

Thursday, November 19, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Gut Ponzholz Putenbrust Am Stück	171	2.85	0.6	0		0	36.45			
150 g										
Gurke (mit Schale)	6	0.04	0.014	1.45	0.2	0.67	0.26	1	0	59
40 g										
Rote Paprika	15	0.18	0.035	3.59	1.2	2.5	0.59	1	0	126
1/2 medium (approx 2-3/4" long, 2-1/2" dia)										
Tomaten	33	0.36	0.084	7.13	2.2	4.79	1.6	9	0	431
2 small whole (2-2/5" dia)										
Exquisa Körniger Frischkäse 0,8%	126	1.6	1	2		2	26	1500		
200 g										
Total	351	5.03	1.733	14.17	3.6	9.96	64.9	1511	0	616

Lunch**Dinner**

Magerquark	66	0.21	0.136	4.15	0	4.35	12.09	63	2	
100 g										
Gut & Günstig Körniger Frischkäse	206	9	5.8	6		6	25	400		
1 Becher, 200 g										
Chef Select Hähnchenbrust-Filetstücke "Sweet Chili"	225	6.9	1.65	8.55		6.75	31.65	3495		
150 g										
Total	497	16.11	7.586	18.7	0	17.1	68.74	3958	2	

Snacks/Other

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Gut & Günstig Körniger Frischkäse	206	9	5.8	6		6	25	400		
1 Becher, 200 g										
Total	1054	30.14	15.119	38.87	3.6	33.06	158.64	5869	2	616