Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	266	13.7	30.44	6.15
Lunch	726	26.81	96.63	28.36
Dinner	319	10.43	43.64	12.77
Snacks/Other	309	13.15	20.24	7.06
Total	1620	64.08	190.96	54.34

Thursday, October 6, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Harvin Ananasstücke	14	0.02	0	3.22	0	2.96	0.06	0		
20 g										
Haferflocken	34	0.56	0.099	5.96	0.9	0.13	1.42	65	0	30
55 g										
Ja! H-Fettarme Milch 1,5% Fett	24	0.75	0.55	2.5		2.5	1.75	65		
50 ml										
Total	72	1.33	0.649	11.68	0.9	5.59	3.23	130	0	30
Lunch										
Philadelphia Doppelrahmstufe	77	7.4	4.9	1	0.1	1	1.6	0.1		
1 Portion, 30 g										
Butter	143	16.22	10.274	0.01	0	0.01	0.17	2	43	5
20 g										
Birnen	96	0.2	0.01	25.66	5.1	16.27	0.63	2	0	198
1 medium (approx 2-1/2 per lb)										
Gouda oder Edamer	202	15.7	9.971	0.95	0	0.95	14.16	522	54	95
2 slices (1 oz)										
Äpfel	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
1 medium (2-3/4" dia) (approx 3 per lb)										
Roggenbrot	334	4.26	0.808	62.31	7.5	4.97	10.96	851	0	214
129 g										
Total	924	44.01	26.002	108.99	16	37.54	27.88	1378.1	97	660
Dinner										
Kartoffeln (Fruchtfleisch, Gesalzen, Gekocht)	355	0.41	0.106	82.13	8.2	3.55	7.63	979	0	1546
3 potatoes (2-1/2" dia, sphere)										
Zwiebeln	29	0.06	0.018	7.08	1	3	0.64	2	0	101

Thursday, October 6, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 small										
Grüne Brechbohnen	78	0.3	0.065	17.82	8.5	3.5	4.55	15	0	522
250 g										
Möhren	50	0.29	0.045	11.69	3.4	5.54	1.13	84	0	390
2 medium										
Süßkartoffel	114	0.07	0.024	26.76	4	5.56	2.09	73	0	448
1 cup cubed										
Porree	54	0.27	0.036	12.59	1.6	3.47	1.34	18	0	160
1 leek										
Total	680	1.4	0.294	158.07	26.7	24.62	17.38	1171	0	3167
Snacks/Other										
Europäische Weintraubensorte	69	0.16	0.054	18.1	0.9	15.48	0.72	2	0	191
100 g										
Total	1745	46.9	26.999	296.84	44.5	83.23	49.21	2681.1	97	4048

Saturday, October 8, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Elinas Joghurt nach Griechischer Art	86	7.05		3			2.48			
75 g										
Marmeladen, Konfitüren, Eingemachtes (Wenig Zucker)	51	0.08	0.004	13.14	0.5	12.38	0.17	0	0	35
2 tbsps										
Butter	143	16.22	10.274	0.01	0	0.01	0.17	2	43	5
20 g										
Aldi Brötchen	248	1.8		48.2		2.8	9.8	0.46		
2 x 1 Stück, 100 g										
Total	528	25.15	10.278	64.35	0.5	15.19	12.62	2.46	43	40
Lunch										
Parmesan (Gerieben)	43	2.86	1.73	0.41	0	0.09	3.85	153	9	12
2 tbsps										
REWE Wiener Würstchen	286	26		1			12.7			
2 Würstchen, 100 g										
Tomatensuppe	102	2.93	0.988	17.93	1	10.54	3.05	705	5	307
1 cup										
Nudeln	806	9.32	2.478	149.67	6.9	3.95	29.74	44	176	512
210 g										
Total	1237	41.11	5.196	169.01	7.9	14.58	49.34	902	190	831
Dinner										
Snacks/Other										
Total	**1765**	**66.26**	**15.474**	**233.36**	**8.4**	**29.77**	**61.96**	**904.46**	**233**	**871**

