Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	348	15.22	39.85	10.42
Lunch	739	31.59	79.11	34.32
Dinner	513	17.83	43.59	14.7
Snacks/Other	129	3.71	5.1	2.76
Total	1728	68.36	167.66	62.2

Wednesday, May 27, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Schwarzbrot	58	0.29	0.048	11.04	1.2	1.03	1.77	137	0	
1 serving (29 g)										
Milka Alpenmilch Schokolade	265	14.75	8.75	29.25	0.9	28.75	3.3	85		
50 g										
Joghurt Heidelbeere	258	7.75	5.25	37.5		36.25	9			
250 g										
Weizenkleie	33	0.6	0.11	2.16	2.16	0.24	1.8	0		
12 g										
Total	614	23.39	14.158	79.95	4.26	66.27	15.87	222	0	
Lunch										
Pick Szalami	106	9.52	3.9	0.02	0	0.02	4.96	340		
20 g										
Friesland Turo Rudi	109	5.64	4.56	11.79	0.57	11.46	2.85	33		
30 g										
Weißes Fladenbrot	495	2.16	0.299	100.26	4		16.38	965	0	216
180 g										
Milka Alpenmilch Schokolade	265	14.75	8.75	29.25	0.9	28.75	3.3	85		
50 g										
Total	975	32.07	17.509	141.32	5.47	40.23	27.49	1423	0	216
Dinner										
Käse	84	6.46	3.986	1.13	0	0.85	5.33	229	20	45
1 slice										
Friesland Turo Rudi	109	5.64	4.56	11.79	0.57	11.46	2.85	33		
30 g										
Pick Szalami	106	9.52	3.9	0.02	0	0.02	4.96	340		
20 g										

Wednesday, May 27, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Käse	84	6.46	3.986	1.13	0	0.85	5.33	229	20	45
1 slice										
Soproni Világos Sör	164	0		8			2			
500 ml										
Total	547	28.08	16.432	22.07	0.57	13.18	20.47	831	40	90

Snacks/Other

Total	2136	83.54	48.099	243.34	10.3	119.68	63.83	2476	40	306

Thursday, May 28, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Friesland Turo Rudi	218	11.28	9.12	23.58	1.14	22.92	5.7	66		
60 g										
Lunch										
Topfenstrudel	395	11.72	2.484	56.15	1.8	5.49	14.85	286	85	
1 1/2 servings (120 g per serve)										
Leberkässemmel	356	13.68	4.069	43	1.8	1.42	14	925	70	
1 serving (120 g)										
Total	751	25.4	6.553	99.15	3.6	6.91	28.85	1211	155	
Dinner										
Pick Szalami	185	16.66	6.82	0.04	0	0.04	8.68	595		
35 g										
Semmel	220	3.22	0.454	39.52	1.7	1.33	7.42	408	0	81
1 1/2 medium										
Soproni Világos Sör	328	0		16			4			
1,000 ml										
Total	733	19.88	7.274	55.56	1.7	1.37	20.1	1003	0	81
Snacks/Other										
Friesland Turo Rudi	109	5.64	4.56	11.79	0.57	11.46	2.85	33		
30 g										
Käse	168	12.92	7.972	2.26	0	1.7	10.66	458	40	90
2 slices										
Total	277	18.56	12.532	14.05	0.57	13.16	13.51	491	40	90
Total	**1979**	**75.12**	**35.479**	**192.34**	**7.01**	**44.36**	**68.16**	**2771**	**195**	**171**

Friday, May 29, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Gittis Weizenkleie 20 g	55	1	0.18	3.6	3.6	0.4	3	0		
Friesland Turo Rudi 30 g	109	5.64	4.56	11.79	0.57	11.46	2.85	33		
Landliebe Joghurt Heidelbeere 250 g	258	7.75	5.25	37.5		36.25	9			
Total	422	14.39	9.99	52.89	4.17	48.11	14.85	33		
Lunch										
Friesland Turo Rudi 60 g	218	11.28	9.12	23.58	1.14	22.92	5.7	66		
Käse 120 g	420	32.29	19.931	5.65	0	4.25	26.65	1146	100	224
Gekochter Spinat (Frischware) 1 cup fresh	74	4.16	0.767	6.81	4.3	0.78	5.33	527	0	836
Weizenvollkornmehl 75 g	254	1.4	0.242	54.43	9.2	0.31	10.28	4	0	304
Total	966	49.13	30.06	90.47	14.64	28.26	47.96	1743	100	1364
Dinner										
Hofer Ungarische Salami 1 Portion, 25 g	115	9.9	4.2	0	0	0	6.5	570		
Butter 1 tbsp	102	11.52	7.294	0.01	0	0.01	0.12	2	31	3
Semmel 3 medium	440	6.45	0.909	79.05	3.4	2.66	14.85	816	0	162
Total	657	27.87	12.403	79.06	3.4	2.67	21.47	1388	31	165

Friday, May 29, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Total	2045	91.39	52.453	222.42	22.21	79.04	84.28	3164	131	1529

Saturday, May 30, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Milfina Teebutter	74	8.2	5.3	0.07			0.07			
1 EL, 10 g										
Hofer Ungarische Salami	115	9.9	4.2	0	0	0	6.5	570		
1 Portion, 25 g										
Semmel	146	2.15	0.303	26.35	1.2	0.88	4.95	272	0	54
1 medium										
Total	335	20.25	9.803	26.42	1.2	0.88	11.52	842	0	54
Lunch										
Marmelade	49	0	0	13.26	0.1	12	0.06	11	0	7
1 tbsp										
Pommes Frites	156	8.01	1.869	20.33	1.9	0.33	1.98	171	0	300
1 order										
McDonald's Gebackener Camembert	420	29		18			20	200		
1 Portion, 120 g										
Total	625	37.01	1.869	51.59	2	12.33	22.04	382	0	307
Dinner										
Lindt Lindor	74	5.6		5.2			0.6			
1 Kugel, 12 g										
Semmel	103	1.5	0.212	18.44	0.8	0.62	3.46	190	0	38
0.7 medium										
Weißer Tafelwein	244	0	0	7.64	0	2.82	0.21	15	0	209
2 5 fl oz servings										
Landliebe Joghurt mit Erlesenen Aprikosen	206	6.2		30			7.2			
200 g										

Saturday, May 30, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	627	13.3	0.212	61.28	0.8	3.44	11.47	205	0	247

Snacks/Other

Total	1587	70.56	11.884	139.29	4	16.65	45.03	1429	0	608

Sunday, May 31, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Milfina Teebutter	44	4.92	3.18	0.04			0.04			
6 g										
Ölz Dinkel-Vollkornbrot	105	1.89	0.21	16.38	3.28	1.55	4.12			
42 g										
Total	149	6.81	3.39	16.42	3.28	1.55	4.16			
Lunch										
Lachs	292	11.86	2.52	0	0	0	43.24	92	90	846
200 g										
Ikea Rosti Potato Fritters	85	2.5	0.75	13	2	1	2	160	0	
1/2 x 2 pieces, 60 g										
Total	377	14.36	3.27	13	2	1	45.24	252	90	846
Dinner										
Snacks/Other										
Weißer Tafelwein	366	0	0	11.47	0	4.23	0.31	22	0	313
3 5 fl oz servings										
Total	892	21.17	6.66	40.89	5.28	6.78	49.71	274	90	1159