**September 23, 2020**

| **FOODS** | **Calories** | **Carbs** | **Fat** | **Protein** | **Cholest** | **Sodium** | **Sugars** | **Fiber** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Breakfast** | | | | | | | | |
| Proteinfabrikken - Whey, 50 grama | 192 | 4g | 2g | 39g | --mg | 0mg | 3g | 0g |
| Philadelphia Light - Philadelphia Light, 30 g | 45 | 2g | 3g | 2g | --mg | --mg | 2g | 0g |
| Bkkehuset Groveste - Speltbrød, 130 gram | 360 | 47g | 9g | 17g | --mg | 1mg | --g | 10g |
| Egg, 2 large | 143 | 1g | 10g | 13g | 372mg | 142mg | 0g | 0g |
| Tind spekeskinke - Spekeskinke, 35 gram | 89 | 0g | 5g | 11g | 0mg | 0mg | 0g | 0g |
| **Lunch** | | | | | | | | |
| Mesterbakeren - Idrett for Alle - Grovbrød, 100 g | 230 | 41g | 2g | 9g | --mg | 360mg | 1g | 5g |
| Tine - Gudbrandsdalsost Brunost, 5 skive - 10g | 230 | 20g | 15g | 6g | --mg | --mg | 15g | --g |
| Bama - Banan, 100 g | 83 | 18g | 0g | 1g | 0mg | 1mg | 0g | 2g |
| **Dinner** | | | | | | | | |
| Kyllingfilet - Kyllingfilet, 220.0 g | 218 | 2g | 4g | 44g | --mg | --mg | --g | --g |
| rema 1000 - grove baguetter (forstekt), 1/2 container (300,00 gram) | 353 | 68g | 2g | 12g | 0mg | 1,500mg | 5g | 8g |
| Rema 1000 - Prima - Potetsalat , 100 gram | 133 | 13g | 9g | 1g | 0mg | 1,400mg | 0g | 0g |
| **Tillegg** | | | | | | | | |
| Axa - Raspberry & Cinnamon Granola, 40 gram | 168 | 19g | 7g | 4g | --mg | --mg | 2g | 7g |
| Bama - Banan, 100 g | 83 | 18g | 0g | 1g | 0mg | 1mg | 0g | 2g |
| First Price - Puffet Hvete, 20 g | 62 | 12g | 1g | 3g | --mg | --mg | --g | 2g |
| Mellombar - Muslibar, 23 gram | 95 | 15g | 3g | 2g | 0mg | 0mg | 0g | 1g |
| Puffet Ris - Puffet Ris, 20 g | 76 | 17g | 0g | 1g | 0mg | 0mg | 0g | 0g |
| Q-Meieriene - Frokost Yoghurt Naturell, 200 g | 126 | 8g | 6g | 10g | 0mg | 0mg | 0g | 0g |
| Conference - Pære, 200 gram | 88 | 18g | 0g | 1g | --mg | 2mg | --g | 6g |
| Norsk - Eple, 150 gram | 71 | 15g | 0g | 0g | 0mg | --mg | 15g | 4g |
| **TOTAL:** | **2,845** | **338g** | **78g** | **177g** | **372mg** | **3,407mg** | **43g** | **47g** |

