

Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	588	32.76	50.32	26.15
Lunch	268	7.85	44.65	6.26
Dinner	686	43.51	55.37	22.28
Snacks/Other	573	12.5	43.77	15.41
Total	2115	96.62	194.11	70.1

Sunday, August 13, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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										
Total	588	32.76	8.196	50.32	3.7	18.1	26.15	426	228	250
Lunch										
Erdbeereisbecher	268	7.85	3.739	44.65	0		6.26	92	21	271
1 sundae										
Dinner										
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)										

Sunday, August 13, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Olivenöl 1 tbsp	119	13.5	1.864	0	0	0	0	0	0	0
Total	686	43.51	2.672	55.37	6.7	10.64	22.28	383	46	563
Snacks/Other										
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
Total	573	12.5	0	43.77	0	1.82	15.41	12	0	373
Total	2115	96.62	14.607	194.11	10.4	30.56	70.1	913	295	1457