Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	689	62.15	13.33	21.85
Lunch	414	31.82	14.39	17.92
Dinner	673	54.37	22.39	24.14
Snacks/Other	199	19.47	6.11	2.25
Total	**1976**	**167.81**	**56.22**	**66.17**

Monday, January 16, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Żółtko 1/2 large	27	2.26	0.812	0.31	0	0.05	1.35	4	105	9
Społem Majonez Kielecki 20 ml	126	13.6	1.08	0.44		0.38	0.38	200		
Jajko 1 1/2 large	110	7.46	2.324	0.58	0	0.58	9.44	105	317	100
Masło 30 g	215	24.33	15.41	0.02	0	0.02	0.26	3	64	7
Chleb słonecznikowy na drożdżach 2 1/4 servings	240	18.16	2.587	10.35	4.9	1.85	10.44	41	119	225
Total	718	65.81	22.213	11.7	4.9	2.88	21.87	353	605	341
Lunch										
Marchewki 50 g	20	0.12	0.018	4.79	1.4	2.27	0.46	34	0	160
Masło 20 g	143	16.22	10.274	0.01	0	0.01	0.17	2	43	5
Nasza Spiżarnia Buraczki Tarte 150 g	66	0		12.9			2.1			
Wątróbka drobiowa 1 serving	260	15.18	5.715	11.08	1.6	5.26	20.8	340	12	147
Total	489	31.52	16.007	28.78	3	7.54	23.53	376	55	312
Dinner										
Piątnica Śmietana 18% 1/4 x pół pojemnika, 25 g	47	4.5		1.1			0.58			

Monday, January 16, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Ziemniaki (Miąższ, z Solą, Gotowane)	22	0.02	0.006	5.03	0.5	0.22	0.47	60	0	95
25 g										
Krakus Kiszone Ogórki	6	0.25	0.05	0.7		0.25	0.5			
50 g										
Masło	251	28.39	17.979	0.02	0	0.02	0.3	4	75	8
35 g										
Wątróbka drobiowa	260	15.18	5.715	11.08	1.6	5.26	20.8	340	12	147
1 serving										
Nasza Spiżarnia Buraczki Tarte	68	0	0	13.33	2.79	12.4	2.17			
155 g										
Total	654	48.34	23.75	31.26	4.89	18.15	24.82	404	87	250
Snacks/Other										
Oliwa z Oliwek	90	10.12	1.398	0	0	0	0	0	0	0
3/4 tbsp										
Total	1951	155.79	63.368	71.74	12.79	28.57	70.22	1133	747	903

Tuesday, January 17, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Sottile Gusto Pasta z Suszonych Pomidorów 15 g	51	4.8	0.34	0.93	0.93	0.84	0.45	0.22		
Masło 25 g	179	20.28	12.842	0.02	0	0.02	0.21	3	54	6
Jajko 1 1/2 large	110	7.46	2.324	0.58	0	0.58	9.44	105	317	100
Żółtko 1/2 large	27	2.26	0.812	0.31	0	0.05	1.35	4	105	9
Społem Majonez Kielecki 20 ml	126	13.6	1.08	0.44		0.38	0.38	200		
Chleb słonecznikowy na drożdżach 2 1/4 servings	240	18.16	2.587	10.35	4.9	1.85	10.44	41	119	225
Total	733	66.56	19.985	12.63	5.83	3.72	22.27	353.22	595	340
Lunch										
Wywar Mięsny 100 g	58	5.2		0			2.7			
Charsznickie Pola Natury Barszcz Biały na Zakwasie 30 ml	19	0.09		3.9			0.51			
Piątnica Śmietana 18% 1/4 x pół pojemnika, 25 g	47	4.5		1.1			0.58			
Total	124	9.79		5			3.79			
Dinner										
Nasza Spiżarnia Buraczki Tarte 150 g	66	0	0	12.9	2.7	12	2.1			