Sunday, October 9, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kürbiskernbrötchen	210	8.6	1.612	26.79	1.6	0.94	7.62	91	0	
1 roll										
Elinas Joghurt nach Griechischer Art	86	7.05		3			2.48			
75 g										
Marmeladen, Konfitüren, Eingemachtes (Wenig Zucker)	51	0.08	0.004	13.14	0.5	12.38	0.17	0	0	35
2 tbsps										
Butter	143	16.22	10.274	0.01	0	0.01	0.17	2	43	5
20 g										
Total	490	31.95	11.89	42.94	2.1	13.33	10.44	93	43	40
Lunch										
Dinner										
Snacks/Other										
Total	490	31.95	11.89	42.94	2.1	13.33	10.44	93	43	40

Monday, October 10, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Ja! H-Fettarme Milch 1,5% Fett 50 ml	24	0.75	0.55	2.5		2.5	1.75	65		
Haferflocken 55 g	34	0.56	0.099	5.96	0.9	0.13	1.42	65	0	30
Harvin Ananasstücke 20 g	14	0.02	0	3.22	0	2.96	0.06	0		
Total	72	1.33	0.649	11.68	0.9	5.59	3.23	130	0	30
Lunch										
Butter 20 g	143	16.22	10.274	0.01	0	0.01	0.17	2	43	5
Äpfel 1 medium (2-3/4" dia) (approx 3 per lb)	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
Gouda oder Edamer 2 slices (1 oz)	202	15.7	9.971	0.95	0	0.95	14.16	522	54	95
Birnen 1 medium (approx 2-1/2 per lb)	96	0.2	0.01	25.66	5.1	16.27	0.63	2	0	198
Roggenbrot 129 g	334	4.26	0.808	62.31	7.5	4.97	10.96	851	0	214
Total	847	36.61	21.102	107.99	15.9	36.54	26.28	1378	97	660
Dinner										
Mischkornbrot 2 slices	131	1.98	0.42	24.13	3.3	5.23	5.2	253	0	106
Erasco Kürbissuppe mit Ingwer 200 ml	90	4.8	1.2	9	2.2	5.4	1	2.2		
Total	221	6.78	1.62	33.13	5.5	10.63	6.2	255.2	0	106

Monday, October 10, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Total	1140	44.72	23.371	152.8	22.3	52.76	35.71	1763.2	97	796

Tuesday, October 11, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Ja! H-Fettarme Milch 1,5% Fett 50 ml	24	0.75	0.55	2.5		2.5	1.75	65		
Haferflocken 55 g	34	0.56	0.099	5.96	0.9	0.13	1.42	65	0	30
Harvin Ananasstücke 20 g	14	0.02	0	3.22	0	2.96	0.06	0		
Total	72	1.33	0.649	11.68	0.9	5.59	3.23	130	0	30
Lunch										
Roggenbrot 129 g	334	4.26	0.808	62.31	7.5	4.97	10.96	851	0	214
Äpfel 1 medium (2-3/4" dia) (approx 3 per lb)	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
Gouda oder Edamer 2 slices (1 oz)	202	15.7	9.971	0.95	0	0.95	14.16	522	54	95
Rote Paprika 1 medium (approx 2-3/4" long, 2-1/2" dia)	31	0.36	0.07	7.18	2.4	5	1.18	2	0	251
Total	639	20.55	10.888	89.5	13.2	25.26	26.66	1376	54	708
Dinner										
REWE Wiener Würstchen 2 Würstchen, 100 g	286	26		1			12.7			
Maggi Topfinito Linseneintopf 2 x 1 Portion, 760 g	616	21.2	6.8	73.8	12.2	8.4	28.2	3340		
Total	902	47.2	6.8	74.8	12.2	8.4	40.9	3340		

Snacks/Other

Tuesday, October 11, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Ja! Pikante Erdnüsse ohne Fett & Öl Geröstet 80 g	474	36.8	5.6	12	5.76	2.88	20.8	776		
Total	2087	105.88	23.937	187.98	32.06	42.13	91.59	5622	54	738