**September 24, 2020**

| **FOODS** | **Calories** | **Carbs** | **Fat** | **Protein** | **Cholest** | **Sodium** | **Sugars** | **Fiber** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Breakfast** | | | | | | | | |
| Proteinfabrikken - Whey, 50 grama | 192 | 4g | 2g | 39g | --mg | 0mg | 3g | 0g |
| Philadelphia Light - Philadelphia Light, 30 g | 45 | 2g | 3g | 2g | --mg | --mg | 2g | 0g |
| Bkkehuset Groveste - Speltbrød, 130 gram | 360 | 47g | 9g | 17g | --mg | 1mg | --g | 10g |
| Egg, 2 large | 143 | 1g | 10g | 13g | 372mg | 142mg | 0g | 0g |
| Tind spekeskinke - Spekeskinke, 35 gram | 89 | 0g | 5g | 11g | 0mg | 0mg | 0g | 0g |
| **Lunch** | | | | | | | | |
| Mesterbakeren - Idrett for Alle - Grovbrød, 100 g | 230 | 41g | 2g | 9g | --mg | 360mg | 1g | 5g |
| Tine - Gudbrandsdalsost Brunost, 5 skive - 10g | 230 | 20g | 15g | 6g | --mg | --mg | 15g | --g |
| Bama - Banan, 100 g | 83 | 18g | 0g | 1g | 0mg | 1mg | 0g | 2g |
| **Dinner** | | | | | | | | |
| Kyllingfilet - Kyllingfilet, 220.0 g | 218 | 2g | 4g | 44g | --mg | --mg | --g | --g |
| rema 1000 - grove baguetter (forstekt), 1/2 container (300,00 gram) | 353 | 68g | 2g | 12g | 0mg | 1,500mg | 5g | 8g |
| Rema 1000 - Prima - Potetsalat , 100 gram | 133 | 13g | 9g | 1g | 0mg | 1,400mg | 0g | 0g |
| **Tillegg** | | | | | | | | |
| Axa - Raspberry & Cinnamon Granola, 40 gram | 168 | 19g | 7g | 4g | --mg | --mg | 2g | 7g |
| Bama - Banan, 100 g | 83 | 18g | 0g | 1g | 0mg | 1mg | 0g | 2g |
| First Price - Puffet Hvete, 20 g | 62 | 12g | 1g | 3g | --mg | --mg | --g | 2g |
| Mellombar - Muslibar, 23 gram | 95 | 15g | 3g | 2g | 0mg | 0mg | 0g | 1g |
| Puffet Ris - Puffet Ris, 20 g | 76 | 17g | 0g | 1g | 0mg | 0mg | 0g | 0g |
| Q-Meieriene - Frokost Yoghurt Naturell, 200 g | 126 | 8g | 6g | 10g | 0mg | 0mg | 0g | 0g |
| Conference - Pære, 200 gram | 88 | 18g | 0g | 1g | --mg | 2mg | --g | 6g |
| Norsk - Eple, 150 gram | 71 | 15g | 0g | 0g | 0mg | --mg | 15g | 4g |
| **TOTAL:** | **2,845** | **338g** | **78g** | **177g** | **372mg** | **3,407mg** | **43g** | **47g** |

