



Christmas Day the Nutracheck way!

2,000 calories & 50g fat

Breakfast

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Smoked Salmon & Scrambled Egg on
1 Slice of Wholemeal Toast
Glass of Orange Juice
Tea/Coffee no milk

Mid-Morning Snack

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Mini Mince Pie
Glass of Champagne

Christmas Dinner

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Turkey dinner with all the trimmings
(1 Yorkshires, 1 Roast Parsnips, 1 Roast Potatoes, 1 Cocktail Sausage
no Bacon and a large serving of Veg)
Glass of Champagne
No Added Sugar Soft Drink

Pudding

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Small serving of Christmas pudding
Light Cream
Tea/Coffee no Milk

Evening Snacks

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Turkey, Ham, Low Fat Potato Salad, Mixed leaf Salad
& 1 Slice of Wholemeal Bread
White Wine Spritzer
2 Chocolates