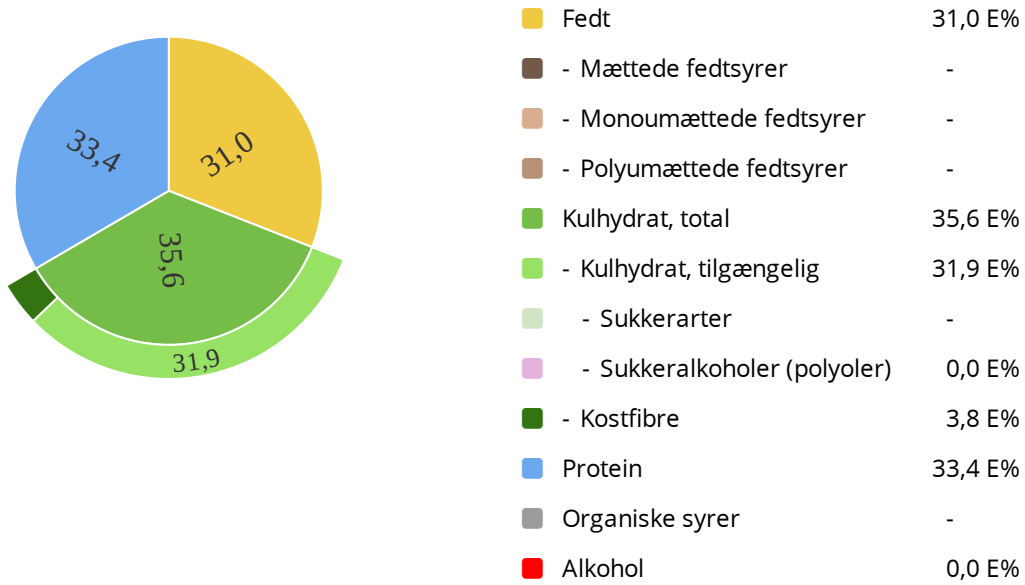


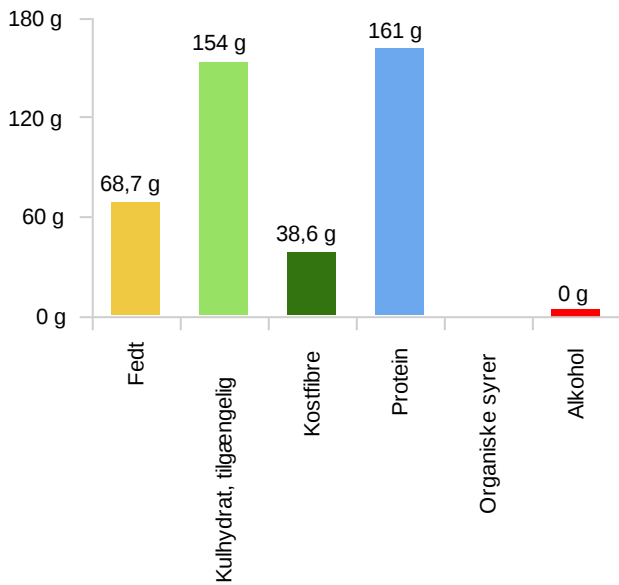
Anatasia 8 Juni 2019

		Gram	Energi	E%	Fedt	Kulhydrat	Kostfibre	Protein
Morgenmad		1080 g	553 kcal		9,17 g	53 g	3,76 g	64,1 g
Protein pulver 80, Bodylab	2 måleskeer	70 g	273 kcal		4,55 g	4,9 g	-	54,6 g
Sojadrik, naturel, øko, Urtekram	2 dl	200 g	81,3 kcal		4,2 g	4 g	0,4 g	7,2 g
Banan, rå	2 mellem	210 g	199 kcal		0,42 g	44,1 g	3,36 g	2,31 g
Vand, drikke-, vejl. værdier	6 dl	600 g	0 kcal	0 g	0 g	0 g	0 g	
Formiddag		300 g	3,59 kcal		0 g	0,3 g	0 g	0,3 g
Kaffe, drikkeklar	1 mellemstor kop (30 cl)	300 g	3,59 kcal		0 g	0,3 g	0 g	0,3 g
Frokost		500 g	275 kcal		10 g	15 g	11,5 g	19 g
Mild & creamy, naturell, Alpro	5 dl	500 g	275 kcal		10 g	15 g	11,5 g	19 g
Eftermiddag		355 g	203 kcal		8,25 g	14,6 g	4,35 g	20,1 g
Kaffe, drikkeklar	1 mellemstor kop (30 cl)	300 g	3,59 kcal		0 g	0,3 g	0 g	0,3 g
Protein bar, caramel cashew, Barebells	1 bar	55 g	199 kcal		8,25 g	14,3 g	4,35 g	19,8 g
Aftensmad		973 g	783 kcal		40,3 g	56,2 g	19 g	40,2 g
Solsikke rugbrød, Coop	2 skiver	80 g	182 kcal		3,2 g	29,6 g	6,56 g	5,52 g
Æg, øko, Änglamark	3 medium	150 g	226 kcal		16,5 g	1,5 g	0 g	18 g
Hytteost, 1,5%, Cheasy	1 stor portion	100 g	70 kcal		1,5 g	2 g	0 g	12 g
Avocado, rå	1 mellem	145 g	246 kcal		19 g	13,1 g	7,54 g	2,76 g
Purløg, rå	1 dl	18 g	4,6 kcal		0,11 g	0,27 g	0,43 g	0,43 g
Gulerødder, øko, Coop		150 g	53,8 kcal		0 g	9,75 g	4,5 g	1,5 g
Pepsi Max	1 dåse (33 cl)	330 g	1,03 kcal		0 g	0 g	0 g	0 g
Aften		500 g	142 kcal		1 g	14,9 g	0 g	17,7 g
Skyr med jordbær, Minimum		200 g	139 kcal		1 g	14,6 g	-	17,4 g
Kaffe, drikkeklar	1 mellemstor kop (30 cl)	300 g	3,59 kcal		0 g	0,3 g	0 g	0,3 g
Diverse		0 g						
Total		3708 g	1960 kcal		68,7 g	154 g	38,6 g	161 g