Tuesday, January 17, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Masło 40 g	287	32.44	20.547	0.02	0	0.02	0.34	4	86	10
Wątróbka drobiowa 1 serving	260	15.18	5.715	11.08	1.6	5.26	20.8	340	12	147
Total	613	47.62	26.262	24	4.3	17.28	23.24	344	98	157
Snacks/Other										
Oliwa z Oliwek 3/4 tbsp	90	10.12	1.398	0	0	0	0	0	0	0
Total	1560	134.09	47.645	41.63	10.13	21	49.3	697.22	693	497

Wednesday, January 18, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Henryk Kania Kiełbaski Białe 80 g	223	18.4		1.6			12.8			
Chleb słonecznikowy na drożdżach 2 1/4 servings	240	18.16	2.587	10.35	4.9	1.85	10.44	41	119	225
Masło 30 g	215	24.33	15.41	0.02	0	0.02	0.26	3	64	7
Total	678	60.89	17.997	11.97	4.9	1.87	23.5	44	183	232
Lunch										
Masło 30 g	215	24.33	15.41	0.02	0	0.02	0.26	3	64	7
Nasza Spiżarnia Buraczki Tarte 150 g	66	0		12.9			2.1			
Wątróbka drobiowa 1 serving	260	15.18	5.715	11.08	1.6	5.26	20.8	340	12	147
Total	541	39.51	21.125	24	1.6	5.28	23.16	343	76	154
Dinner										
Toppo Kopytka 50 g	68	1.15	0.45	12.8		1.4	1.4			
Lidl Boczek Krojony w Paski 70 g	188	15.4	5.6	0.7	0.63	0.35	11.2	0.98		
Wywar Mięsny 100 g	58	5.2		0			2.7			
Morliny Boczek Wędzony 80 g	267	24.8	9.6	0.56		0.4	10.4	2.16		
Biała Kiełbasa	110	9.45	3.142	0.08	0	0	5.75	193	25	

Wednesday, January 18, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
40 g										
Piątnica Śmietana 18%	94	9		2.2			1.15			
1/2 x pół pojemnika, 50 g										
Charsznickie Pola Natury Barszcz Biały na Zakwasie	32	0.15		6.5			0.85			
50 ml										
Total	**817**	**65.15**	**18.792**	**22.84**	**0.63**	**2.15**	**33.45**	**196.14**	**25**	
Snacks/Other										
Oliwa z Oliwek	90	10.12	1.398	0	0	0	0	0	0	0
3/4 tbsp										
Mandarynki	37	0.22	0.027	9.34	1.3	7.41	0.57	1	0	116
1 small (2-1/4" dia)										
Cytryna	17	0.17	0.023	5.41	1.6	1.45	0.64	1	0	80
1 fruit (2-1/8" dia)										
Orzeszki Ziemne	85	7.39	1.025	2.42	1.3	0.6	3.87	3	0	106
15 g										
Marchewki	16	0.1	0.015	3.83	1.1	1.82	0.37	28	0	128
40 g										
Total	**245**	**18**	**2.488**	**21**	**5.3**	**11.28**	**5.45**	**33**	**0**	**430**
Total	**2281**	**183.55**	**60.402**	**79.81**	**12.43**	**20.58**	**85.56**	**616.14**	**284**	**816**

Thursday, January 19, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Henryk Kania Kiełbaski Białe 80 g	223	18.4		1.6			12.8			
Masło 40 g	287	32.44	20.547	0.02	0	0.02	0.34	4	86	10
Chleb słonecznikowy na drożdżach 2 servings	213	16.14	2.3	9.2	4.3	1.64	9.28	37	106	200
Total	723	66.98	22.847	10.82	4.3	1.66	22.42	41	192	210
Lunch										
Henryk Kania Kiełbaski Białe 60 g	167	13.8		1.2			9.6			
Jajko na Twardo 1 large	78	5.3	1.634	0.56	0	0.56	6.29	62	212	63
Charsznickie Pola Natury Barszcz Biały na Zakwasie 30 ml	19	0.09		3.9			0.51			
Wywar Mięsny 150 g	87	7.8		0			4.05			
Piątnica Śmietana 18% 1/4 x pół pojemnika, 25 g	47	4.5		1.1			0.58			
Total	398	31.49	1.634	6.76	0	0.56	21.03	62	212	63
Dinner										
Lurpak Masło Klasyczne 32 g	239	26.24	16.96	0.22	0	0.22	0.19	0		
Lidl Bułka Pszenna 1/4 x 1 bułka, 15 g	44	0.55		8.8	0.28	0.38	1.25	97.5		

