Wednesday, May 11, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Grandessa Marille Leicht-Konfitüre	67	0.04		15.68	0.52	15.44	0.52			
40 g										
Mestemacher Eiweiß Toastbrötchen	179	7.8	1.1	7.4	7.2	0.7	16.3			
2 Scheiben, 65 g										
Total	246	7.84	1.1	23.08	7.72	16.14	16.82			
Lunch										
Bratensoße	53	2.36	1.153	4.81	0.4	0.21	3.75	560	3	
100 g										
Le Gourmet Spinat-Spätzle	282	4.4		45.2			11			
200 g										
Tafelspitz	264	11.79	4.437	0.53	0.1	0.23	37.58	218	91	
160 g										
Mautner Markhof Balsamico Dressing	64	2.32		8.92			0.15			
75 ml										
Caseli Salat mit Schinken	243	8.22		19.49			22.56			
1 Packung, 300 g										
Total	906	29.09	5.59	78.95	0.5	0.44	75.04	778	94	
Dinner										
Snacks/Other										
Philadelphia So Leicht Kräuter	32	0.96	0.68	2.48	0.2	2.4	4.2	420		
40 g										
Mestemacher Eiweiß Toastbrötchen	179	7.8	1.1	7.4	7.2	0.7	16.3			

Wednesday, May 11, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 Scheiben, 65 g										
Total	211	8.76	1.78	9.88	7.4	3.1	20.5	420		
Total	**1363**	**45.69**	**8.47**	**111.91**	**15.62**	**19.68**	**112.36**	**1198**	**94**	