**September 25, 2020**

| **FOODS** | **Calories** | **Carbs** | **Fat** | **Protein** | **Cholest** | **Sodium** | **Sugars** | **Fiber** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Breakfast** | | | | | | | | |
| tine - yoghurt tradisjonell vanilje, 100 gram | 84 | 10g | 3g | 4g | --mg | --mg | 10g | --g |
| Rema 1000 - Bærblanding, 80 g | 35 | 5g | 1g | 1g | --mg | --mg | 5g | 4g |
| Norsk - Eple, 100 gram | 47 | 10g | 0g | 0g | 0mg | --mg | 10g | 3g |
| Proteinfabrikken - Whey, 50 grama | 192 | 4g | 2g | 39g | --mg | 0mg | 3g | 0g |
| Tine Mager Kesam - Mager Kesam, 150 g | 111 | 6g | 2g | 18g | --mg | --mg | 6g | --g |
| Egg, 1 large | 72 | 0g | 5g | 6g | 186mg | 71mg | 0g | 0g |
| Bjørn Havregryn - Havregryn, 100 g | 370 | 60g | 8g | 11g | 0mg | 0mg | 1g | 10g |
| Bama - Banan, 100 g | 83 | 18g | 0g | 1g | 0mg | 1mg | 0g | 2g |
| **Lunch** | | | | | | | | |
| Fiskeriet - Røkt laks, 110.0 gram | 224 | 1g | 14g | 23g | --mg | --mg | --g | --g |
| Mesterbakeren - Idrett for Alle - Grovbrød, 140 g | 322 | 57g | 3g | 12g | --mg | 504mg | 2g | 7g |
| Philadelphia Light - Philadelphia Light, 30 g | 45 | 2g | 3g | 2g | --mg | --mg | 2g | 0g |
| **Dinner** | | | | | | | | |
| Lofoten - Fiskeburger med torsk og hyse , 125 g (1 burger) | 114 | 6g | 2g | 18g | 0mg | 0mg | 0g | 0g |
| Bakehuset - Hamburgerbrød, 55 g per brød | 172 | 29g | 3g | 5g | 0mg | 0mg | 0g | 1g |
| **Tillegg** | | | | | | | | |
| Q-Meieriene - Frokost Yoghurt Naturell, 200 g | 126 | 8g | 6g | 10g | 0mg | 0mg | 0g | 0g |
| Q-meieriet - Frokost Yoghurt Jordbær, 200 g | 148 | 16g | 5g | 9g | 0mg | 0mg | 15g | 0g |
| Nestle - Nesquik Kakao, 30 g | 114 | 24g | 1g | 1g | 0mg | 60mg | 23g | 2g |
| Appelsin - \*appelsin\*, 300 g | 141 | 36g | 0g | 3g | --mg | --mg | 27g | 7g |
| Conference - Pære, 200 gram | 88 | 18g | 0g | 1g | --mg | 2mg | --g | 6g |
| First Price - Puffet Hvete, 20 g | 62 | 12g | 1g | 3g | --mg | --mg | --g | 2g |
| Frugt - Nektarin Rå, 100 g | 44 | 11g | 0g | 1g | --mg | --mg | 8g | 2g |
| Bama - Banan, 100 g | 83 | 18g | 0g | 1g | 0mg | 1mg | 0g | 2g |
| **TOTAL:** | **2,677** | **351g** | **59g** | **169g** | **186mg** | **639mg** | **112g** | **48g** |

**September 26, 2020**

| **FOODS** | **Calories** | **Carbs** | **Fat** | **Protein** | **Cholest** | **Sodium** | **Sugars** | **Fiber** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Breakfast** | | | | | | | | |
| tine - yoghurt tradisjonell vanilje, 100 gram | 84 | 10g | 3g | 4g | --mg | --mg | 10g | --g |
| Rema 1000 - Bærblanding, 80 g | 35 | 5g | 1g | 1g | --mg | --mg | 5g | 4g |
| Norsk - Eple, 100 gram | 47 | 10g | 0g | 0g | 0mg | --mg | 10g | 3g |
| Proteinfabrikken - Whey, 50 grama | 192 | 4g | 2g | 39g | --mg | 0mg | 3g | 0g |
| Tine Mager Kesam - Mager Kesam, 150 g | 111 | 6g | 2g | 18g | --mg | --mg | 6g | --g |
| Egg, 1 large | 72 | 0g | 5g | 6g | 186mg | 71mg | 0g | 0g |
| Bjørn Havregryn - Havregryn, 100 g | 370 | 60g | 8g | 11g | 0mg | 0mg | 1g | 10g |
| Bama - Banan, 100 g | 83 | 18g | 0g | 1g | 0mg | 1mg | 0g | 2g |
| **Lunch** | | | | | | | | |
| Fiskeriet - Røkt laks, 110.0 gram | 224 | 1g | 14g | 23g | --mg | --mg | --g | --g |
| Mesterbakeren - Idrett for Alle - Grovbrød, 140 g | 322 | 57g | 3g | 12g | --mg | 504mg | 2g | 7g |
| Philadelphia Light - Philadelphia Light, 30 g | 45 | 2g | 3g | 2g | --mg | --mg | 2g | 0g |
| **Dinner** | | | | | | | | |
| Lofoten - Fiskeburger med torsk og hyse , 125 g (1 burger) | 114 | 6g | 2g | 18g | 0mg | 0mg | 0g | 0g |
| Bakehuset - Hamburgerbrød, 55 g per brød | 172 | 29g | 3g | 5g | 0mg | 0mg | 0g | 1g |
| **Tillegg** | | | | | | | | |
| Q-Meieriene - Frokost Yoghurt Naturell, 200 g | 126 | 8g | 6g | 10g | 0mg | 0mg | 0g | 0g |
| Q-meieriet - Frokost Yoghurt Jordbær, 200 g | 148 | 16g | 5g | 9g | 0mg | 0mg | 15g | 0g |
| Nestle - Nesquik Kakao, 30 g | 114 | 24g | 1g | 1g | 0mg | 60mg | 23g | 2g |
| Appelsin - \*appelsin\*, 300 g | 141 | 36g | 0g | 3g | --mg | --mg | 27g | 7g |
| Conference - Pære, 200 gram | 88 | 18g | 0g | 1g | --mg | 2mg | --g | 6g |
| First Price - Puffet Hvete, 20 g | 62 | 12g | 1g | 3g | --mg | --mg | --g | 2g |
| Frugt - Nektarin Rå, 100 g | 44 | 11g | 0g | 1g | --mg | --mg | 8g | 2g |
| Bama - Banan, 100 g | 83 | 18g | 0g | 1g | 0mg | 1mg | 0g | 2g |
| **TOTAL:** | **2,677** | **351g** | **59g** | **169g** | **186mg** | **639mg** | **112g** | **48g** |

