

Monday, December 3, 2012

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cranberry Saft	31	0		7.25		7.25	0			
1/4 x 1glas, 62 ml										
Blütenhonig Cremig	66	0.1		16.3			0.1			
1 portion, 30 g										
Magerquark	102	1.41	0.893	3.81	0	3.81	17.52	18	6	121
1 1/4 servings (113 g per serve)										
Heidevesper	196	1.2		40			6			
2 x 1 scheinbe (ca. 56g)										
Total	395	2.71	0.893	67.36	0	11.06	23.62	18	6	121
Lunch										
Thunfisch Im Eigenen Saft (Dose)	166	0.4		0.6	0.4		38.4	0.52		
2 x 1 portion (75)										
Hirse (Fettfrei gekocht)	411	3.48	0.595	82.02	4.5	0.45	12.18	585	0	216
2 cups cooked										
Gouda	90	5.6		0			9.9			
1 Scheibe, 33 g										
Total	667	9.48	0.595	82.62	4.9	0.45	60.48	585.52	0	216
Dinner										
Erdnussöl	82	9.2		0			0		2	
1 el, 10 ml										
Magerquark	216	3	1.896	8.1	0	8.1	37.2	39	12	258
300 g										
China-Gemüse	66	0		6.8	5.2	3.8	4.6	0		
200 g										
Lachsfilet Natur	258	17.5	2.4	0	0	0	25	0		

Monday, December 3, 2012

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 Stück, 125 g										
Total	622	29.7	4.296	14.9	5.2	11.9	66.8	39	14	258
Snacks/Other										
Fruchtbar	43	0.2		9		8.4	0.3			
1 Packung , 90 g										
Kalifornische Walnusskerne	175	16.3	1.2	2.3	1.6	1.1	4			
1 Portion, 25 g										
Fettarmer Joghurt	130	1.4	0.9	21.6	0.2	20.6	10	0.14		
1 Portion, 150 g										
Apfel	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
1 medium (2-3/4" dia) (approx 3 per lb)										
Traubenzucker	36	0		9.1			0			
10gramm										
Bananen	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
Super Hi pro	90	0.52		1.2			20			
25 g										
Super Hi pro	90	0.52		1.2			20			
25 g										
Milch 1,5% Fett	141	4.5	2.7	14.7	0	14.7	10.2	0.15		
300 ml										
Total	882	24.06	4.971	105.11	8.2	73.57	66.15	2.29	0	570
Total	2566	65.95	10.755	269.99	18.3	96.98	217.05	644.81	20	1165