Saturday, July 12, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Dinner										
rimi zaļās pupiņas 4 x 100 g	132	0.4		14.8	10.8		8			
sojas jogurts 500 g	265	145		9			225			
Broccoli 1 stalk	51	0.56	0.059	10.03	3.9	2.57	4.26	50	0	477
Shrimp 0.17 serving (85 g)	21	0.34	0.064	0.18	0	0	3.99	89	30	25
Egg White 4 large	69	0.22	0	0.96	0	0.94	14.39	219	0	215
Menca 300 g	246	3		0			54		129	
Mussels 200 g	172	4.48	0.85	7.38	0	0	23.8	572	56	640
Lettuce 1 small leaf	1	0.01	0.001	0.15	0.1	0.09	0.04	0	0	7
Cucumber (with Peel) 1 cucumber (8-1/4")	45	0.33	0.102	10.93	1.5	5.03	1.96	6	0	442
Total	1002	154.34	1.076	53.43	16.3	8.63	335.44	936	215	1806
Snacks/Other										
Total	**1002**	**154.34**	**1.076**	**53.43**	**16.3**	**8.63**	**335.44**	**936**	**215**	**1806**