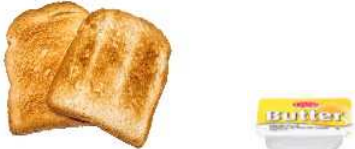
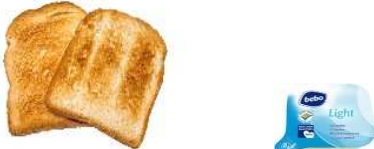


30 Simple Calorie Swaps

Breakfast

		
2 Slices of toast and 2 teaspoons of butter 218kcal	2 Slices of toast and 2 teaspoons of low fat spread 168kcal	50kcal
		
6 tablespoons Muesli 330kcal	6 tablespoons Branflakes 155kcal	175kcal
		
1 Blueberry muffin 100g 383kcal	Bagel with 2 teaspoons honey 269kcal	114kcal
		
1 Pain au chocolate (64g) 215kcal	1 Croissant (51g) 190kcal	25kcal

		
100ml Whole milk 65kcal	100ml 1% Milk 41kcal	24kcal
		
1 tablespoon Peanut butter 91kcal	1 teaspoon Marmite 13kcal	78kcal
		
2 Large Scrambled Eggs 182kcal	2 Large Poached Eggs 142kcal	40kcal

Lunch

		
1 tin Tuna in oil (140g) 223kcal	1 tin Tuna in water (140g) 140kcal	83kcal



		
1 small tin Cream of Tomato Soup (260g) 133kcal	1 small tin Chunky Vegetable Soup (260g) 101kcal	32kcal
		
1 medium Baked Potato with 50g of Cheddar Cheese 410kcal	1 medium Baked Potato With 50g of Cottage Cheese 254kcal	156kcal
		
Coronation Chicken Sandwich (180g) 443kcal	Ham Salad Sandwich (160g) 261kcal	182kcal
		
1 tablespoon Mayonnaise 103kcal	1 tablespoon Light Mayonnaise 43kcal	60kcal



		
1 large White Bap 295kcal	1 Wholemeal Pitta 147kcal	148kcal

Evening meal

		
Steak Pie (244g) 637kcal	Steak pie crust (264g) 313kcal	324kcal
		
1 serving Sausage and Mash 847kcal	1 serving Shepherd's Pie 527kcal	320kcal
		
1 serving Spaghetti Bolognese	1 serving Penne Arrabiata	195kcal



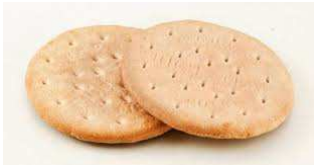
460kcal	265kcal	
		
1 medium slice Meat Pizza 214kcal	1 medium slice Cheese and Tomato Pizza 144kcal	70kcal
		
1 serving of Beef Lasagne 594kcal	1 serving of Vegetable Lasagne 257kcal	337Kcal
		
2 Chicken Drumsticks (roasted) 259kcal	1 Chicken Breast (grilled without skin) 141kcal	118kcal



Snacks

		
1 small pot Fruit Yoghurt 124kcal	1 small pot Fruit Yoghurt (fat free) 72kcal	52kcal
		
1 Mars Bar 260kcal	1 Milky Way 95kcal	165kcal
		
1 bag McCoys crisps 263kcal	1 bag Squares crisps 121kcal	142kcal
		
1 tin Fruit Cocktail in Syrup (127g) 100kcal	1 tin of Fruit Cocktail in Juice (127g) 60kcal	40kcal



		
2 All Butter Shortbread Biscuits 190kcal	2 Rich Tea Biscuits 76kcal	114kcal
		
1 serving Garlic dip (40g) 129kcal	1 serving Salsa dip (40g) 13kcal	116kcal
		
1 Jam Doughnut 225kcal	1 Crumpet with Jam 115kcal	115kcal

Drinks

		
1 Large glass Dry White Wine 135kcal	1 single Gin and Slimline Tonic 50kcal	85kcal



		
1 can Cola 135kcal	1 can Diet Cola 0kcal	135kcal
		
2 tsp Sugar in Coffee 30kcal	2 Sweetener in Coffee 0kcal	30kcal
		
1 Regular Latte 200kcal	1 Skinny Cappuccino 80kcal	120kcal

