

Monday, August 14, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kürbiskernbrötchen 1 roll	210	8.6	1.612	26.79	1.6	0.94	7.62	91	0	
Lindenhof Gouda 1 Scheibe, 33 g	90	5.6		0			9.9	200	20	33
Marmelade 1 tbsp	49	0	0	13.26	0.1	12	0.06	11	0	7
Gekochtes Ei 1 medium	68	4.65	1.432	0.49	0	0.49	5.51	122	186	55
Weideglück Sahne Joghurt nach Griechischer Art 55 g	67	5.5		2.09			2.31			
Butter 10 g	72	8.11	5.137	0.01	0	0.01	0.08	1	22	2
Total	556	32.46	8.181	42.64	1.7	13.44	25.48	425	228	97
Lunch										
Kartoffeln (Fruchtfleisch, Gesalzen, Gekocht) 3 potatoes (2-1/2" dia, sphere)	355	0.41	0.106	82.13	8.2	3.55	7.63	979	0	1546
Olivenöl 1 tbsp	119	13.5	1.864	0	0	0	0	0	0	0
Zwiebeln 1/2 medium (2-1/2" dia)	23	0.04	0.014	5.56	0.8	2.35	0.51	2	0	79
Tomaten 3 medium whole (2-3/5" dia)	66	0.74	0.17	14.46	4.4	9.7	3.25	18	0	875
Butter 10 g	72	8.11	5.137	0.01	0	0.01	0.08	1	22	2
Zander	105	1.14	0.219	0	0	0	22.32	73	99	

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2 fillets										
Total	740	23.94	7.51	102.16	13.4	15.61	33.79	1073	121	2502
Dinner										
Snacks/Other										
Pfirsiche	38	0.24	0.019	9.35	1.5	8.22	0.89	0	0	186
1 medium (2-1/2" dia) (approx 4 per lb)										
Cabernet Sauvignon	247	0		7.64			0.21			
2 5 fl oz servings										
Gut & Günstig Erdnüsse Geröstet & Gesalzen	311	25.15	4.55	6.75	3.7	2.7	12.5			
50 g										
Äpfel	36	0.12	0.019	9.53	1.7	7.17	0.18	1	0	74
1/2 medium (2-3/4" dia) (approx 3 per lb)										
Total	632	25.51	4.588	33.27	6.9	18.09	13.78	1	0	260
Total	1928	81.91	20.279	178.07	22	47.14	73.05	1499	349	2859