

DIET DIARY

	Monday (917kcal)	Tuesday (1029kcal)	Wednesday (987kcal)	Thursday (1212kcal)	Friday (1150kcal)	Saturday (1249kcal)	Sunday (1168kcal)
Breakfast	2 small egg (140kcal) omelette with 60g spinach (18kcal)= 158kcal	40g low sugar granola (Liz's 200kcal), 200ml unsweetened almond milk (26kcal)=226kcal	Wholemeal Slim bagel (120kcal), Dr.Eva's Creamy salmon pate (39kcal)= 159kcal	Slice of rye bread (Biona 157kcal), 50g smoked salmon (100kcal), 30g Light soft cheese (50kcal) =307kcal	Dr. Eva's Raspberry Smoothie (195kcal)	2 grilled high meat content sausages (under 200kcal), wholemeal Slimbo (100kcal), 1 l cow light cheese 25kcal)= 325kcal	Dr. Eva's Eggs Benedict (266kcal)
Mid-Morning			100g blackberries (32kcal)	Dr. Eva's Granola Protein bar (174kcal)			
Lunch	Homemade soup (70kcal), 3 Ryvita dark rye crackers (102kcal), 3 slices turkey (45kcal), 2 l cow light cheeses (50kcal)= 267kcal	Chopped' Walnut & Goat cheese bowl (337kcal)	LIDL Deluxe Black barley & black bean salad (200g tub (282kcal)	Dr. Eva's Chinese chicken soup (247kcal)	Milano's Leggera pizza (under 600kcal), diet drink	McDonald's cheeseburger (301kcal), small fries (237kcal)= 538kcal	Bbq'd meat of choice (under 250kcal), Dr. Eva's Celeriac slaw (100kcal) =350kcal
Mid-afternoon	2 squares 70% dark choc (114kcal)	Dr. Coy's Coconut bar (176kcal)	NuDEST Banana & oats pouch 156kcal				co'op's mini chocolate ice cream stick (120kcal)
Dinner	Chilli pasta bolognese (378kcal)	Konjac rice mushroom risotto (110kcal), 200g baked cod (180kcal)= 290kcal	2 El Paso mini stand&stuff tortilla's (76kcal), 100g quorn mince (105kcal), 300g stir-fried peppers & onion (45kcal), 50g salsa (16kcal), 20g low low grated cheddar (60kcal), yougurt & Herbamare 'sour cream' (100g 56kcal)= 358kcal	Aldi' plant based quarter pounder (275kcal), 170g bag of mix Italian leaves (56kcal), 200g Mash Direct carrot, parsnip & turnip mix (104kcal)= 435kcal	Dr. Eva's Carbonara (253kcal)	200g prawns (170kcal), Green Isle let's cook Asian stir-fry (400g =196kcal), portion of Konjac rice (20kcal) =386kcal	Poached fillet of salmon (120g 220kcal), 200g steamed asparagus (58kcal), 100g steamed sweet potato (98kcal) = 376kcal
Evening				Dr. Eva's Baba Ghanoush (41kcal) with celery sticks (80g 8kcal) =49kcal	150ml white wine (120kcal) (1168kcal)		
Exercise							

Date: _____

Name : _____