Thursday, January 19, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Golonka	386	32.11		0			24.18			
130 g										
Total	669	58.9	16.96	9.02	0.28	0.6	25.62	97.5		
Snacks/Other										
Oliwa z Oliwek	90	10.12	1.398	0	0	0	0	0	0	0
3/4 tbsp										
Marchewki	20	0.12	0.018	4.79	1.4	2.27	0.46	34	0	160
50 g										
Total	110	10.24	1.416	4.79	1.4	2.27	0.46	34	0	160
Total	**1900**	**167.61**	**42.857**	**31.39**	**5.98**	**5.09**	**69.53**	**234.5**	**404**	**433**

Friday, January 20, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nasze Smaki Golonka Wieprzowa	62	3.68	1.48	0.04		0	7.04	0.76		
40 g										
Chleb słonecznikowy na drożdżach	213	16.14	2.3	9.2	4.3	1.64	9.28	37	106	200
2 servings										
Masło	179	20.28	12.842	0.02	0	0.02	0.21	3	54	6
25 g										
Total	454	40.1	16.622	9.26	4.3	1.66	16.53	40.76	160	206
Lunch										
Henryk Kania Kiełbaski Białe	167	13.8		1.2			9.6			
60 g										
Wywar Mięsny	87	7.8		0			4.05			
150 g										
Jajko na Twardo	78	5.3	1.634	0.56	0	0.56	6.29	62	212	63
1 large										
Piątnica Śmietana 18%	47	4.5		1.1			0.58			
1/4 x pół pojemnika, 25 g										
Charsznickie Pola Natury Barszcz Biały na Zakwasie	32	0.15		6.5			0.85			
50 ml										
Kraina Wędlin Boczek Surowy Wędzony	88	7.36	2.94	0.19		0.16	5.12	672		
32 g										
Total	499	38.91	4.574	9.55	0	0.72	26.49	734	212	63
Dinner										
Świeży Makaron (Ugotowany)	52	0.42	0.06	9.97			2.06	2	13	10

Friday, January 20, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
40 g										
Rosół z Kury (Wg Kwaśniewskiego)	82	7.32		0.48			5.76			
120 g										
Lidl Bułka Pszenna	104	1.28		20.52	0.64	0.87	2.92	227.37		
35 g										
Chleb słonecznikowy na drożdżach	213	16.14	2.3	9.2	4.3	1.64	9.28	37	106	200
2 servings										
Masło	466	52.72	33.389	0.04	0	0.04	0.55	7	140	16
65 g										
Kraina Wędlin Boczek Parzony	61	5.2	2	0.1		0.1	3.4			
20 g										
Golonka	238	19.76		0			14.88			
80 g										
Total	1216	102.84	37.749	40.31	4.94	2.65	38.85	273.37	259	226
Snacks/Other										
Oliwa z Oliwek	90	10.12	1.398	0	0	0	0	0	0	0
3/4 tbsp										
Total	**2259**	**191.97**	**60.343**	**59.12**	**9.24**	**5.03**	**81.87**	**1048.13**	**631**	**495**

