

Tuesday, November 17, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Scitec Nutrition 100% Whey Protein Professional	37	0.7	0.23	0.5	0	0.43	6.99	14.32	8.66	44.29
10 g										
Magerquark	99	0.32	0.205	6.22	0	6.52	18.13	95	2	
150 g										
Gurke (mit Schale)	2	0.01	0.003	0.36	0	0.17	0.06	0	0	15
10 g										
Gewöhnlicher Feldsalat	21	0.4		3.6			2	4	0	459
100 g										
Rote Paprika	31	0.36	0.07	7.18	2.4	5	1.18	2	0	251
1 medium (approx 2-3/4" long, 2-1/2" dia)										
Tomaten	22	0.25	0.057	4.82	1.5	3.23	1.08	6	0	292
1 medium whole (2-3/5" dia)										
Total	212	2.04	0.565	22.68	3.9	15.35	29.44	121.32	10.66	1061.29
Lunch										
Porree	15	0.08	0.01	3.54	0.4	0.98	0.38	5	0	45
25 g										
Zwiebeln	32	0.06	0.02	7.78	1.1	3.3	0.71	2	0	111
0.7 medium (2-1/2" dia)										
Hähnchenbrustfilet	330	3.72	0.99	0	0	0	69.27	195	174	
300 g										
Total	377	3.86	1.02	11.32	1.5	4.28	70.36	202	174	156
Dinner										
Zwiebeln	23	0.04	0.014	5.56	0.8	2.35	0.51	2	0	79
1/2 medium (2-1/2" dia)										
Rote Paprika	15	0.18	0.035	3.59	1.2	2.5	0.59	1	0	126

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1/2 medium (approx 2-3/4" long, 2-1/2" dia)										
Harzer Harzer Käse 50 g	62	0.25	0.1	0	0	0	15	0.8		
Hähnchenbrustfilet 20 g	22	0.25	0.066	0	0	0	4.62	13	12	
Thunfisch in Wasser (Konserviert) 100 g	116	0.82	0.234	0	0	0	25.51	338	30	237
Brokkoli 50 g	17	0.18	0.02	3.32	1.3	0.85	1.41	16	0	158
Total	255	1.72	0.469	12.47	3.3	5.7	47.64	370.8	42	600
Snacks/Other										
Scitec Nutrition 100% Whey Protein Professional 1 Messlöffel, 30 g	111	2.1	0.7	1.5	0	1.3	21	43	26	133
Total	955	9.72	2.754	47.97	8.7	26.63	168.44	737.12	252.66	1950.29