Energifordeling i procent

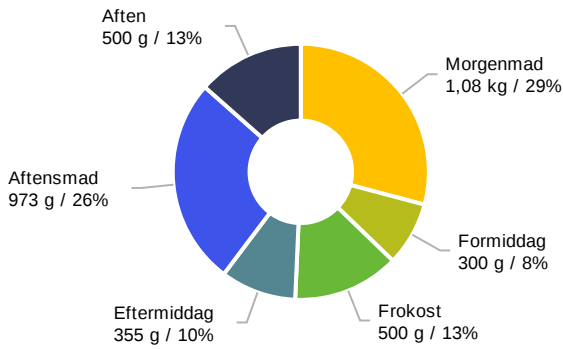


Makronæringsstoffer i gram

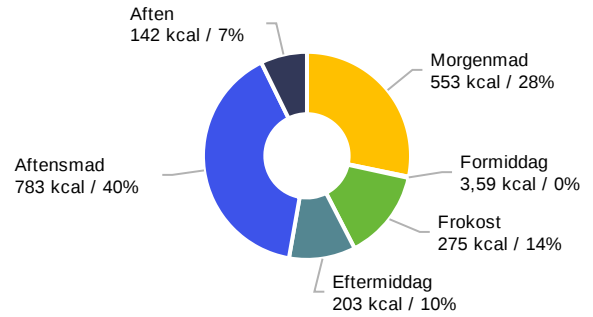


Fordeling per måltid

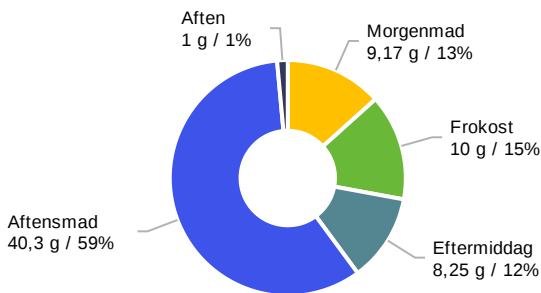
Gram



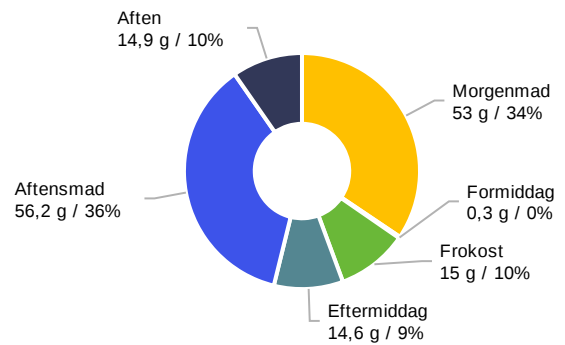
Energi



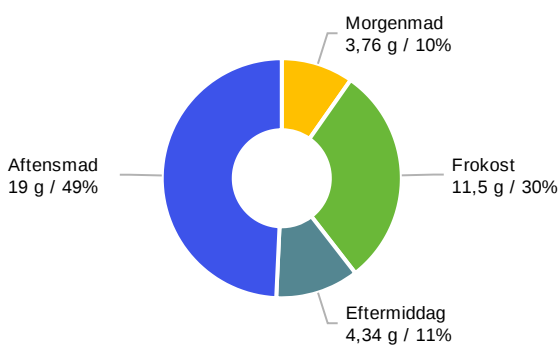
Fedt



Kulhydrat, tilgængelig



Kostfibre ▲



Protein

