

Diary Food and Exercise Report

This report was generated by the CalorieKing.com.au Online Diet Diary for Jay Em.

Sunday, 20th April 2014

Daily Summary

Food Energy In:	2464 cals	Total Fat	73.5g / 53g	Over
Exercise Energy Out:	0 min, 0 cals	Total Protein	134.1g / 121g	Over
Net Energy:	2464 cals	Total Carb.	293.7g / 363g	Under
Net Energy Budget:	2250 cals	Glasses of Fluid:	0	Under
End Result:	214 Calories Over	Steps:	0	Under

Breakfast

Item	Calories	kJs	Fat	Protein	Carb.
2 two slices (84g) of Helga's: Bread: Classic, Traditional Wholemeal	378	1579	2.7	16.1	67.2
2 extra large 59g egg, without shell equals (52g) of Eggs: Chicken Egg, whole, raw, fresh	146	610	10.3	13.2	0.3
20 g of Kraft: Peanut Butter: Smooth	132	552	10.3	4.8	2.6
21 g of IXL: Jam & Marmalade: Conserve, Strawberry	56	236	0.1	0.1	13.7
Total	712	2978	23.3g	34.2g	83.8g

Lunch

Item	Calories	kJs	Fat	Protein	Carb.
1 serving, 1/5 packet (200g) of EasiYo: Yoghurt: Everyday, Strawberry, prep. as directed	220	916	7.2	8.4	30.8
1 large w. skin & core 235g (216g) of Fruit, fresh: Apple w. skin, edible portion	106	441	0	0.6	22.9
1 two slices (84g) of Helga's: Bread: Classic, Traditional Wholemeal	189	790	1.3	8.1	33.6
1 bowl (300g) of Muffin Break: Soups: Soup, Minestrone	186	780	1.2	6.9	33.9
Total	701	2926	9.7g	24g	121.2g

Dinner

Item	Calories	kJs	Fat	Protein	Carb.
200 g of Beef Cuts: Scotch (Ribeye) Fillet, lean, raw	290	1210	11.4	46	0
1 fifth packet (100g) of McCain: Vegetables, frozen: Mixes, Peas & Corn	91	380	1.4	4.4	13.5
1 medium (150g) (128g) of Vegetables, fresh: Potato, Average All Types w. Pale Skin, raw	86	358	0.1	2.9	16.5
Total	467	1948	12.9g	53.3g	30g

Snack

Item	Calories	kJs	Fat	Protein	Carb.
1 can (95g) of John West: Fish, canned: Salmon Tempters, Onion & Tomato	137	572	7.5	12.5	4.8
1 medium, 170g with skin, 16cm/6" (110g) of Fruit, fresh: Banana, raw, edible portion	99	416	0.1	1.9	21.8
1 medium bunch, 200g (196g) of Fruit, fresh: Grapes, Green, average all types, raw, edible portion	133	557	0.2	1.2	30.4
30 almond (1.2g) of Nuts: Almonds, raw, w. skin, edible portion	216	901	19.7	7	1.7
Total	585	2445	27.5g	22.6g	58.6g

Exercise

Item	Calories	kJs	Fat	Protein	Carb.
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