

Breakfast

Egg, white only, raw	96 Kcal	200 g
Egg, whole, raw	63 Kcal	1 medium
Fish oil	20 Kcal	2 softgel
Flour, white	328 Kcal	90 g
Jams, preserves, marmalades, sweetened with fruit juice concentr...	37 Kcal	20 g
<i>543 Kcal</i>		

Lunch

Purè, Pfanni	241 Kcal	1 busta
Milk, cow's, fluid, lactose reduced, 1% fat	109 Kcal	250 ml
Manzo, taglio magro, crudo	241 Kcal	170 g
Solero, Linessa	115 Kcal	1 pz
<i>707 Kcal</i>		

Dinner

Tuna, canned, oil pack	103 Kcal	52 g
Fish oil	20 Kcal	2 softgel
Mayonnaise, regular	144 Kcal	20 g
<i>267 Kcal</i>		

Snacks

Whey, instant, Reflex	117 Kcal	30 g
Egg, white only, raw	96 Kcal	200 g
Fish oil	20 Kcal	2 softgel
Cocoa Krispies	190 Kcal	50 g
Almonds, NFS	58 Kcal	10 g
Fiocchi di latte, Alpina	194 Kcal	1 serving
<i>675 Kcal</i>		

TotalGoal **2200 Kcal**

■ Protein	■ Carbs	■ Fat	■ Other	■ Remain
33 %	41 %	26 %	16 Kcal	9 Kcal
181 g	221 g	63 g		

Alcohol 0 g	Dietary Fiber 5 g	Food Folate 113 µg	Retinol 536 µg	Vitamin B12 (added) 3 µg
Alpha Carotene 0 µg	Energy 2191 kcal	Iron 21 mg	Riboflavin 5 mg	Vitamin B6 3 mg
Beta Carotene 26 µg	Fat 63 g	Lutein+Zeaxanthin 212 µg	Selenium 244 µg	Vitamin C 32 mg
Beta Cryptoxanthin 5 µg	Fatty Acids (mono.) 19 g	Lycopene 0 µg	Sodium 2286 mg	Vitamin E 11 mg
Caffeine 2 mg	Fatty Acids (poly.) 16 g	Magnesium 213 mg	Sugars 46 g	Vitamin E (added) 0 mg
Calcium 579 mg	Fatty Acids (sat.) 16 g	Niacin 32 mg	Theobromine 33 mg	Vitamin K 35 µg
Carbohydrate 221 g	Folate 590 µg	Phosphorus 1360 mg	Thiamin 2 mg	Water 959 g
Cholesterol 307 mg	Folate (DFE) 887 µg	Potassium 2303 mg	Vitamin A 539 µg	Zinc 13 mg
Copper 1 mg	Folic Acid 455 µg	Protein 181 g	Vitamin B12 10 µg	