



3,100
calorie
Christmas Day

Reining it in

Kcals	Fat	Sat fat	Carbs	Sugar	Prot	Salt
3,100	92g	34g	330g	137g	131g	11g

Breakfast

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

Morning nibbles

- 3 cocktail blinis with smoked salmon and low fat cream cheese
- White wine spritzer

Christmas dinner

- Small serving of broccoli and Stilton soup to start
- Turkey dinner with all the trimmings
- (Medium portion of roast turkey, 1 stuffing ball, 2 roast potatoes, 2 roast parsnips, 1 Yorkshire pudding, 2 cocktail sausages wrapped in bacon, large serving of veg, gravy and cranberry sauce)
- White wine spritzer

Pudding

- Small serving of Christmas pudding
- 3 tbsp low fat custard
- Tea/coffee

Evening nibbles

- Turkey and stuffing sandwich
- (2 slices of bread, 1 medium slice of turkey, 1 stuffing ball, tsp cranberry sauce)
- Handful of hand cooked crisps
- 3 chocolates
- Double Baileys
- White wine spritzer



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