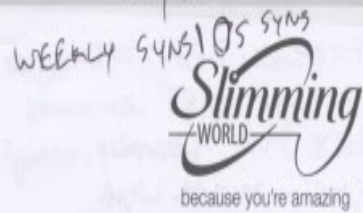


Name PHILIP GOSNEY

Group TUE 9.30

Date 2/6/11

food diary



Free Foods 2/3

FRUITS, BACON, BAKED BEANS
DIET RIBENA, SPRITE ZERO
CHOCOLATE ORANGE MULLER
LITE

^{TOMATO PUREE}
TOFFEE MULLER LITE,
2 BOILED EGGS
ENGLISH MINCE BEEF, SPAGHETTI
ARTIFICIAL SWEETNER,
WORCESTER SAUCE,
BEEF STOCK, SALT, PEPPER
1 BOTTLE AND A 1/2 OF SPRITE ZERO
& TOTAL GROSS OF DIET LEMONADE
WITH RIBENA

EGG, HAM, BABY NEW (BOILED)
EXTRA LEAN MINCE BEEF, SPAGHETTI
WORCESTER SAUCE, BEEF STOCK, SALT, PEPPER
DIET LEMONADE

Superfree Foods 1/3

TINNED TOMATOES

SYNS LEFT THIS WEEK
~~84~~

BANANA
12 CHERRIES
4 STRAWBERRIES
MUSHROOMS, SMALOTS
GARLIC, TOMATOES

SYNS LEFT THIS WEEK
~~84~~

BANANA
MUSHROOMS, SMALOTS
GARLIC, TOMATOES
MELON

SYNS LEFT THIS WEEK
~~82~~

Healthy Extras

a 42g HALF FAT
CHEDDAR

b BREAD (2 SLICES)

a 42g HALF FAT
CHEDDAR

b TOASTED
BREAD (2 SLICES)

a 42g HALF FAT
CHEDDAR

b

Syns

2 TSPS OIL - 4
3 MINI CHEESE SYNS
1/2 PACK TESCO
TORTILLONI - 9 SYNS
14g HALF FAT
CHEESE - 2 SYNS
Total 16 SYNS

28g HALF FAT
CHEESE -
2 SYNS
3 MINI CHEESE
- 1 SYNS

Total 3 SYNS

42g HALF FAT
CHEDDAR
- 3 SYNS
3 MINI CHEESE
- 1 SYNS

Total 4 SYNS