

## Tuesday, August 15, 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	62	0	0	16.58	0.2	15	0.08	14	0	9
1 1/4 tbsps										
Lindenhof Gouda	90	5.6		0			9.9	200	20	33
1 Scheibe, 33 g										
Gekochtes Ei	57	3.91	1.204	0.41	0	0.41	4.64	103	156	47
1 small										
Weideglück Sahne Joghurt nach Griechischer Art	67	5.5		2.09			2.31			
55 g										
Butter	50	5.68	3.596	0	0	0	0.06	1	15	2
7 g										
Sonnenblumenbrot	110	2.64	0.544	18	1	1.46	3.61	170	2	
1 medium slice										
<b>Total</b>	<b>436</b>	<b>23.33</b>	<b>5.344</b>	<b>37.08</b>	<b>1.2</b>	<b>16.87</b>	<b>20.6</b>	<b>488</b>	<b>193</b>	<b>91</b>
<b>Lunch</b>										
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)										
<b>Dinner</b>										
Grillmeister Nürnberger Rostbratwürste	649	58.5	21.45	1.95		0.98	27.69	3900		
195 g										
Mecklenburger Küche Gold Püree	124	2		22.8			3.8			
200 g										
Olivenöl	119	13.5	1.864	0	0	0	0	0	0	0
1 tbsp										
<b>Total</b>	<b>892</b>	<b>74</b>	<b>23.314</b>	<b>24.75</b>	<b>0</b>	<b>0.98</b>	<b>31.49</b>	<b>3900</b>	<b>0</b>	<b>0</b>

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	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Snacks/Other</b>										
Radeberger Pilsner 500 ml	205	0	0	15.5	0		2.5	0		
Weißwein 3 glasses (3.5 fl oz)	260	0	0	8.4	0	2.44	0.22	15	0	
<b>Total</b>	<b>465</b>	<b>0</b>	<b>0</b>	<b>23.9</b>	<b>0</b>	<b>2.44</b>	<b>2.72</b>	<b>15</b>	<b>0</b>	
<b>Total</b>	<b>1831</b>	<b>97.57</b>	<b>28.677</b>	<b>95.08</b>	<b>2.7</b>	<b>28.51</b>	<b>55.7</b>	<b>4403</b>	<b>193</b>	<b>277</b>