

Tuesday, August 15, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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										
Total	436	23.33	5.344	37.08	1.2	16.87	20.6	488	193	91
Lunch										
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)										
Dinner										
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										
Total	892	74	23.314	24.75	0	0.98	31.49	3900	0	0

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Snacks/Other										
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	
Total	465	0	0	23.9	0	2.44	2.72	15	0	
Total	1831	97.57	28.677	95.08	2.7	28.51	55.7	4403	193	277