

Meal planner

25/12/2015 ▼

Plan: 650 / Lifestyle ▼

Breakfast

Meal	Serving	Protein	Fat	Carbs	Kcal	
Tea (Add milk to planner if required).	1.0 item	0.00	0.00	0.70	2.40	-
Milk - Fresh, Semi-Skimmed Milk	25.0 ml	0.85	0.42	1.18	11.50	-
Back Bacon, Lean (Dry Fried or Grilled) 25g Per Rasher - 4 for 100g	2.0 slices	9.00	6.20	0.00	108.00	-
Medium Eggs	1.0 item	5.50	4.60	0.50	68.00	-
Mushrooms, Dry Fried	100.0 g	2.10	0.40	0.10	12.00	-
XMAS - Grilled Tomatoes	100.0 g	0.80	0.30	3.50	20.00	-
	Total:	18.25	11.92	5.98	221.90	
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Mid Morning Snack

Meal	Serving	Protein	Fat	Carbs	Kcal	
Coffee (Add milk to planner if required).	1.0 item	0.00	0.00	0.00	5.50	-
Milk - Fresh, Semi-Skimmed Milk	25.0 ml	0.85	0.42	1.18	11.50	-
	Total:	0.85	0.42	1.18	17.00	
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Lunch

Meal	Serving	Protein	Fat	Carbs	Kcal	
XMAS - Roast Turkey (Skinless Breast Meat)	150.0 g	46.80	6.90	0.00	249.00	-
XMAS - Parsnips, Trimmed, Peeled, Boiled	50.0 g	0.80	0.60	6.45	33.00	-
XMAS - Potatoes, Boiled, Peeled (not mashed or roasted)	75.0 g	1.35	0.08	12.75	54.00	-
XMAS - Aunt Bessies Yorkshire Pudding (1 from pack of 12)	1.0 item	1.60	1.60	7.60	50.20	-
Carrots, Old, Boiled	50.0 g	0.30	0.20	2.45	12.00	-
XMAS - Peas, canned	50.0 g	2.65	0.45	6.75	40.00	-
Broccoli, Florets, Boiled	100.0 g	3.10	0.80	1.10	24.00	-
Cauliflower, Boiled	100.0 g	3.60	0.90	3.00	34.00	-
Mulled Wine (Slim & Save VLCD) (5g mixed with 250ml water)	2.0 items	0.00	0.00	0.60	12.00	-
	Total:	60.20	11.53	40.70	508.20	

Evening Meal

Meal	Serving	Protein	Fat	Carbs	Kcal	
Jelly, Sugar Free, Hartleys (Per half sachet)	1.0 item	3.40	0.00	0.60	18.00	-
XMAS - Cream, Whipped, Pressurised Spray Tin (per tablespoon)	2.0 tablespoons	0.20	1.40	0.80	16.00	-
Mulled Wine (Slim & Save VLCD) (5g mixed with 250ml water)	1.0 item	0.00	0.00	0.30	6.00	-
	Total:	3.60	1.40	1.70	40.00	
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Evening Snack

Meal	Serving	Protein	Fat	Carbs	Kcal	
XMAS - Ryvita Crispbread, Original (each)	2.0 items	1.80	0.40	13.40	70.00	-
XMAS - Hard Cheese (all varieties)	50.0 g	12.70	17.45	0.05	208.00	-
Mulled Wine (Slim & Save VLCD) (5g mixed with 250ml water)	2.0 items	0.00	0.00	0.60	12.00	-
	Total:	14.50	17.85	14.05	290.00	
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Additional Items

Meal	Serving	Protein	Fat	Carbs	Kcal	
XMAS - Ferrero Rocher	1.0 item	0.00	5.30	5.40	73.30	-
Mulled Wine (Slim & Save VLCD) (5g mixed with 250ml water)	1.0 item	0.00	0.00	0.30	6.00	-
	Total:	0.00	5.30	5.70	79.30	
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Plan Summary

Protein	Fat	Carbs	Calories
97.40	48.42	69.31	1156.40