Tuesday, April 21, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Dr. Oetker Vitalis Weniger Süß Knusper Pur 100 g	435	15.6	5.2	56.9	13	14.4	10.4	0.35		
Die leichte Muh Frühstücks Milch 120 ml	52	0.84	0.6	6	0		4.92	60		
Myprotein Impact Whey Protein 40 g	157	2.72		2.4			31.36			
Total	644	19.16	5.8	65.3	13	14.4	46.68	60.35		
Lunch										
Gemischter Salat mit Dressing 100 g	54	4.21	0.326	4.15	1.2	2.23	0.97	64	0	
Ketchup 60 g	58	0.23	0.031	15.05	0.2	13.66	1.04	668	0	229
Senf 40 g	26	1.24	0.063	3.11	1.3	1.14	1.58	448	0	60
Kartoffeln (Fruchtfleisch, Gesalzen, Gekocht) 200 g	174	0.2	0.052	40.26	4	1.74	3.74	480	0	758
Käsekrainer 1 sausage	343	28.59	11.255	1.14	0	0.28	19.08	595	82	
Total	655	34.47	11.727	63.71	6.7	19.05	26.41	2255	82	1047
Dinner										
Käse Nudelauflauf 400 g	760	50.4		41.2			35.6			
Snacks/Other										

Tuesday, April 21, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Meta Force Upload 100 g	350	0.3	0.1	67	0.1	31	14	0.1		
Total	**2409**	**104.33**	**17.627**	**237.21**	**19.8**	**64.45**	**122.69**	**2315.45**	**82**	**1047**