**September 27, 2020**

| **FOODS** | **Calories** | **Carbs** | **Fat** | **Protein** | **Cholest** | **Sodium** | **Sugars** | **Fiber** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Breakfast** | | | | | | | | |
| Q-meieriene - Frokost Yoghurt Vanilje, 100 g | 72 | 8g | 3g | 4g | 8mg | 40mg | 7g | --g |
| Mager Cottage Cheese - Cheese, 130 g | 103 | 3g | 3g | 17g | 0mg | 0mg | 3g | 1g |
| Proteinfabrikken - Whey, 50 grama | 192 | 4g | 2g | 39g | --mg | 0mg | 3g | 0g |
| Egg, 1 large | 72 | 0g | 5g | 6g | 186mg | 71mg | 0g | 0g |
| Bjørn Havregryn - Havregryn, 100 g | 370 | 60g | 8g | 11g | 0mg | 0mg | 1g | 10g |
| Bama - Banan, 100 g | 83 | 18g | 0g | 1g | 0mg | 1mg | 0g | 2g |
| **Lunch** | | | | | | | | |
| King Oscar - Makrell i tomatsaus, 170 gram | 326 | 12g | 24g | 16g | --mg | --mg | --g | --g |
| Wasa - Sport+ Knekkebrød, 64 g | 216 | 36g | 2g | 7g | --mg | 256mg | 1g | 14g |
| **Dinner** | | | | | | | | |
| Fiskemannen - Fiskekaker 80%, 150 gram | 146 | 5g | 5g | 20g | --mg | 2mg | 1g | --g |
| Philadelphia Light - Philadelphia Light, 60 g | 90 | 3g | 7g | 4g | --mg | --mg | 3g | 0g |
| Funkygine - Fiberbrød, 120 gram | 281 | 39g | 4g | 15g | --mg | --mg | 4g | 12g |
| **Tillegg** | | | | | | | | |
| Bama - Druer, Grønn, 150 g | 105 | 24g | --g | 2g | --mg | --mg | --g | --g |
| Tine - Yoghurt jordbær, 130 gram | 117 | 16g | 4g | 5g | 0mg | 0mg | 16g | 0g |
| Fruct - Kiwi, 40 g | 21 | 3g | 0g | 0g | 0mg | 2mg | 3g | 1g |
| Rema 1000 - Crunchy Musli, 40 gram | 169 | 26g | 5g | 3g | --mg | 32mg | 7g | 5g |
| Norsk - Eple, 200 gram | 94 | 20g | 0g | 1g | 0mg | --mg | 20g | 5g |
| Bama - Banan, 110.0 g | 91 | 20g | 0g | 1g | 0mg | 1mg | 0g | 2g |
| First Price - Puffet Hvete, 20 g | 62 | 12g | 1g | 3g | --mg | --mg | --g | 2g |
| Tine - Mager Kesam Uten (Mango & Pasjon), 1 container (300 g) | 192 | 15g | 3g | 27g | --mg | --mg | --g | --g |
| **TOTAL:** | **2,802** | **324g** | **76g** | **182g** | **194mg** | **405mg** | **69g** | **54g** |

