

Friday, April 8, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
Breakfast										
Conad Mozzarella Light 50 1/2 g	83	4.54	3.23	0.4	0	0.4	10.1	121.2		
Aia Tacchino Fesa a Fette 50 g	54	0.55	0.2	0		0	12.1	100		
Spremuta d'arancia 1 cup	112	0.5	0.06	25.79	0.5	20.83	1.74	2	0	496
Pane Integrale Tostato 75 g	212	3.32	0.731	38.49	4	4.48	7.46	433	0	166
Latte Parzialmente Scremato 400 g	190	6.58	4.057	19.3	0	20.72	13.32	171	27	
Total	651	15.49	8.278	83.98	4.5	46.43	44.72	827.2	27	662
Lunch										
Pomodori Ciliegini 50 g	9	0.1	0.023	1.96	0.6	1.32	0.44	2	0	
Banana 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Conad Insalata Classica 50 g	10	0.1		1.2	1	1.2	0.55			
Petto di Pollo (senza Pelle) 150 g	246	5.31	1.502	0	0	0	46.14	594	126	381
Olio Extra Vergine di Oliva 20 g	177	20	2.762	0	0	0	0	0	0	
Pasta Integrale Secca 165 g	574	2.31	0.426	123.8			24.14	13	0	355
Total	1121	28.21	4.845	153.91	4.7	16.95	72.56	610	126	1158

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Dinner										
Coop Tonno al Naturale 50 g	60	0.15	0.1	0.05	0	0	14.55	410	23.55	
Olio Extra Vergine di Oliva 15 g	133	15	2.071	0	0	0	0	0	0	
Banana 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Mela 1 medium (2-3/4" dia) (approx 3 per lb)	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
Conad Insalata Classica 50 g	10	0.1		1.2	1	1.2	0.55			
Merluzzo al Forno o alla Griglia 150 g	183	5.38	0.947	0.62	0	0.14	31.36	609	64	714
Total	563	21.25	3.289	47.88	7.4	30.11	48.11	1021	87.55	1284
Snacks/Other										
Petto di Pollo, Carne 50 g	55	0.62	0.165	0	0	0	11.54	32	29	128
Banana 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Meteora Yogurt Greco Colato 0% 1 vasetto, 150 g	78	0		6			13.5			
Pane Integrale 50 g	126	1.9	0.404	23.2	3.2	5.02	5	244	0	102
Fresche Fette Petto di Tacchino al ... 50 g	50	0.5	0.2	1	0.4	0.45	10	1100		
Land Fiocchi di Latte 50 g	52	2.25	1.45	1.5	0	1.5	6.25	0.3		
Total	466	5.66	2.351	58.65	6.7	21.4	47.58	1377.3	29	652
Total	2801	70.61	18.763	344.42	23.3	114.89	212.97	3835.5	269.55	3756