

## Sunday, August 13, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Marmelade	49	0	0	13.26	0.1	12	0.06	11	0	7
1 tbsp										
Gekochtes Ei	68	4.65	1.432	0.49	0	0.49	5.51	122	186	55
1 medium										
Kürbiskernbrötchen	210	8.6	1.612	26.79	1.6	0.94	7.62	91	0	
1 roll										
Butter	72	8.11	5.137	0.01	0	0.01	0.08	1	22	2
10 g										
Lindenhof Gouda	90	5.6		0			9.9	200	20	33
1 Scheibe, 33 g										
Erdbeeren	32	0.3	0.015	7.68	2	4.66	0.67	1	0	153
100 g										
Weideglück Sahne Joghurt nach Griechischer Art	67	5.5		2.09			2.31			
55 g										
<b>Total</b>	<b>588</b>	<b>32.76</b>	<b>8.196</b>	<b>50.32</b>	<b>3.7</b>	<b>18.1</b>	<b>26.15</b>	<b>426</b>	<b>228</b>	<b>250</b>
<b>Lunch</b>										
Erdbeereisbecher	268	7.85	3.739	44.65	0		6.26	92	21	271
1 sundae										
<b>Dinner</b>										
Nudeln (Gekocht)	219	3.3	0.668	40.02	1.9	0.64	7.22	378	46	61
1 serving (160 g)										
REWE Wiener Würstchen	286	26		1			12.7			
2 Würstchen, 100 g										
Rote Paprika	62	0.71	0.14	14.35	4.8	10	2.36	5	0	502
2 medium (approx 2-3/4" long, 2-1/2" dia)										

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Olivenöl 1 tbsp	119	13.5	1.864	0	0	0	0	0	0	0
<b>Total</b>	<b>686</b>	<b>43.51</b>	<b>2.672</b>	<b>55.37</b>	<b>6.7</b>	<b>10.64</b>	<b>22.28</b>	<b>383</b>	<b>46</b>	<b>563</b>
<b>Snacks/Other</b>										
Nordsee Bismarck-Baguette 1 Stück, 165 g	323	12.5		36.1			15.2			
Roter Tafelwein 2 5 fl oz servings	250	0	0	7.67	0	1.82	0.21	12	0	373
<b>Total</b>	<b>573</b>	<b>12.5</b>	<b>0</b>	<b>43.77</b>	<b>0</b>	<b>1.82</b>	<b>15.41</b>	<b>12</b>	<b>0</b>	<b>373</b>
<b>Total</b>	<b>2115</b>	<b>96.62</b>	<b>14.607</b>	<b>194.11</b>	<b>10.4</b>	<b>30.56</b>	<b>70.1</b>	<b>913</b>	<b>295</b>	<b>1457</b>