Thursday, March 2, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Honning	30	0	0	8.24	0	8.21	0.03	0	0	5
10 g										
Skyr	130	1.11	0.697	6.91	0	6.91	22.01	326	8	
200 g										
Musli	68	0.98	0.161	15.56	1.5	6.2	1.94	46	0	97
20 g										
Kaffe	2	0.05	0.005	0.09	0	0	0.28	5	0	111
1 mug (8 fl oz)										
Arla Minimælk 0,5%	30	0.4	0.24	3.6		3.6	2.8			
80 g										
Total	260	2.54	1.103	34.4	1.5	24.92	27.06	377	8	213
Lunch										
Æg	65	4.37	1.364	0.34	0	0.34	5.54	62	186	59
1 medium										
Røget Mørbrad	39	0.94	0.312	0	0	0	7.12	209	17	
30 g										
Rugbrød	34	0.43	0.081	6.28	0.8	0.5	1.1	86	0	22
1/2 regular slice										
Total	138	5.74	1.757	6.62	0.8	0.84	13.76	357	203	81
Dinner										
Rød Bordvin	125	0	0	3.84	0	0.91	0.1	6	0	187
1 5 fl oz serving										
Pizza med Kød og Grøntsager	640	29.2	11.328	68.55	4.2	5.68	25.4	1495	50	518
250 g										
Total	765	29.2	11.328	72.39	4.2	6.59	25.5	1501	50	705

Thursday, March 2, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Budget Flødeboller	74	2.52	2.34	12.42		10.44	0.59	7.2		
18 g										
Rema 1000 Bolsjer	60	0.06	0	14.7		9.45	0			
15 g										
Total	134	2.58	2.34	27.12		19.89	0.59	7.2		
Total	1297	40.06	16.528	140.53	6.5	52.24	66.91	2242.2	261	999