## Monday, July 21, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Golonka | 267 | 22.23 | | 0 | | | 16.74 | | | |
| 90 g | | | | | | | | | | |
| Nogi Wieprzowe | 524 | 38 | | 0 | | | 43.7 | | | |
| 190 g | | | | | | | | | | |
| Total | 791 | 60.23 | | 0 | | | 60.44 | | | |
| **Lunch** | | | | | | | | | | |
| Sante Sante Sante Sante Płatki Żytnie | 16 | 0.14 | 0.04 | 3.2 | 0.52 | 0.43 | 0.29 | 27 | | |
| 4 1/2 g | | | | | | | | | | |
| Nasiona Siemienia Lnianego | 21 | 1.69 | 0.147 | 1.16 | 1.1 | 0.06 | 0.73 | 1 | 0 | 33 |
| 4 g | | | | | | | | | | |
| Suszone Pomidory | 3 | 0.03 | 0.004 | 0.56 | 0.1 | 0.38 | 0.14 | 21 | 0 | 34 |
| 1/2 piece | | | | | | | | | | |
| Oliwa z Oliwek | 29 | 3.25 | 0.449 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 3 1/4 g | | | | | | | | | | |
| Pestki Dyni | 108 | 9.17 | 1.735 | 3.56 | 0.8 | 0.2 | 4.91 | 4 | 0 | 161 |
| 20 g | | | | | | | | | | |
| Jajko | 28 | 1.89 | 0.589 | 0.15 | 0 | 0.15 | 2.39 | 27 | 80 | 25 |
| 19 g | | | | | | | | | | |
| Indykpol Jedynki z Serem | 142 | 11.94 | | 0.3 | | | 8.4 | | | |
| 1 szt. , 60 g | | | | | | | | | | |
| Masło | 102 | 11.52 | 7.294 | 0.01 | 0 | 0.01 | 0.12 | 2 | 31 | 3 |
| 1 tbsp | | | | | | | | | | |
| Total | 449 | 39.63 | 10.258 | 8.94 | 2.52 | 1.23 | 16.98 | 82 | 111 | 256 |
| **Dinner** | | | | | | | | | | |
| Kraina Wędlin Boczek Parzony | 259 | 22 | | 1.3 | | | 14 | | | |

## Monday, July 21, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| 100 g | | | | | | | | | | |
| Piątnica Śmietana 18% | 94 | 9 | | 2.2 | | | 1.15 | | | |
| 1/2 x pół pojemnika, 50 g | | | | | | | | | | |
| Knorr Barszcz Biały | 45 | 1 | | 7 | | | 1 | | | |
| porcja ( 1/3 torebki), 250 ml | | | | | | | | | | |
| Total | 398 | 32 | | 10.5 | | | 16.15 | | | |
| **Snacks/Other** | | | | | | | | | | |
| Nestlé Cini Minis | 106 | 2.5 | 0.95 | 19 | 0.78 | 6.2 | 1.35 | 112.5 | | |
| 25 g | | | | | | | | | | |
| Nutella Nutella | 405 | 23.5 | 8 | 43 | | 42.5 | 4.5 | | | |
| 5 x 1 porcja, 75 g | | | | | | | | | | |
| Total | 511 | 26 | 8.95 | 62 | 0.78 | 48.7 | 5.85 | 112.5 | | |
| **Total** | **2149** | **157.86** | **19.208** | **81.44** | **3.3** | **49.93** | **99.42** | **194.5** | **111** | **256** |