

50 Calorie Snacks



1 plain biscuit like rich tea

100 Calorie Snacks



2 finger kitkat



1 jaffa cake



1 solero ice lolly



1 scoop of ice cream



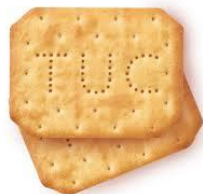
1 chocolate digestive



1 sachet low cal hot chocolate



5 jelly babies



2 tuc biscuits



1 packet quavers



1 pub measure of spirit with diet mixer



1 small glass of wine