Wednesday, October 12, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Harvin Ananasstücke	14	0.02	0	3.22	0	2.96	0.06	0		
20 g										
Haferflocken	34	0.56	0.099	5.96	0.9	0.13	1.42	65	0	30
55 g										
Ja! H-Fettarme Milch 1,5% Fett	24	0.75	0.55	2.5		2.5	1.75	65		
50 ml										
Total	72	1.33	0.649	11.68	0.9	5.59	3.23	130	0	30
Lunch										
Pflaumen	152	0.92	0.056	37.69	4.6	32.74	2.31	0	0	518
5 fruits (2-1/8" dia)										
Äpfel	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
1 medium (2-3/4" dia) (approx 3 per lb)										
Gouda oder Edamer	202	15.7	9.971	0.95	0	0.95	14.16	522	54	95
2 slices (1 oz)										
Roggenbrot	334	4.26	0.808	62.31	7.5	4.97	10.96	851	0	214
129 g										
Birnen	96	0.2	0.01	25.66	5.1	16.27	0.63	2	0	198
1 medium (approx 2-1/2 per lb)										
Total	856	21.31	10.884	145.67	20.5	69.27	28.42	1376	54	1173
Dinner										
Mischkornbrot	131	1.98	0.42	24.13	3.3	5.23	5.2	253	0	106
2 slices										
Gekochtes Ei	68	4.65	1.432	0.49	0	0.49	5.51	122	186	55
1 medium										
Blumenkohl	158	0.63	0.202	33.39	15.8	15.12	12.47	189	0	1909
3/4 head large (6-7" dia)										

Wednesday, October 12, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Butter	72	8.11	5.137	0.01	0	0.01	0.08	1	22	2
10 g										
Total	429	15.37	7.191	58.02	19.1	20.85	23.26	565	208	2072
Snacks/Other										
Ferrero Küsschen	477	36		29.7			7.2			
9 x 1 Stück, 72 g										
Sauvignon Blanc	241	0		6.03			0.21			
2 5 fl oz servings										
Total	718	36		35.73			7.41			
Total	2075	74.01	18.724	251.1	40.5	95.71	62.32	2071	262	3275

Thursday, October 13, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Harvin Ananasstücke	14	0.02	0	3.22	0	2.96	0.06	0		
20 g										
Haferflocken	34	0.56	0.099	5.96	0.9	0.13	1.42	65	0	30
55 g										
Ja! H-Fettarme Milch 1,5% Fett	24	0.75	0.55	2.5		2.5	1.75	65		
50 ml										
Total	72	1.33	0.649	11.68	0.9	5.59	3.23	130	0	30
Lunch										
Butter	143	16.22	10.274	0.01	0	0.01	0.17	2	43	5
20 g										
Gouda oder Edamer	202	15.7	9.971	0.95	0	0.95	14.16	522	54	95
2 slices (1 oz)										
Äpfel	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
1 medium (2-3/4" dia) (approx 3 per lb)										
Roggenbrot	334	4.26	0.808	62.31	7.5	4.97	10.96	851	0	214
129 g										
Total	751	36.41	21.092	82.33	10.8	20.27	25.65	1376	97	462
Dinner										
Erasco Kürbissuppe mit Ingwer	180	9.6	2.4	18	4.4	10.8	2	4.4		
400 ml										
Snacks/Other										
Käsebrötchen	250	7.04	2.23	39.31	2.3	2.07	7.56	431	5	107
2 rolls										
Muffin	201	7.17	1.744	28.89	0.9	4.84	5.04	290	29	88
1 small										

Thursday, October 13, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	451	14.21	3.974	68.2	3.2	6.91	12.6	721	34	195
Total	1454	61.55	28.115	180.21	19.3	43.57	43.48	2231.4	131	687

Sunday, October 16, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Roggenbrot	16	0.2	0.038	2.9	0.3	0.23	0.51	40	0	10
1/2 regular slice, crust not eaten										
Elinas Joghurt nach Griechischer Art	57	4.7		2			1.65			
50 g										
Marmeladen, Konfitüren, Eingemachtes (Wenig Zucker)	51	0.08	0.004	13.14	0.5	12.38	0.17	0	0	35
2 tbsps										
Butter	143	16.22	10.274	0.01	0	0.01	0.17	2	43	5
20 g										
Kürbiskernbrötchen	210	8.6	1.612	26.79	1.6	0.94	7.62	91	0	
1 roll										
Total	477	29.8	11.928	44.84	2.4	13.56	10.12	133	43	50
Lunch										
Olivenöl	119	13.5	1.864	0	0	0	0	0	0	0
1 tbsp										
Zwiebeln	46	0.09	0.029	11.12	1.5	4.71	1.01	3	0	158
1 medium (2-1/2" dia)										
Möhren	102	0.6	0.092	23.95	7	11.35	2.32	172	0	800
250 g										
Kohlrabi	73	0.27	0.035	16.74	9.7	7.02	4.59	54	0	945
2 cups										
Porree	27	0.13	0.018	6.3	0.8	1.74	0.67	9	0	80
1/2 leek										
Fish & More Zanderfilets	101	1		0	0	0	23	0.06		
125 g										
Total	468	15.59	2.038	58.11	19	24.82	31.59	238.06	0	1983

