

I composed a week of meals - see my Chatterbox diet in drill 11 - then checked how I did with mastercook.com software. It calculated this average daily nutrition.

	Calories	1939	97%
	% from Fat	35	When you make up the missing
(more needed)	% from Carbs	49	calories, consider bananas.
(less needed)	% from Protein	17	

Average Fat	72 g	110 %	Healthline.com suggests : target
Saturated Fat	22 g	109 %	78-89 grams daily (low fat diet 67g
Monounsaturated	14 g	128 %	daily)
Polyunsaturated	48 g	62 %	

The MasterCook recipe program tells me I achieved this percentage of daily nutritional requirements, averaged across the 7 days.

Cholesterol mg	289 mg	96 %	Vitamin C	128 mg	143 %
Total Carbohydrate	224 g	75 %	Vitamin A (i.u.)	6192 iu	124 %
Dietary Fibre	23 g	93 %	Vitamin B6	2 mg	104 %
Protein	76 g	152 %	Vitamin B12	3 mcg	137 %
Sodium	2339 mg	102 %	Thiamin B1	2 mg	129 %
Potassium	2966 mg	63 %	Riboflavin B2	2 mg	165 %
Calcium	1063 mg	82 %	Folacin **	21 mcg	29 %
Iron	13 mg	73 %	Niacin	21 mg	128 %
Zinc	9 mg	83 %	Caffeine	9 mg	na

** Folacin is also known as B 9 and folate: Folate is found mainly in dark green leafy vegetables, beans, peas and nuts. Fruits rich in folate include oranges, lemons, bananas, melons and strawberries. The synthetic form of folate is folic acid. It's in an essential component of prenatal vitamins and is in many fortified foods such as cereals and pastas.