Tuesday, February 2, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Die leichte Muh Frühstücks Milch	39	0.63	0.45	4.5	0		3.69	45		
90 ml										
Dr. Oetker Vitalis Weniger Süß Knusper Pur	326	11.7	3.9	42.68	9.75	10.8	7.8	0.26		
75 g										
Total	365	12.33	4.35	47.18	9.75	10.8	11.49	45.26		
Lunch										
Mautner Markhof Balsamico Dressing	85	3.1		11.9			0.2			
100 ml										
Mais	43	0.59	0.091	9.51	1.4	1.61	1.61	8	0	135
50 g										
Hühnerfleisch (Gebraten, Geröstet, Gekocht)	167	6.63	1.81	0	0		25.01	75	75	229
100 g										
Gemischter Salat	59	0.59	0.127	13.06	3.8	7.05	3.03	191	0	
300 g										
Total	354	10.91	2.028	34.47	5.2	8.66	29.85	274	75	364
Dinner										
Layenberger Käxxi Sour Cream & Onions	126	4.55	2.06	4.2	4.2	2.34	12.95	1.58		
35 g										
Snacks/Other										
Myprotein Impact Whey Protein	162	2.88	1.92	1.92		1.92	32	0.14		
40 g										

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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	1007	30.67	10.358	87.77	19.15	23.72	86.29	320.98	75	364