

## Meal Report - Kylie Green

02 Feb 2023

	Energy (kJ)	Carbohydrate (g)	Protein (g)	Fat (g)
Breakfast	980.7	33.1	20.6	0.5
0.25 x travel mug, small, 120mL Coffee, long black style, from ground coffee beans, without milk	1.2	0.0	0.0	0.0
1 x tub/container, individual tub from a twin pack, 175g Yoghurt, vanilla flavoured, low fat (<0.5%), with added protein & fibre, intense sweetened	540.8	18.2	9.5	0.2
1.5 x school lunch carton, 206g Milk, cow, fluid, skim (~0.15% fat)	438.8	14.8	11.1	0.3
Lunch	1458.6	7.0	41.6	16.0
150 x g Chicken, mince, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined	1257.0	2.1	37.6	15.8
1 x packet, individual serve, 126g Mixed vegetables, fresh or frozen, broccoli, carrot & pea/bean, cooked, with or without fat	201.6	4.9	3.9	0.3
Supper	724.2	7.4	13.6	9.9
4 x biscuit/cracker, round, regular, Arnotts Vita-Weat Lime & Black Pepper, 2.3g Biscuit, Savoury, Rice Cracker, From Brown Rice, All Flavours, All Arnott's Vita-Weat	178.8	7.2	0.8	1.2
2 x egg, large, 45g Egg, chicken, whole, fried, no fat added	545.4	0.3	12.9	8.7
Totals	3163.6	47.5	75.8	26.4

03 Feb 2023

	Energy (kJ)	Carbohydrate (g)	Protein (g)	Fat (g)
Breakfast	1832.9	8.4	54.0	20.8
1 x egg, large, 47g Egg, chicken, whole, hard-boiled	274.0	0.3	5.8	4.5
144 x g Bacon, middle rasher or shortcut, fully-trimmed, baked, roasted, grilled or BBQ'd, no added fat	1437.1	1.3	47.8	16.3
2 x packet/sachet, single serve, squeeze-on, 14g Sauce, tomato, commercial, regular	121.8	6.8	0.3	0.1
Lunch	588.8	22.9	7.8	1.6
160 x g Yoghurt, Danone Activia Mango	588.8	22.9	7.8	1.6
Totals	2421.7	31.3	61.8	22.4

04 Feb 2023

	Energy (kJ)	Carbohydrate (g)	Protein (g)	Fat (g)
Breakfast	1478.9	52.7	17.3	7.3
1 x sachet, dry/uncooked, 34g Oats, Uncooked Uncle Toby's Creamy Honey Oats Sachets	553.9	23.5	2.8	2.5
7 x dash or splash, 30mL Milk, Vitasoy Oat Milk Only	485.1	14.3	3.3	4.4
0.25 x travel mug, small, 120mL Coffee, long black style, from ground coffee beans, without milk	1.2	0.0	0.0	0.0
1.5 x school lunch carton, 206g Milk, cow, fluid, skim (~0.15% fat)	438.8	14.8	11.1	0.3
Lunch	1039.0	37.8	6.1	7.0
1 x sachet, dry/uncooked, 34g Oats, Uncooked Uncle Toby's Creamy Honey Oats Sachets	553.9	23.5	2.8	2.5
7 x dash or splash, 30mL Milk, Vitasoy Oat Milk Only	485.1	14.3	3.3	4.4
Dinner	859.8	10.1	16.8	10.3
10 x g Mixed nuts & seeds, for use in garden salad recipes	265.5	0.7	2.0	5.8
100 x g Salad, garden, made from leafy greens, cucumber, onion & tomato, no added dressing	75.0	1.9	1.3	0.2
0.5 x schnitzel, small/medium, 114g Chicken, schnitzel, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, no added fat	519.3	7.6	13.5	4.3
Supper	564.4	20.3	2.5	4.0
1 x biscuit/cookie, regular/standard size, 13.3g Biscuit, Nabisco Oreo Wafer Sticks Plain	291.1	8.2	0.7	3.8
1 x fruit, small/medium, 151g Nectarine, yellow, unpeeled, raw	273.3	12.1	1.8	0.2
Totals	3942.1	121.0	42.7	28.5