Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	340	12.19	38.74	17.87
Lunch	838	48.84	57.41	38
Dinner	883	20.81	113.74	52.77
Snacks/Other				
Total	2061	81.84	209.89	108.64

Thursday, February 16, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Käse	84	6.46	3.986	1.13	0	0.85	5.33	229	20	45
1 slice										
Schinken (Regulär, ca. 11% Fett)	49	2.58	0.881	1.15	0.4	0	4.98	391	17	86
30 g										
Ströck Kornspitz	207	3.15		36.46	4.86	1.16	7.56			
90 g										
Total	340	12.19	4.867	38.74	5.26	2.01	17.87	620	37	131
Lunch										
Kartoffelsalat	214	12.3	2.144	16.76	2		4.02	794	102	381
150 g										
Kürbiskernöl	112	12.55	2.228	0	0	0	0	0	0	
1 tbsp										
Hühnerfleisch (Gebraten, Geröstet, Gekocht)	200	7.96	2.172	0	0		30.01	90	90	275
120 g										
Pommes Frites	312	16.03	3.737	40.65	3.8	0.66	3.97	342	0	601
2 orders										
Total	838	48.84	10.281	57.41	5.8	0.66	38	1226	192	1257
Dinner										
Lomee Balsamico Dressing	64	2.48	0.15	9		9	0.38	2.4		
75 ml										
Caseli Salat mit Hühnerstreifen	156	2.4	0.6	8.4		5.7	23.4			
300 g										
Lomee Tomaten Ketchup Mild	52	0.25		11.5		9	0.65			
50 g										

Thursday, February 16, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Putenschnitzel	245	11.82	2.888	15.82	0.9	2.39	17.77	380	86	
120 g										
Resch & Frisch Laugenstangerl	366	3.86		69.02			10.57			
90 g										
Total	883	20.81	3.638	113.74	0.9	26.09	52.77	382.4	86	

Snacks/Other

Total	2061	81.84	18.786	209.89	11.96	28.76	108.64	2228.4	315	1388