

Lebensmittel	Menge (g/ml)	Kilokalorien (kcal)	Kilojoule (kJ)	Eiweiß (g)	Fett (g)	Kohlenhydrate (g)
Hähnchenbrust Filet frisch	250.0	307.5	1285.0	57.5	7.5	2.5
Nudeln gekocht	100.0	159.0	665.0	4.8	2.6	26.4
Haferflocken, zart (Ja!)	50.0	180.0	753.5	6.2	3.5	28.5
Milch, fettarm 1,5%	300.0	153.0	639.0	12.0	4.5	15.0
Vollkorntoast (Golden Toast)	50.0	115.5	483.5	4.5	2.0	21.8
Low Carb Protein Shake (Body Attack)	300.0	165.0	690.0	30.0	0.9	9.0
<b>Summe</b>	<b>1050.</b>	<b>1080.0</b>	<b>4516.0</b>	<b>115.0</b>	<b>21.0</b>	<b>103.2</b>