

<input type="checkbox"/>	Meal	Food/Drink	Servings	Cals	Prot	Carbs	Fat	Fibre	Show Time
<input type="checkbox"/>		Juice, Pomegranate, 100%, Pom Wonderful	30ml	19	0.1	4.8	0.0	0.0	Edit i
<input type="checkbox"/>		Juice, Tomato from Concentrate, Sainsbury's	3/5 Glas/150ml	24	1.1	4.0	0.1	1.1	Edit i
<input type="checkbox"/>		Blueberries, Raw, Average	25 Berries/34g	19	0.3	4.9	0.1	0.8	Edit i
<input type="checkbox"/>		Banana, Raw, Flesh Only, Average	1 Med/118g	89	1.1	22.9	0.3	2.6	Edit i
<input type="checkbox"/>		Seed Mix, Oh My Omega Megamix, Holland & Barrett	14g	76	3.2	3.2	6.3	1.8	Edit i
<input type="checkbox"/>		Strawberries, Fresh, Raw, Average	5 Berries/60g	17	0.5	3.6	0.1	0.8	Edit i
<input type="checkbox"/>		Walnuts, Halves, Average	4 Half/12g	94	2.4	0.9	9.1	0.7	Edit i
<input type="checkbox"/>		Yoghurt, Greek, 0% Fat, Strained, Authentic, Total, Fage	¼ Pot/125g	68	12.9	3.8	0.0	0.0	Edit i
<input type="checkbox"/>		Prunes, Dried, Ready to Eat, Stoned, Tesco	4.2 Prunes/35g	52	0.9	11.9	0.1	2.0	Edit i
<input type="checkbox"/>		Milk, Coconut, Dairy Free, Koko	70ml	19	0.1	1.3	1.4	0.1	Edit i
<input type="checkbox"/>		Tea, Pure Green, Average	1 Mug/270ml	0	0.0	0.0	0.0	0.0	Edit i
<input type="checkbox"/>		Bread, White, Sourdough, Waitrose	1 Slice/50g	119	4.5	23.0	0.6	1.7	Edit i
<input type="checkbox"/>		Butter, Salted, Slightly, Spreadable, Lurpak	1 Thin Spread/7g	49	0.0	0.0	5.5	0.0	Edit i
<input type="checkbox"/>		Raspberries, Fresh, Raw, Average	1¼ Servings/100g	25	1.3	4.7	0.3	6.5	Edit i