

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
	Lunch		
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
	Dinner		
1 serve	Chicken and Vegetable Lasagne (book 6)	6.9g	305
1 cup	Extra salad	0.1g	33
	Snacks		
1 cup	Skim milk	0.2g	90
1	Be Natural Trail Muesli Bar	3.6g	135
175g	Forme yoghurt	0.2g	80
Totals		29.8g	1273

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