Sunday, June 5, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Brötchen	300	7.3	1.753	50.4	3	2.62	8.4	521	1	133
100 g										
Alnatura Pflaumenmus	47	0.06		11.4			0.24			
2 x 1 Portion, 20 g										
Total	347	7.36	1.753	61.8	3	2.62	8.64	521	1	133
Lunch										
Milbona Joghurt-Drink Erdbeere	117	1.35	0.75	20.25		19.8	4.95			
150 ml										
Thomy Les Sauces Hollandaise	216	21	2.5	4.3	0.2	1.9	0.9			
100 ml										
Spargel	40	0.24	0.092	7.76	4.2	3.76	4.4	4	0	404
200 g										
Kartoffeln	175	0.25	0.065	39.28	6	2.88	4.2	15	0	
250 g										
Total	548	22.84	3.407	71.59	10.4	28.34	14.45	19	0	404
Dinner										
Roggenbrot	518	6.6	1.252	96.6	11.6	7.7	17	1320	0	332
200 g										
Philadelphia Doppelrahmstufe	154	14.8	9.8	2			3.2			
2 x 1 Portion, 60 g										
Hähnchenbrust	117	4.63	1.303	0	0	0	17.73	236	50	146
60 g										
Griechischer Salat	424	29.11	13.873	13.52	3.8	7.94	27.97	1638	475	714
4 servings (105 g per serve)										

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1213	55.14	26.228	112.12	15.4	15.64	65.9	3194	525	1192
Snacks/Other										
Apfelkuchen 120 g	318	15	3.66	44.52			2.88	253	0	95
Kaffee mit Milch 5 coffee cups (6 fl oz)	32	0.74	0.41	4.2	0	1.1	1.63	32	0	
Total	350	15.74	4.07	48.72	0	1.1	4.51	285	0	95
Total	**2458**	**101.08**	**35.458**	**294.23**	**28.8**	**47.7**	**93.5**	**4019**	**526**	**1824**