Sunday, October 16, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Snacks/Other										
Sauvignon Blanc 3 5 fl oz servings	362	0		9.04			0.31			
Ja! Pikante Erdnüsse ohne Fett & Öl Geröstet 75 g	444	34.5	5.25	11.25	5.4	2.7	19.5	727.5		
Äpfel 1/2 medium (2-3/4" dia) (approx 3 per lb)	36	0.12	0.019	9.53	1.7	7.17	0.18	1	0	74
Birnen 1 medium (approx 2-1/2 per lb)	96	0.2	0.01	25.66	5.1	16.27	0.63	2	0	198
Total	938	34.82	5.279	55.48	12.2	26.14	20.62	730.5	0	272
Total	**1883**	**80.21**	**19.245**	**158.43**	**33.6**	**64.52**	**62.33**	**1101.56**	**43**	**2305**

Monday, October 17, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Ja! H-Fettarme Milch 1,5% Fett 50 ml	24	0.75	0.55	2.5		2.5	1.75	65		
Haferflocken 55 g	34	0.56	0.099	5.96	0.9	0.13	1.42	65	0	30
Harvin Ananasstücke 20 g	14	0.02	0	3.22	0	2.96	0.06	0		
Total	72	1.33	0.649	11.68	0.9	5.59	3.23	130	0	30
Lunch										
Rote Paprika 1 medium (approx 2-3/4" long, 2-1/2" dia)	31	0.36	0.07	7.18	2.4	5	1.18	2	0	251
Birnen 1 medium (approx 2-1/2 per lb)	96	0.2	0.01	25.66	5.1	16.27	0.63	2	0	198
Butter 20 g	143	16.22	10.274	0.01	0	0.01	0.17	2	43	5
Tomaten 4 wedge (1/4 of medium tomato)	22	0.25	0.057	4.86	1.5	3.26	1.09	6	0	294
Gouda oder Edamer 2 slices (1 oz)	202	15.7	9.971	0.95	0	0.95	14.16	522	54	95
Äpfel 1 medium (2-3/4" dia) (approx 3 per lb)	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
Roggenbrot 129 g	334	4.26	0.808	62.31	7.5	4.97	10.96	851	0	214
Total	900	37.22	21.229	120.03	19.8	44.8	28.55	1386	97	1205
Dinner										
Döner Kebab	620	16.63	6.141	77.1	4.3	6.91	37.87	1029	53	

Monday, October 17, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 kebab										
Snacks/Other										
Total	**1592**	**55.18**	**28.019**	**208.81**	**25**	**57.3**	**69.65**	**2545**	**150**	**1235**

Saturday, October 22, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
REWE Frei von Hörnchen	324	16.62	8.75	40.25	4.2	5.95	1.4	542.5		
1 3/4 x 1 Hörnchen, 88 g										
Elinas Joghurt nach Griechischer Art	57	4.7		2			1.65			
50 g										
Marmeladen, Konfitüren, Eingemachtes (Wenig Zucker)	51	0.08	0.004	13.14	0.5	12.38	0.17	0	0	35
2 tbsps										
Aldi Brötchen	124	0.9		24.1		1.4	4.9	0.23		
1 Stück, 50 g										
Butter	143	16.22	10.274	0.01	0	0.01	0.17	2	43	5
20 g										
Total	699	38.52	19.028	79.5	4.7	19.74	8.29	544.73	43	40
Lunch										
Butter	72	8.11	5.137	0.01	0	0.01	0.08	1	22	2
10 g										
REWE Blattspinat	28	0.6	0.1	2	0		2	0		
100 g										
TiP Kabeljaufilet	90	0.69	0.12	0	0	0	20.79	0		
115 1/2 g										
Olivenöl	119	13.5	1.864	0	0	0	0	0	0	0
1 tbsp										
Möhren	25	0.15	0.023	5.84	1.7	2.77	0.57	42	0	195
1 medium										
Kartoffeln (Fruchtfleisch, Gesalzen, Gekocht)	355	0.41	0.106	82.13	8.2	3.55	7.63	979	0	1546
3 potatoes (2-1/2" dia, sphere)										
Zwiebeln	46	0.09	0.029	11.12	1.5	4.71	1.01	3	0	158

