Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	480	6.76	64.15	43.42
Lunch	513	12.61	61.79	43.42
Dinner	150	3.38	12.68	15.95
Snacks/Other				
Total	1142	22.76	138.62	102.8

Monday, March 5, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
moja jutranja kava	176	3.26	1.95	31.68	0	32.24	5.66	72	12	
2 servings										
Moj zajtrk s skuto in mueslijem - drugi	260	2.69	0.858	24.55	1.8	12.66	36.35	96	11	237
1 serving										
Total	436	5.95	2.808	56.23	1.8	44.9	42.01	168	23	237
Lunch										
Cucumber (Peeled)	48	0.64	0.052	8.64	2.8	5.52	2.36	8	0	544
400 g										
Egg White	104	0.34	0	1.46	0	1.42	21.8	332	0	326
200 g										
Vegetable Oil	88	10	1.262	0	0	0	0	0	0	
10 g										
Lettuce	56	0.56	0.072	11.88	4.8	7.04	3.6	40	0	564
400 g										
Tomatoes	45	0.5	0.115	9.8	3	6.58	2.2	12	0	592
250 g										
Cooked Lentils (Fat Not Added in Cooking)	172	0.57	0.079	30.01	11.8	2.69	13.46	349	0	550
150 g										
Total	513	12.61	1.58	61.79	22.4	23.25	43.42	741	0	2576
Dinner										
Egg White	104	0.34	0	1.46	0	1.42	21.8	332	0	326
200 g										
Whole Wheat Bread	130	2.06	0.448	23.57	2.2	2.74	4.56	265	0	102
50 g										

Monday, March 5, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Egg 1 medium	65	4.37	1.364	0.34	0	0.34	5.54	62	186	59
Total	299	6.77	1.812	25.37	2.2	4.5	31.9	659	186	487
Snacks/Other										
Total	1248	25.33	6.2	143.39	26.4	72.65	117.33	1568	209	3300

Tuesday, March 6, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Moj zajtrk s skuto in mueslijem - drugi	260	2.69	0.858	24.55	1.8	12.66	36.35	96	11	237
1 serving										
moja jutranja kava	264	4.89	2.925	47.52	0	48.36	8.49	108	18	
3 servings										
Total	524	7.58	3.783	72.07	1.8	61.02	44.84	204	29	237
Lunch										
Cucumber (Peeled)	48	0.64	0.052	8.64	2.8	5.52	2.36	8	0	544
400 g										
Egg White	104	0.34	0	1.46	0	1.42	21.8	332	0	326
200 g										
Vegetable Oil	88	10	1.262	0	0	0	0	0	0	
10 g										
Lettuce	56	0.56	0.072	11.88	4.8	7.04	3.6	40	0	564
400 g										
Tomatoes	45	0.5	0.115	9.8	3	6.58	2.2	12	0	592
250 g										
Cooked Lentils (Fat Not Added in Cooking)	172	0.57	0.079	30.01	11.8	2.69	13.46	349	0	550
150 g										
Total	513	12.61	1.58	61.79	22.4	23.25	43.42	741	0	2576
Dinner										
Snacks/Other										
Total	1037	20.19	5.363	133.86	24.2	84.27	88.26	945	29	2813