

Lebensmittel	Menge (g/ml)	Kilokalorien (kcal)	Kilojoule (kJ)	Eiweiß (g)	Fett (g)	Kohlenhydrate (g)
Low Carb Protein Shake (Body Attack)	300.0	165.0	690.0	30.0	0.9	9.0
Hähnchenbrust	30.0	22.5	94.2	4.8	0.3	0.0
Hähnchenbrust (Dulano)	30.0	31.5	131.7	6.0	0.6	0.4
Vollkorntoast (Golden Toast)	25.0	57.8	241.8	2.2	1.0	10.9
Milch, fettarm 1,5%	250.0	127.5	532.5	10.0	3.8	12.5
Haferflocken, zart (Ja!)	50.0	180.0	753.5	6.2	3.5	28.5
Summe	685.0	584.2	2443.6	59.3	10.0	61.4