

Food Record 1

Meal 1



Breakfast

1 cup of blue-top milk
2 cups of Honey Weet-bix bites

Beverages

1 cup of instant black coffee, no milk
or sugar added
1 lion red beer 330ml



Meal 2



Lunch

250g/ 1 packet of uncle bens rice
medley
95g lemon pepper canned tuna

Snacks

1 medium banana
1 medium mandarin
1 protein nut bar
1 olive oiled seaweed packet

Meal 3



Dinner

1 and a ½ cups of cooked tomato
basil and mozzarella ravioli
½ cup dolmio garlic pasta sauce
1 tsp of colby cheese
28g of chorizo
1 cup of cooked vegetables (peas,
corn, spinach, mushrooms,
capsicum)
⅓ store brought garlic bread

Snack / Other



Food Recall 2

Meal 1



Breakfast

2 slices of white bread
2 tsp olivani margarine
2 tsp of raspberry jam

Meal 2



Lunch

Half an oven-baked chicken

Beverages

500ml Lipton iced tea
1.5litres of blackcurrant fruit
drink

Meal 3



Dinner

2 slices of white bread
2 tsp of olivani margarine
1 fried egg
200g fried steak
1 slice of Feta

Snacks

2 cups of coco pops
1 cup of blue-top milk

Snack / Other



Food recall 3

Meal 1	Meal 2	Meal 3	Snack / Other
 <u>Breakfast</u> 2 weet-bix 1 cup of blue-top milk 1 small tub of sweetened fruit yoghurt	 <u>Lunch</u> 1/3 bag of copper kettle bbq flavoured chips	 <u>Dinner</u> 200g baked chicken breast 1 slice of bacon 2 slices of feta 1 baked potato 1/2 cup of salad leaves 1/4 cup of pear and tomato	

Food Recall 4

Meal 1



Breakfast

3 cups of milo cereal
2 cups of blue-top milk

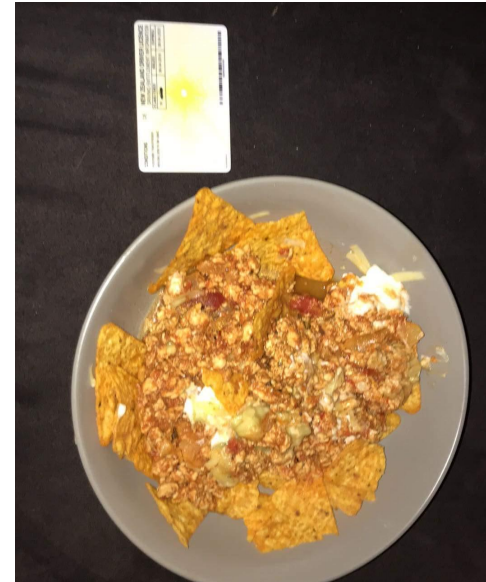
Meal 2



Lunch

4 muffin splits
2 tsp of margarine on each
muffin

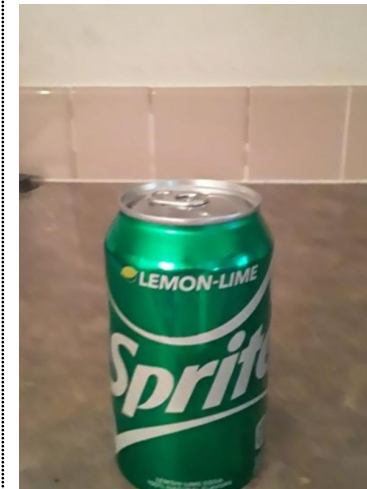
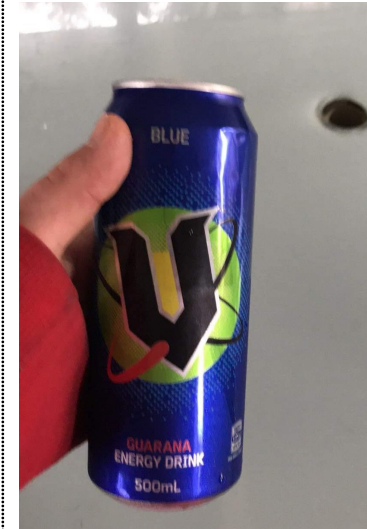
Meal 3



Dinner

150g chicken mince
 $\frac{1}{3}$ canned tomatoes
2 tbsp sour cream
2 handfuls of doritos salsa corn
chips

Snack / Other



Beverages

500ml Large blue V
330ml Sprite

Food recall 5

Meal 1



Breakfast

2 thin vogels mixed
grain toast
½ avocado
½ cup spinach
2 poached eggs
½ cup fried mushrooms
2 tsp sunflower seeds

Beverages

500ml freshly squeezed
orange, carrot, and
apple juice

Meal 2



Lunch

1 scrambled egg with colby cheese
2 handfuls of roasted vegetables

Beverages

Medium takeaway coconut milk
cappuccino

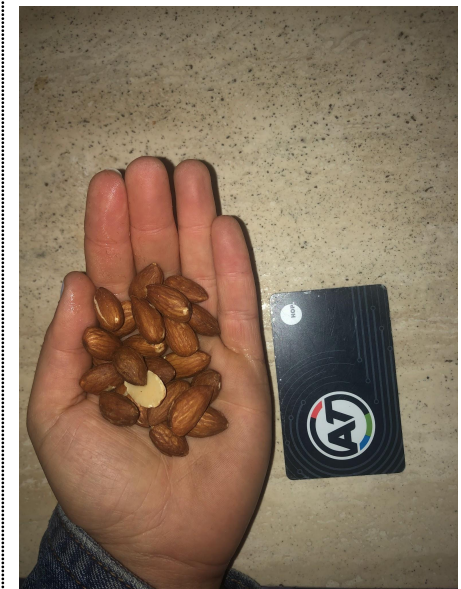
Meal 3



Dinner

1 oven-baked lamb chop
1 cup of boiled silverbeet
1 cup of roasted kumara
parsnip and butternut

Snack / Other





Snacks

2 brown rice cakes with quinoa
3 tsp of fix and fogs peanut
butter
1.5 medium banana
1 handful of roasted unsalted
almonds
1 small kiwifruit