Saturday, January 21, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Społem Majonez Kielecki	158	17	1.35	0.55		0.48	0.48	250		
25 ml										
Kuchnia Polska Kapusta Kiszona	20	0		4.5	4.5	0	1.05	3		
150 g										
Marchewki	29	0.17	0.026	6.71	2	3.18	0.65	48	0	224
70 g										
Pomarańcze	24	0.06	0.008	5.88	1.2	4.68	0.47	0	0	90
50 g										
Kraina Wędlin Boczek Parzony	182	15.6	6	0.3		0.3	10.2			
60 g										
Masło	215	24.33	15.41	0.02	0	0.02	0.26	3	64	7
30 g										
Chleb słonecznikowy na drożdżach	213	16.14	2.3	9.2	4.3	1.64	9.28	37	106	200
2 servings										
Total	841	73.3	25.094	27.16	12	10.3	22.39	341	170	521
Lunch										
Smalec	216	24	9.408	0	0	0	0	0	23	
24 g										
Oliwa z Oliwek	115	13	1.795	0	0	0	0	0	0	0
13 g										
Cukinia	36	0.4	0.083	7.54	2.5	3.89	2.72	22	0	590
225 g										
Cirio Przecier Pomidorowy PASSATA RUSTICA	32	0.1		5.3			1.2			
100 g										
Czerwona Papryka	13	0.15	0.03	3.02	1	2.1	0.5	1	0	106

Saturday, January 21, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
50 g										
Kraina Wędlin Boczek Parzony	394	33.8	13	0.65		0.65	22.1			
130 g										
Cebule	42	0.08	0.026	10.11	1.4	4.28	0.92	3	0	144
100 g										
Total	848	71.53	24.342	26.62	4.9	10.92	27.44	26	23	840
Dinner										
Snacks/Other										
Zielone Oliwki	96	10.11	1.339	2.53	2.2	0.36	0.68	1027	0	28
1 10 giant serving										
Zielone Nadziewane Oliwki	307	31.73	4.202	9.65	7.4	2.09	2.5	3216	0	139
6 10 medium servings										
Oliwa z Oliwek	90	10.12	1.398	0	0	0	0	0	0	0
3/4 tbsp										
Total	493	51.96	6.939	12.18	9.6	2.45	3.18	4243	0	167
Total	**2182**	**196.79**	**56.375**	**65.96**	**26.5**	**23.67**	**53.01**	**4610**	**193**	**1528**

Sunday, January 22, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Masło 30 g	215	24.33	15.41	0.02	0	0.02	0.26	3	64	7
Chleb słonecznikowy na drożdżach 2 servings	213	16.14	2.3	9.2	4.3	1.64	9.28	37	106	200
Nasze Smaki Golonka Wieprzowa 80 g	123	7.36	2.96	0.08		0	14.08	1.52		
Społem Majonez Kielecki 20 ml	126	13.6	1.08	0.44		0.38	0.38	200		
Total	677	61.43	21.75	9.74	4.3	2.04	24	241.52	170	207
Lunch										
Dinner										
Vital Fresh Surówka Colesław 160 g	160	10.08	0.8	13.12		10.88	2.4			
Hortex Fasolka Szparagowa Żółta 165 g	51	0.33		5.44			3.63			
Masło 40 g	287	32.44	20.547	0.02	0	0.02	0.34	4	86	10
Panierowany lub w Mące Smażony Kotlet Schabowy 1 1/2 small or thin cut (3 oz, with bone, raw) (yield after cooking, bone removed)	247	14.87	4.411	10.73	0.7	0.98	16.62	469	71	254
Total	745	57.72	25.758	29.31	0.7	11.88	22.99	473	157	264
Snacks/Other										

Sunday, January 22, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Bakallino Migdały w Płatkach	181	15.6	1.41	2.28	0	1.47	6	4.2		
30 g										
Zielone Oliwki	96	10.11	1.339	2.53	2.2	0.36	0.68	1027	0	28
1 10 giant serving										
Total	277	25.71	2.749	4.81	2.2	1.83	6.68	1031.2	0	28
Total	1699	144.86	50.257	43.86	7.2	15.75	53.67	1745.72	327	499