Thursday, December 4, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Alnatura Beeren Müsli	415	6.96	1.32	71.16	10.2	21.48	12	0		
120 g										
TiP H-Vollmilch 3,5%	96	5.25	3.3	7.2	0	7.2	4.95	0.08		
150 ml										
Total	511	12.21	4.62	78.36	10.2	28.68	16.95	0.08		
Lunch										
Spiegelei ohne Fett	129	8.74	2.725	0.68	0	0.68	11.06	395	372	118
2 medium										
REWE Saure Sahne	117	10		3.7			3.1			
100 g										
Roggenbrot	259	3.3	0.626	48.3	5.8	3.85	8.5	660	0	166
100 g										
Total	505	22.04	3.351	52.68	5.8	4.53	22.66	1055	372	284
Dinner										
Gouda	142	10.98	7.046	0.89	0	0.89	9.98	328	46	48
40 g										
REWE Bierschinken	160	10.4		0.8			16.8			
8 x 1 scheibe (12,5 g) (12,5 g)										
Roggenbrot	466	5.94	1.127	86.94	10.4	6.93	15.3	1188	0	299
180 g										
Total	768	27.32	8.173	88.63	10.4	7.82	42.08	1516	46	347
Snacks/Other										
Apfelkuchen	398	18.75	4.575	55.65			3.6	316	0	118
150 g										
Kaffee mit Milch	32	0.74	0.41	4.2	0	1.1	1.63	32	0	

Thursday, December 4, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
5 coffee cups (6 fl oz)										
Total	430	19.49	4.985	59.85	0	1.1	5.23	348	0	118
Total	**2214**	**81.06**	**21.129**	**279.52**	**26.4**	**42.13**	**86.92**	**2919.08**	**418**	**749**