



< Monday 13th September >

08:15 Frühstück								
Title	Size	Calories	Carbs	Sugars	Fat	Saturates	Protein	
<u>Cappuccino XL</u>	2.0 Cup large	222.6	23.5	23.5	7.4	4.6	15.6	
Block Total		222.6	23.5	23.5	7.4	4.6	15.6	

14:45 Kaffee								
Title	Size	Calories	Carbs	Sugars	Fat	Saturates	Protein	
<u>Rosinenbrötchen</u>	1.0 Stück	159.5	23.4	0.0	5.3	0.0	4.2	
<u>Proteinshake</u>	0.5 Portion	56.7	0.4	0.3	0.6	0.4	12.4	
<u>Cappuccino XL</u>	1.0 Cup large	111.3	11.7	11.7	3.7	2.3	7.8	
Block Total		327.5	35.5	12.0	9.5	2.7	24.4	

16:00 Snack								
Title	Size	Calories	Carbs	Sugars	Fat	Saturates	Protein	
<u>Chicken eggs</u>	61.0 g	79.9	0.0	0.0	5.5	1.5	7.7	
<u>Grapes</u>	4.0 Grape	13.5	3.2	3.2	0.0	0.0	0.1	
Block Total		93.4	3.2	3.2	5.5	1.5	7.8	

18:00 Abendessen								
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Title	Size	Calories	Carbs	Sugars	Fat	Saturates	Protein
<u>Bratwurst Geflügel Bio</u>	1.0 Stück	75.6	0.5	0.2	5.0	1.4	7.2
<u>Kartoffelpüree</u>	2.1 100 g	222.6	33.6	0.0	6.3	0.0	6.3
Block Total		298.2	34.1	0.2	11.3	1.4	13.5

21:45 Abends

Title	Size	Calories	Carbs	Sugars	Fat	Saturates	Protein
<u>Rosinenbrot</u>	1.0 Scheibe	104.8	21.9	0.0	0.7	0.0	2.8
<u>Müsli, Dinkel mit Joghurt, H-Milch, Sojaflocken</u>	1.0 Portion	137.4	16.4	2.9	4.3	0.0	6.7
Block Total		242.2	38.3	2.9	5.0	0	9.5

Allergen Info
No allergen conflicts.

Nutrition Information

Nutrient	Total	Target
Calories	1184.0	2016
Fat	38.6	56
- Saturated Fat	10.3	0
Carbohydrate	134.5	238
- Sugar	41.7	0
Fibre	5.5	0
Protein	70.9	140
Salt	2.1	0