

Sunday, November 22, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kaufland Putenbrustfilet 250 g	275	5	2	0	0	0	57.5	200		
Lunch										
Dinner										
Exquisa Körniger Frischkäse 0,8% 200 g	126	1.6	1	2		2	26	1500		
Aldi Putenbrustfilet 200 g	210	2	1.6	2	1	1.2	48	2000	120	
Total	336	3.6	2.6	4	1	3.2	74	3500	120	
Snacks/Other										
Oreo Kekse 1 Keks, 11 g	53	2.1	0.9	7.7	0.3	3.9	0.5	99		
Total	664	10.7	5.5	11.7	1.3	7.1	132	3799	120	