

Meal Report - Kylie Green

25 Jan 2023

	Energy (kJ)	Carbohydrate (g)	Protein (g)	Fat (g)
Breakfast	1541.1	55.7	22.7	5.6
16 x mouthful, 30mL Milk, cow, fluid, skim (~0.15% fat)	708.9	24.0	18.0	0.5
1 x sachet, dry/uncooked, 34g Oats, Uncle Toby's Oat Sachets Vanilla	553.9	23.5	2.8	2.5
4 x dash or splash, 30mL Milk, Vitasoy Oat Milk Only	277.2	8.2	1.9	2.5
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
Lunch	1005.6	4.9	38.8	5.9
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
120 x g Chicken, breast, flesh, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined	804.0	0.0	34.9	5.6
Dinner	2091.6	8.7	67.9	20.3
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
250 x g Chicken, mince, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat	1890.0	3.8	64.0	20.0
Supper	3447.2	48.9	48.1	47.0
1 x bar, regular, 70g Bar, Atkins Bars	1267.7	28.7	23.9	10.4
2 x thick spread, 16g Peanut butter, not further identified	804.8	4.4	7.2	16.1
1 x tub/container, individual tub, 200g Yoghurt, Tamar Valley Natural No Fat	482.0	11.8	13.2	0.6

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	Energy (kJ)	Carbohydrate (g)	Protein (g)	Fat (g)
1 x Capsule, soft Flaxseed 1000mg	0.0	0.0	0.0	1.0
15 x g Cocoa powder	216.4	3.7	2.4	2.2
2 x wrap filling, regular sized wrap, homemade, 39g Avocado, raw	676.3	0.3	1.4	16.8
Totals	8085.5	118.2	177.6	78.8