Clara’s Food Diary

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| Meal | Food | Kcal | Carbohydrate | Protein |
| Breakfast | 2 Pancakes  Waffle | 224kcal  467 kcal per 100g. Waffle is 66g so calories in 1 waffle (⅔) = 312kcal | 31g  56g | 6g  6g |
| Lunch | Salami  Bagel  Yoghurt  Cucumber (50g)  Pepper (35g)  Strawberries (50g)  Pineapple juice (150ml)  Prawn cocktail crisps  Slice of lemon drizzle cake | 100kcal  232kcal  91kcal  10kcal  9kcal  16kcal  80kcal  130kcal  264kcal | 0g  50g  12g  3g  2g  4g  19g  13g  166g | 7g  10g  4g  0g  0g  1g  0g  1g  16g |
| Dinner | Spaghetti (40g)  Turkey meatballs (3)  Tomato sauce  Parmesan (tablespoon)  Mint choc chip ice cream | 63kcal  140kcal  21kcal  22kcal  233kcal | 30g  5g  3g  0g  25g | 5g  14g  1g  2g  3g |

Total kcal: 1723

Total carbohydrate: 419g

Total Protein: 76g