Wednesday, May 16, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Den Sorte Havre	307	8	1.28	46.4	5.92	0.64	8.8	8		
80 g										
Dried Cranberries	62	0.27	0.021	16.47	1.1	13	0.01	1	0	8
20 g										
Total	369	8.27	1.301	62.87	7.02	13.64	8.81	9	0	8
Lunch										
Sweet Cherries	74	0.23	0.044	18.73	2.5	15	1.24	0	0	260
1 cup, with pits, yields										
Strawberries	49	0.46	0.023	11.67	3	7.08	1.02	2	0	233
1 cup halves										
Yeast Extract Spread	9	0	0	0.71	0.2	0	1.67	216	0	156
1 tsp										
Red Sweet Pepper	9	0.11	0.021	2.15	0.7	1.5	0.35	1	0	75
0.3 medium (approx 2-3/4" long, 2-1/2" dia)										
Cherry Tomatoes	15	0.17	0.039	3.33	1	2.24	0.75	4	0	
5 cherry										
Klausen Møllern's Brød	196	3.45	0.52	31.5	4.88	1.2	7.2	675		
75 g										
Total	352	4.42	0.647	68.09	12.28	27.02	12.23	898	0	724
Dinner										
Snacks/Other										
Alpro dark chocolate pudding	108	2.64		16.9			3.45			
115 g										
Oatly Havredrikk	40	0.5		6.7			1			

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100 g										
Helios Frisk Start Juice	108	0.4	0	23.6	0.8	21.8	1.2	600		
200 g										
Raisin Bread	137	2.2	0.54	26.15	2.2		3.95	195	0	114
50 g										
Sunrise Soya Foods Soy Milk (Unsweetened)	72	4	1.28	2.4	0.8	0.8	7.2	32		
200 ml										
Total	465	9.74	1.82	75.75	3.8	22.6	16.8	827	0	114
Total	1186	22.43	3.768	206.71	23.1	63.26	37.84	1734	0	846