**September 28, 2020**

| **FOODS** | **Calories** | **Carbs** | **Fat** | **Protein** | **Cholest** | **Sodium** | **Sugars** | **Fiber** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Breakfast** | | | | | | | | |
| Q-meieriene - Frokost Yoghurt Vanilje, 100 g | 72 | 8g | 3g | 4g | 8mg | 40mg | 7g | --g |
| Mager Cottage Cheese - Cheese, 130 g | 103 | 3g | 3g | 17g | 0mg | 0mg | 3g | 1g |
| Proteinfabrikken - Whey, 50 grama | 192 | 4g | 2g | 39g | --mg | 0mg | 3g | 0g |
| Egg, 1 large | 72 | 0g | 5g | 6g | 186mg | 71mg | 0g | 0g |
| Bjørn Havregryn - Havregryn, 100 g | 370 | 60g | 8g | 11g | 0mg | 0mg | 1g | 10g |
| Bama - Banan, 100 g | 83 | 18g | 0g | 1g | 0mg | 1mg | 0g | 2g |
| **Lunch** | | | | | | | | |
| King Oscar - Skinnfri Makrellfilet I Tomatsaus, 170 gram | 328 | 6g | 24g | 22g | 0mg | 680mg | 6g | 0g |
| Wasa - Sport+ Knekkebrød, 64 g | 216 | 36g | 2g | 7g | --mg | 256mg | 1g | 14g |
| **Dinner** | | | | | | | | |
| Fiskemannen - Fiskekaker 80%, 150 gram | 146 | 5g | 5g | 20g | --mg | 2mg | 1g | --g |
| Philadelphia Light - Philadelphia Light, 60 g | 90 | 3g | 7g | 4g | --mg | --mg | 3g | 0g |
| Funkygine - Fiberbrød, 120 gram | 281 | 39g | 4g | 15g | --mg | --mg | 4g | 12g |
| **Tillegg** | | | | | | | | |
| Bama - Druer, Grønn, 150 g | 105 | 24g | --g | 2g | --mg | --mg | --g | --g |
| Tine - Yoghurt jordbær, 130 gram | 117 | 16g | 4g | 5g | 0mg | 0mg | 16g | 0g |
| Fruct - Kiwi, 40 g | 21 | 3g | 0g | 0g | 0mg | 2mg | 3g | 1g |
| Rema 1000 - Crunchy Musli, 40 gram | 169 | 26g | 5g | 3g | --mg | 32mg | 7g | 5g |
| Norsk - Eple, 200 gram | 94 | 20g | 0g | 1g | 0mg | --mg | 20g | 5g |
| Bama - Banan, 110.0 g | 91 | 20g | 0g | 1g | 0mg | 1mg | 0g | 2g |
| First Price - Puffet Hvete, 20 g | 62 | 12g | 1g | 3g | --mg | --mg | --g | 2g |
| Tine - Mager Kesam Uten (Mango & Pasjon), 1 container (300 g) | 192 | 15g | 3g | 27g | --mg | --mg | --g | --g |
| **TOTAL:** | **2,804** | **318g** | **76g** | **188g** | **194mg** | **1,085mg** | **75g** | **54g** |

