

		Guide qty	Calories	Carb	Protein	Fat	Carb	Protein
<b>Chia pudding</b>			<b>360</b>	<b>20.7</b>	<b>10.4</b>	<b>26</b>	<b>23%</b>	<b>12%</b>
	Coconut Milk	100ml	230	6	2.3	24		
	Chia seeds	15grams	45	0.7	3.1	2		
	goji berries	1 tbsp	40	9	2	0		
	Honey	14grams	30	3	2	0		
	Berries	1 tbsp	5	1	0	0		
	Cocoa nibs	1 tsp	10	1	1	0		
<b>Eggs, bacon and veggie</b>			<b>483</b>	<b>11.3</b>	<b>23.2</b>	<b>40.6</b>	<b>9%</b>	<b>19%</b>
	eggs (fried / Scrambles / Omlette)	2 Large	143	1	13	10		
	Bacon	2 rashers	86	0.3	6	6.6		
	Butter	2 tbsp	204	0	0.2	24		
	non starchy Veg	100grams	50	10	4	0		
<b>Greek Yogurt and Fruit</b>			<b>200</b>	<b>5</b>	<b>13</b>	<b>15</b>	<b>10%</b>	<b>26%</b>
	Greek Yogurt	200g	180	1	13	15		
	Berries	5 tbsp	20	4	0	0		
<b>Haddock and Veggie</b>			<b>390</b>	<b>10</b>	<b>34.2</b>	<b>24.8</b>	<b>10%</b>	<b>35%</b>
	Haddock	150g	136	0	30	0.8		
	Butter	2 tbsp	204	0	0.2	24		
	non starchy Veg	100grams	50	10	4	0		
<b>Breakie bubble and squeek</b>			<b>284</b>	<b>15.5</b>	<b>21.1</b>	<b>17</b>	<b>22%</b>	<b>30%</b>
	eggs (fried / Scrambles / Omlette)	1 Large	72	0.5	12	5		
	non starchy Veg	200grams	110	15	9	0		
	Butter	1tbsp	102	0	0.1	12		

Fat	Details
65%	
	Blueberries / Strawberries / Rasberries
76%	
	Mushroom, Spinach, green beans, tomato
68%	
	Blueberries / Strawberries / Rasberries
57%	
	Mushroom, Spinach, green beans, tomato
54%	
	Last night's left overs lightly fried