

## Saturday, November 21, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
<b>Lunch</b>										
Exquisa Körniger Frischkäse 0,8%	126	1.6	1	2		2	26	1500		
200 g										
Schwarz Cranz Klassisches Putenbrustfilet	374	7	2.1	3.5		2.1	73.5	7.88		
350 g										
<b>Total</b>	<b>500</b>	<b>8.6</b>	<b>3.1</b>	<b>5.5</b>		<b>4.1</b>	<b>99.5</b>	<b>1507.88</b>		
<b>Dinner</b>										
Magerquark	165	0.53	0.341	10.37	0	10.87	30.22	158	4	
250 g										
Chef Select Hähnchenbrust- Filetstücke "Sweet Chili"	225	6.9	1.65	8.55		6.75	31.65	3495		
150 g										
<b>Total</b>	<b>390</b>	<b>7.43</b>	<b>1.991</b>	<b>18.92</b>	<b>0</b>	<b>17.62</b>	<b>61.87</b>	<b>3653</b>	<b>4</b>	
<b>Snacks/Other</b>										
<b>Total</b>	<b>890</b>	<b>16.03</b>	<b>5.091</b>	<b>24.42</b>	<b>0</b>	<b>21.72</b>	<b>161.37</b>	<b>5160.88</b>	<b>4</b>	