

## Monday, November 23, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Exquisa Körniger Frischkäse 0,8% 200 g	126	1.6	1	2		2	26	1500		
<b>Lunch</b>										
<b>Dinner</b>										
Tomaten 1 medium whole (2-3/5" dia)	22	0.25	0.057	4.82	1.5	3.23	1.08	6	0	292
Rote Paprika 1 medium (approx 2-3/4" long, 2-1/2" dia)	31	0.36	0.07	7.18	2.4	5	1.18	2	0	251
Aldi Putenbrustfilet 300 g	315	3	2.4	3	1.5	1.8	72	3000	180	
Magerquark 100 g	66	0.21	0.136	4.15	0	4.35	12.09	63	2	
Fleischer Rumpsteak 200 g	260	9		0			44.8	110		
<b>Total</b>	<b>694</b>	<b>12.82</b>	<b>2.663</b>	<b>19.15</b>	<b>5.4</b>	<b>14.38</b>	<b>131.15</b>	<b>3181</b>	<b>182</b>	<b>543</b>
<b>Snacks/Other</b>										
Scitec Nutrition 100% Whey Protein Professional 1 Messlöffel, 30 g	111	2.1	0.7	1.5	0	1.3	21	43	26	133
<b>Total</b>	<b>931</b>	<b>16.52</b>	<b>4.363</b>	<b>22.65</b>	<b>5.4</b>	<b>17.68</b>	<b>178.15</b>	<b>4724</b>	<b>208</b>	<b>676</b>