Wednesday, August 24, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Café con Leche	160	6.55	3.948	14.7	0	16.1	10.48	150	24	660
1 large										
Cappuccino con Leche Semi Descremada	40	0.92	0.581	4.78	0.2	4.75	3.19	42	5	
1 coffee cup (6 fl oz)										
Total	**200**	**7.47**	**4.529**	**19.48**	**0.2**	**20.85**	**13.67**	**192**	**29**	**660**
Lunch										
Heineken Cerveza	150	0		15			1.5			
1 botella, 330 ml										
Heineken Cerveza	150	0		15			1.5			
1 botella, 330 ml										
Jamón Cortado en Lonchas (Extra Magro)	69	1.8	0.562	1.66	0	0	10.89	697	30	220
3 slices 1 NLEA serving										
Pan Blanco	133	1.64	0.358	25.3	1.2	2.16	3.82	340	0	50
50 g										
Heineken Cerveza	150	0		15			1.5			
1 botella, 330 ml										
Café Cortado	28	1.47	0.828	2	0	2.34	1.58	21	4	
1 coffee cup (6 fl oz)										
Total	**680**	**4.91**	**1.748**	**73.96**	**1.2**	**4.5**	**20.79**	**1058**	**34**	**270**
Dinner										
Heineken Cerveza	150	0		15			1.5			
1 botella, 330 ml										
Danone Yogurt Natural	72	3.7		5		0	4			
1 unidad, 100 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)
Heineken Cerveza	150	0		15			1.5			
1 botella, 330 ml										
Total	372	3.7		35		0	7			
Snacks/Other										
Heineken Cerveza	150	0		15			1.5			
1 botella, 330 ml										
Café con Leche	160	6.55	3.948	14.7	0	16.1	10.48	150	24	660
1 large										
Heineken Cerveza	150	0		15			1.5			
1 botella, 330 ml										
Total	460	6.55	3.948	44.7	0	16.1	13.48	150	24	660
Total	**1712**	**22.63**	**10.225**	**173.14**	**1.4**	**41.45**	**54.94**	**1400**	**87**	**1590**