



6,000
calorie
Christmas Day

Going overboard

Kcals	Fat	Sat fat	Carbs	Sugar	Prot	Salt
6,000	225g	82g	587g	322g	158g	11g

Breakfast

- Bacon sandwich (2 slices bread, 2 grilled bacon rashers, low fat spread, ketchup)
- Glass of bucks fizz
- Tea/coffee

Morning nibbles

- Handful of nuts
- Mince pie
- 5 chocolates

Christmas dinner

- Prawn cocktail to start
- Turkey dinner with all the trimmings
- (Medium portion of roast turkey, 1 large stuffing ball, 4 roast potatoes, 3 roast parsnips, 2 Yorkshire puddings, 3 cocktail sausages wrapped in bacon, large serving of veg, gravy and cranberry sauce)
- 2 large glasses of wine

Pudding

- Large serving of Christmas pudding
- 4 heaped tbsp luxury custard
- Glass of Baileys
- Tea/coffee

Evening nibbles

- 4 crackers with 40g Stilton & glass of Port
- Handful of nuts
- Slice of Christmas cake
- 5 chocolates
- Glass of wine
- Generous measure of Baileys



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