Tuesday, October 11, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Myprotein Impact Whey Protein Chocolate Coconut 40 g	160	2.76	1.84	3.28	0.76	3.28	30	0.1		
Myprotein Instant Oats 80 g	307	6.16		49.6		0.88	8.8			
Milfina Leichte Haltbarmilch 180 ml	68	0.9	0.54	8.82	0	8.82	6.3	0.09		
Total	535	9.82	2.38	61.7	0.76	12.98	45.1	0.19		
Lunch										
Gekochtes Sauerkraut 200 g	38	0.28	0.07	8.56	5	3.56	1.82	1322	0	340
Kartoffeln (Fruchtfleisch, Gesalzen, Gekocht) 200 g	174	0.2	0.052	40.26	4	1.74	3.74	480	0	758
Bratwurst 100 g	333	29.18	10.118	2.85	0	0	13.72	846	74	259
Total	545	29.66	10.24	51.67	9	5.3	19.28	2648	74	1357
Dinner										
Snacks/Other										
Lomee Tomatenketchup Mild 50 g	52	0.15	0.05	11.25		8.9	0.65	0.23		
Alino Basmati Reis 100 g	354	0.4	0.1	80.4		0.2	6.7	1		
Hütthaler Käsewurst Geräuchert 100 g	260	20		0			20	3000		

Tuesday, October 11, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	666	20.55	0.15	91.65		9.1	27.35	3001.23		
Total	**1746**	**60.03**	**12.77**	**205.02**	**9.76**	**27.38**	**91.73**	**5649.42**	**74**	**1357**