

## Thursday, September 11, 2025

|   | Cals<br>(kcal) | Fat<br>(g)   | Sat<br>(g) | Carbs<br>(g) | Fiber<br>(g) | Sugar<br>(g) | Prot<br>(g)  | Sod<br>(mg) | Chol<br>(mg) | Potas<br>(mg) |
|---|----------------|--------------|------------|--------------|--------------|--------------|--------------|-------------|--------------|---------------|
| <b>Breakfast</b>  |                |              |            |              |              |              |              |             |              |               |
| Ehrmann Chocolate Pudding High Protein<br>2 x 100г, 200 g       | 160            | 3            | 2          | 12           |              | 8            | 20           |             |              |               |
| Алексеевский Хлеб<br>35 g                                       | 84             | 0.35         |            | 16.8         |              |              | 2.8          |             |              |               |
| La Pina Арахисовая Паста<br>3 x 1 чайная ложка (30 g)           | 178            | 15.39        |            | 3.75         | 1.8          | 0            | 6.21         |             |              |               |
| <b>Total</b>  | <b>422</b>     | <b>18.74</b> | <b>2</b>   | <b>32.55</b> | <b>1.8</b>   | <b>8</b>     | <b>29.01</b> |             |              |               |
| <b>Lunch</b>  |                |              |            |              |              |              |              |             |              |               |
| Вилка Ложка Флэт Вайт<br>1 порция, 220 ml                       | 107            | 6            |            | 8            |              |              | 5.6          |             |              |               |
| Bombbar Protein Cookie Orange Ginger<br>1 порция (40 g)         | 102            | 3.2          |            | 5.7          | 5            |              | 10           |             |              |               |
| Chikalab Chika Layers Соленая Карамель ...<br>1 порция (60 g)   | 200            | 8.5          |            | 2.3          | 21           |              | 18           |             |              |               |
| Bombbar Протеиновый Батончик Raspberry ...<br>1 батончик (40 g) | 141            | 6.4          |            | 3.4          | 15           | 0            | 10           |             |              |               |
| Голден Яблоко<br>120 g  | 56             | 0.48         |            | 11.76        | 2.88         | 12           | 0.48         | 2.4         |              | 120           |
| Азбука Вкуса Голубика<br>1 1/4 x 100г, 125 g                    | 49             | 0.62         |            | 8.25         | 3            | 7.5          | 1.25         |             |              |               |
| <b>Total</b>  | <b>655</b>     | <b>25.2</b>  |            | <b>39.41</b> | <b>46.88</b> | <b>19.5</b>  | <b>45.33</b> | <b>2.4</b>  |              | <b>120</b>    |
| <b>Dinner</b>   |                |              |            |              |              |              |              |             |              |               |
| Пятерочка Картошка<br>5 x 100г, 500 g                           | 380            | 2            |            | 100          |              |              | 10           |             |              |               |
| Индилайт Филе Малое<br>5 x 100г, 500 g                          | 550            | 12.5         |            | 0            |              |              | 110          |             |              |               |

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|                     | <b>Cals</b><br>(kcal) | <b>Fat</b><br>(g) | <b>Sat</b><br>(g) | <b>Carbs</b><br>(g) | <b>Fiber</b><br>(g) | <b>Sugar</b><br>(g) | <b>Prot</b><br>(g) | <b>Sod</b><br>(mg) | <b>Chol</b><br>(mg) | <b>Potas</b><br>(mg) |
|---------------------|-----------------------|-------------------|-------------------|---------------------|---------------------|---------------------|--------------------|--------------------|---------------------|----------------------|
| <b>Total</b>        | <b>930</b>            | <b>14.5</b>       |                   | <b>100</b>          |                     |                     | <b>120</b>         |                    |                     |                      |
| <b>Snacks/Other</b> |                       |                   |                   |                     |                     |                     |                    |                    |                     |                      |
| <b>Total</b>        | <b>2007</b>           | <b>58.44</b>      | <b>2</b>          | <b>171.96</b>       | <b>48.68</b>        | <b>27.5</b>         | <b>194.34</b>      | <b>2.4</b>         |                     | <b>120</b>           |