Saturday, October 22, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 medium (2-1/2" dia)										
Kohlrabi	9	0.03	0.004	2.09	1.2	0.88	0.57	7	0	118
1/4 cup										
Sellerie	14	0.17	0.043	2.97	1.6	1.83	0.69	80	0	260
100 g										
Total	758	23.75	7.426	106.16	14.2	13.75	33.34	1112	22	2279
Dinner										
Quarkkuchen	611	18.53	10.53	86.61	1.9	31.8	23.65	428	159	
2 pieces										
Snacks/Other										
Sauvignon Blanc	241	0		6.03			0.21			
2 5 fl oz servings										
Total	2309	80.8	36.984	278.3	20.8	65.29	65.49	2084.73	224	2319

Monday, October 24, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Haferflocken 55 g	34	0.56	0.099	5.96	0.9	0.13	1.42	65	0	30
Marmeladen, Konfitüren, Eingemachtes (Wenig Zucker) 2 tbsps	51	0.08	0.004	13.14	0.5	12.38	0.17	0	0	35
Ja! H-Fettarme Milch 1,5% Fett 50 ml	24	0.75	0.55	2.5		2.5	1.75	65		
Total	109	1.39	0.653	21.6	1.4	15.01	3.34	130	0	65
Lunch										
Gouda oder Edamer 2 slices (1 oz)	202	15.7	9.971	0.95	0	0.95	14.16	522	54	95
Vollkornbrot 4 regular slices	269	4.27	0.931	49.03	4.6	5.71	9.5	551	0	212
Äpfel 1 medium (2-3/4" dia) (approx 3 per lb)	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
Birnen 1 medium (approx 2-1/2 per lb)	96	0.2	0.01	25.66	5.1	16.27	0.63	2	0	198
Butter 10 g	72	8.11	5.137	0.01	0	0.01	0.08	1	22	2
Total	711	28.51	16.088	94.71	13	37.28	24.73	1077	76	655
Dinner										
Erasco Kürbissuppe mit Ingwer 400 ml	180	9.6	2.4	18	4.4	10.8	2	4.4		
Snacks/Other										

Monday, October 24, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1000	39.5	19.141	134.31	18.8	63.09	30.07	1211.4	76	720

Monday, October 31, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Butter	143	16.22	10.274	0.01	0	0.01	0.17	2	43	5
20 g										
Kürbiskernbrötchen	210	8.6	1.612	26.79	1.6	0.94	7.62	91	0	
1 roll										
Marmeladen, Konfitüren, Eingemachtes (Wenig Zucker)	51	0.08	0.004	13.14	0.5	12.38	0.17	0	0	35
2 tbsps										
Elinas Joghurt nach Griechischer Art	57	4.7		2			1.65			
50 g										
Total	461	29.6	11.89	41.94	2.1	13.33	9.61	93	43	40
Lunch										
Döner Kebab	620	16.63	6.141	77.1	4.3	6.91	37.87	1029	53	
1 kebab										
Dinner										
Snacks/Other										
Cabernet Sauvignon	247	0		7.64			0.21			
2 5 fl oz servings										
Alesto Erdnüsse Pikant Gewürzt	446	35.25	5.25	8.25	6	4.5	21	0.35		
75 g										
Mandarine	49	0.29	0.036	12.4	1.7	9.83	0.75	2	0	
1 fruit										
Äpfel	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
1 medium (2-3/4" dia) (approx 3 per lb)										
Total	814	35.77	5.325	47.35	11	28.67	22.32	3.35	0	148

Monday, October 31, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1895	82	23.356	166.39	17.4	48.91	69.8	1125.35	96	188