Clara’s Food Diary

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| Meal | Food | Kcal | Carbohydrate | Protein |
| Breakfast | 2 PancakesWaffle | 224kcal467 kcal per 100g. Waffle is 66g so calories in 1 waffle (⅔) = 312kcal | 31g56g | 6g6g |
| Lunch | SalamiBagelYoghurtCucumber (50g)Pepper (35g)Strawberries (50g)Pineapple juice (150ml)Prawn cocktail crispsSlice of lemon drizzle cake | 100kcal232kcal91kcal10kcal9kcal16kcal80kcal130kcal264kcal | 0g50g12g3g2g4g19g13g166g  | 7g10g4g0g0g1g0g1g16g |
| Dinner | Spaghetti (40g)Turkey meatballs (3)Tomato sauceParmesan (tablespoon)Mint choc chip ice cream | 63kcal140kcal21kcal22kcal233kcal | 30g5g3g0g25g | 5g14g1g2g3g |

Total kcal: 1723

Total carbohydrate: 419g

Total Protein: 76g