

## Meal Report - Kylie Green

17 Oct 2022

	Energy (kJ)	Carbohydrate (g)	Protein (g)	Fat (g)
Breakfast	2122.2	10.0	51.9	29.1
80 x g Bacon, middle rasher or shortcut, fully-trimmed, baked, roasted, grilled or BBQ'd, no added fat	798.4	0.7	26.6	9.0
2 x egg, large, 45g Egg, chicken, whole, fried, no fat added	545.4	0.3	12.9	8.7
25 x g Cheese, Bega Tasty	430.0	0.0	6.0	8.8
1 x takeaway cup, medium/regular/small, 281mL Coffee, flat white or latte, from ground coffee beans, double shot, with reduced fat cows milk	348.4	9.0	6.5	2.5
Lunch	588.8	22.9	7.8	1.6
160 x g Yoghurt, Danone Activia Mango	588.8	22.9	7.8	1.6
Dinner	1866.7	27.8	36.0	19.9
180 x g Veal, schnitzel, breadcrumb coating, cooked with tomato sauce & cheese (veal parmigiana)	1634.4	18.4	33.7	19.8
20 x g Pea, split, dried, boiled, microwaved or steamed, drained	72.8	1.8	1.3	0.1
50 x g Sweet potato, orange flesh, peeled or unpeeled, fresh or frozen, boiled, microwaved or steamed, drained	159.5	7.6	1.0	0.1
Supper	885.6	22.2	3.0	12.7
1 x egg/bar, 20g Chocolate, Kinder Chocolate Bar	442.8	11.1	1.5	6.4
1 x egg/bar, 20g Chocolate, Kinder Chocolate Bar	442.8	11.1	1.5	6.4
Totals	5463.3	82.8	98.7	63.4