**September 29, 2020**

| **FOODS** | **Calories** | **Carbs** | **Fat** | **Protein** | **Cholest** | **Sodium** | **Sugars** | **Fiber** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Breakfast** | | | | | | | | |
| Norsk - Eple, 100 gram | 47 | 10g | 0g | 0g | 0mg | --mg | 10g | 3g |
| Q-meieriene - Frokost Yoghurt Vanilje, 150 g | 108 | 11g | 4g | 7g | 12mg | 60mg | 11g | --g |
| Mager Cottage Cheese - Cheese, 130 g | 103 | 3g | 3g | 17g | 0mg | 0mg | 3g | 1g |
| Proteinfabrikken - Whey, 50 grama | 192 | 4g | 2g | 39g | --mg | 0mg | 3g | 0g |
| Egg, 1 large | 72 | 0g | 5g | 6g | 186mg | 71mg | 0g | 0g |
| Bjørn Havregryn - Havregryn, 100 g | 370 | 60g | 8g | 11g | 0mg | 0mg | 1g | 10g |
| Bama - Banan, 100 g | 83 | 18g | 0g | 1g | 0mg | 1mg | 0g | 2g |
| **Lunch** | | | | | | | | |
| Funkygine - Fiberbrød, 140 gram | 328 | 46g | 5g | 18g | --mg | --mg | 4g | 14g |
| Egg, 2 large | 143 | 1g | 10g | 13g | 372mg | 142mg | 0g | 0g |
| Philadelphia Light - Philadelphia Light, 30 g | 45 | 2g | 3g | 2g | --mg | --mg | 2g | 0g |
| Stabburet - Kyllingpostei, 50 g | 67 | 2g | 4g | 5g | --mg | 750mg | 1g | --g |
| **Dinner** | | | | | | | | |
| Iz Eldorado Prod Frankrike - Iz Flerkornbriks - Halvstekte, 97.5 g | 422 | 79g | 5g | 13g | --mg | 1,950mg | 4g | 6g |
| First Price - Spekeskinke, 50 gr | 95 | 0g | 3g | 17g | --mg | 1,600mg | 0g | 0g |
| Rema 1000 - Prima - Potetsalat , 100 gram | 133 | 13g | 9g | 1g | 0mg | 1,400mg | 0g | 0g |
| **Tillegg** | | | | | | | | |
| Norsk - Eple, 200 gram | 94 | 20g | 0g | 1g | 0mg | --mg | 20g | 5g |
| Q-meieriene - Frokost Yoghurt Vanilje, 200 g | 144 | 15g | 5g | 9g | 16mg | 80mg | 15g | --g |
| Nestle - Nesquik Kakao, 30 g | 114 | 24g | 1g | 1g | 0mg | 60mg | 23g | 2g |
| Q-Meieriene - Frokost Yoghurt Naturell, 200 g | 126 | 8g | 6g | 10g | 0mg | 0mg | 0g | 0g |
| Appelsin - \*appelsin\*, 300 g | 141 | 36g | 0g | 3g | --mg | --mg | 27g | 7g |
| Bama - Banan, 110.0 g | 91 | 20g | 0g | 1g | 0mg | 1mg | 0g | 2g |
| First Price - Puffet Hvete, 20 g | 62 | 12g | 1g | 3g | --mg | --mg | --g | 2g |
| **TOTAL:** | **2,980** | **384g** | **74g** | **178g** | **586mg** | **6,115mg** | **124g** | **54g** |

