

Breakfast

Latte, 1.5%	122 Kcal	250 ml
Fish oil	30 Kcal	3 softgel
Whey, True, MP Max	157 Kcal	40 g
Galette, riso	165 Kcal	6 galletta
Marmellata, fragole, 2-1	56 Kcal	30 g
<i>530 Kcal</i>		

Lunch

Fish oil	30 Kcal	3 softgel
Nectarine, raw	60 Kcal	1 fruit (2-1/2" dia)
Pollo, petto, crudo	190 Kcal	190 g
Olive oil	119 Kcal	1 tablespoon
<i>399 Kcal</i>		

Dinner

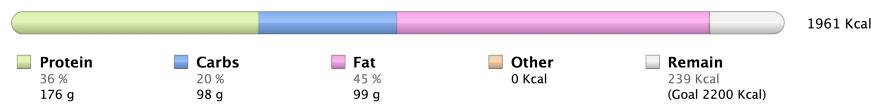
Fish oil	30 Kcal	3 softgel
Salmone, filetti, LIDL	119 Kcal	1 pezzo
Olive oil	119 Kcal	1 tablespoon
Mayonnaise, regular	144 Kcal	20 g
<i>412 Kcal</i>		

Snacks

Yogurt, plain, whole milk	76 Kcal	125 g
Whey, True, MP Max	118 Kcal	30 g
Almonds, NFS	115 Kcal	20 g
Peanut butter	118 Kcal	20 g
Fiocchi di latte, Alpina	194 Kcal	1 serving
<i>621 Kcal</i>		

Total

Goal **2200 Kcal**



energy	1961 kcal	alcohol	0 g	luteinPlusZeaxanthin	222 µg	totalFolate	93 µg	phosphorus	1392 mg
protein	176 g	water	796 g	vitaminE	23 mg	dfeFolate	93 µg	potassium	2229 mg
carbohydrate	98 g	cholesterol	169 mg	addedVitaminE	0 mg	folicAcid	0 µg	sodium	1464 mg
totalSugars	54 g	vitaminA	276 µg	vitaminK	30 µg	foodFolate	93 µg	zinc	5 mg
totalDietaryFiber	9 g	retinol	251 µg	vitaminC	23 mg	vitaminB12	3 µg	copper	1 mg
totalFat	99 g	alphaCarotene	0 µg	thiamin	0 mg	addedVitaminB12	0 µg	selenium	42 µg
totalMonounsaturatedFattyAcids	42 g	betaCarotene	233 µg	riboflavin	2 mg	calcium	675 mg	caffeine	0 mg
totalPolyunsaturatedFattyAcids	23 g	betaCryptoxanthin	134 µg	niacin	25 mg	iron	4 mg	theobromine	0 mg
totalSaturatedFattyAcids	21 g	lycopene	0 µg	vitaminB6	1 mg	magnesium	210 mg		