In Calories:			63.85%	13.50%	22.65%	
% In Grams:			73.04%	15.45%	11.51%	