

Tuesday Apr 15, 2014

Breakfast	Carb:40.6g	Fat:38.5g	Pro:47.8g	Cal:685
Oats, Regular And Quick And Instant, Unenriched - Cooked With Water, Without Salt	50.0g	36 cal	A	
100% Whey Protein Pow der - Vanilla	30.0g	115 cal	C-	
Green Juice	250.0g	69 cal	A-	
Nuts, Almonds - Raw	25.0g	145 cal	A-	
Skyr Yoghurt	75.0g	56 cal	D+	
Olive Oil	15.0g	120 cal	B	
Egg, Whole - Cooked, Hard-boiled	100.0g	144 cal	B	
Lunch	Carb:40.5g	Fat:3.6g	Pro:33.8g	Cal:331
Tuna, Light, Canned In Water, Drained Solids	140.0g	125 cal	D+	
Bread, Rye	64.0g	165 cal	A-	
Carrots	100.0g	41 cal	A	
Dinner	Carb:15.3g	Fat:18.1g	Pro:34.4g	Cal:351
Chicken, Breast, Meat Only - Cooked dry heat, Roasted, Grilled, Broiled	100.0g	164 cal	A-	
Broccoli - Cooked, Boiled, Drained, Without Salt	50.0g	18 cal	A	
Olive Oil	15.0g	120 cal	B	
Carrots	122.0g	50 cal	A	
Snack	Carb:49.3g	Fat:23.6g	Pro:21.3g	Cal:497
Bread, Rye	64.0g	165 cal	A-	
Makrell I Tomat	125.0g	291 cal	D-	
Carrots	100.0g	41 cal	A	
Other	Carb:34.1g	Fat:2.1g	Pro:27.9g	Cal:259
Banana - Medium	118.0g	105 cal	A	
100% Whey Protein Pow der - Vanilla	40.0g	154 cal	C-	

Daily Total

Carbs:179.8g **Fat:**85.9g **Protein:**165.2g **Calories:**2,123

Water:0 cups