

Friday, November 20, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Chef Select Hähnchenbrust- Filetstücke "Sweet Chili"	225	6.9	1.65	8.55		6.75	31.65	3495		
150 g										
Magerquark	132	0.42	0.273	8.3	0	8.69	24.18	126	3	
200 g										
Lidl Griechischer Joghurt	87	3	1.95	6.3		6.3	8.7	0.15		
150 g										
Total	444	10.32	3.873	23.15	0	21.74	64.53	3621.15	3	
Lunch										
Dinner										
Kalmare	92	1.38	0.358	3.08	0	0	15.58	44	233	246
100 g										
Grüne Paprika	12	0.1	0.035	2.76	1	1.43	0.51	2	0	104
1/2 medium (approx 2-3/4" long, 2-1/2" dia)										
Grüne Paprika	12	0.1	0.035	2.76	1	1.43	0.51	2	0	104
1/2 medium (approx 2-3/4" long, 2-1/2" dia)										
Total	116	1.58	0.428	8.6	2	2.86	16.6	48	233	454
Snacks/Other										
Kaffee mit Milch und Zucker	30	0.14	0.079	7.14	0	6.54	0.31	6	0	
1 coffee cup (6 fl oz)										
Scitec Nutrition 100% Whey Protein Professional	111	2.1	0.7	1.5	0	1.3	21	43	26	133
1 Messlöffel, 30 g										
Oh Yeah! Low Carb Bar Chocolate Chip Cookie Dough	210	8	5	24	9	1	21	130	0	80

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1 Riegel, 60 g										
Total	351	10.24	5.779	32.64	9	8.84	42.31	179	26	213
Total	911	22.14	10.08	64.39	11	33.44	123.44	3848.15	262	667