

DAY \_\_\_\_\_ DATE \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

QTY/WGT	Breakfast	Fats	Calories
1	Multigrain English muffin toasted	2.0g	158
1 tsp	Flora Light margarine	2.2g	20
30g	30% reduced fat cheese	7.3g	101
1	Small Tomato	0.1g	19
125g	Strawberries	0.2g	30
	<b>Lunch</b>		
2 slices	Tip Top 9 grain bread	1.7g	91
80g	Pink salmon drained	5.0g	111
2 cups	Salad	0.2g	65
150g	Watermelon	0.3g	35
	<b>Dinner</b>		
1 serve	Chicken and Vegetable Lasagne (book 6)	6.9g	305
1 cup	Extra salad	0.1g	33
	<b>Snacks</b>		
1 cup	Skim milk	0.2g	90
1	Uncle Tobys Chewy Forest Fruits Bar	2.8g	117
175g	Forme yoghurt	0.2g	80
<b>Totals</b>		<b>29.2g</b>	<b>1255</b>

Water 

Fruit 

Veg/Salad 

My exercise for today \_\_\_\_\_

How would I rate today? (circle one) Outstanding | Good | Average | Lost the plot

Why? It was an easy day... felt in control I had lots to eat, didn't feel hungry