**September 30, 2020**

| **FOODS** | **Calories** | **Carbs** | **Fat** | **Protein** | **Cholest** | **Sodium** | **Sugars** | **Fiber** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Breakfast** | | | | | | | | |
| Proteinfabrikken - Whey, 50 grama | 192 | 4g | 2g | 39g | --mg | 0mg | 3g | 0g |
| Norsk - Eple, 100 gram | 47 | 10g | 0g | 0g | 0mg | --mg | 10g | 3g |
| Q-meieriene - Frokost Yoghurt Vanilje, 150 g | 108 | 11g | 4g | 7g | 12mg | 60mg | 11g | --g |
| Mager Cottage Cheese - Cheese, 130 g | 103 | 3g | 3g | 17g | 0mg | 0mg | 3g | 1g |
| Egg, 1 large | 72 | 0g | 5g | 6g | 186mg | 71mg | 0g | 0g |
| Bjørn Havregryn - Havregryn, 100 g | 370 | 60g | 8g | 11g | 0mg | 0mg | 1g | 10g |
| Bama - Banan, 100 g | 83 | 18g | 0g | 1g | 0mg | 1mg | 0g | 2g |
| **Lunch** | | | | | | | | |
| Funkygine - Fiberbrød, 140 gram | 328 | 46g | 5g | 18g | --mg | --mg | 4g | 14g |
| Egg, 2 large | 143 | 1g | 10g | 13g | 372mg | 142mg | 0g | 0g |
| Philadelphia Light - Philadelphia Light, 30 g | 45 | 2g | 3g | 2g | --mg | --mg | 2g | 0g |
| Stabburet - Kyllingpostei, 50 g | 67 | 2g | 4g | 5g | --mg | 750mg | 1g | --g |
| **Dinner** | | | | | | | | |
| Iz Eldorado Prod Frankrike - Iz Flerkornbriks - Halvstekte, 97.5 g | 422 | 79g | 5g | 13g | --mg | 1,950mg | 4g | 6g |
| First Price - Spekeskinke, 50 gr | 95 | 0g | 3g | 17g | --mg | 1,600mg | 0g | 0g |
| Rema 1000 - Prima - Potetsalat , 100 gram | 133 | 13g | 9g | 1g | 0mg | 1,400mg | 0g | 0g |
| **Tillegg** | | | | | | | | |
| Norsk - Eple, 200 gram | 94 | 20g | 0g | 1g | 0mg | --mg | 20g | 5g |
| Q-meieriene - Frokost Yoghurt Vanilje, 200 g | 144 | 15g | 5g | 9g | 16mg | 80mg | 15g | --g |
| Nestle - Nesquik Kakao, 30 g | 114 | 24g | 1g | 1g | 0mg | 60mg | 23g | 2g |
| Q-Meieriene - Frokost Yoghurt Naturell, 200 g | 126 | 8g | 6g | 10g | 0mg | 0mg | 0g | 0g |
| Appelsin - \*appelsin\*, 300 g | 141 | 36g | 0g | 3g | --mg | --mg | 27g | 7g |
| Bama - Banan, 110.0 g | 91 | 20g | 0g | 1g | 0mg | 1mg | 0g | 2g |
| First Price - Puffet Hvete, 20 g | 62 | 12g | 1g | 3g | --mg | --mg | --g | 2g |
| **TOTAL:** | **2,980** | **384g** | **74g** | **178g** | **586mg** | **6,115mg** | **124g** | **54g** |

**October 1, 2020**

| **FOODS** | **Calories** | **Carbs** | **Fat** | **Protein** | **Cholest** | **Sodium** | **Sugars** | **Fiber** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Breakfast** | | | | | | | | |
| Q-meieriene - Frokost Yoghurt Vanilje, 150 g | 108 | 11g | 4g | 7g | 12mg | 60mg | 11g | --g |
| Bakerhuset - Norsk Fjellbrød, 80 gram | 197 | 34g | 3g | 7g | 0mg | 800mg | 1g | 4g |
| Tine - Lettere Fløtemysost, 20 g | 76 | 10g | 3g | 2g | --mg | --mg | --g | --g |
| Proteinfabrikken - Whey, 50 grama | 192 | 4g | 2g | 39g | --mg | 0mg | 3g | 0g |
| Bama - Banan, 110.0 g | 91 | 20g | 0g | 1g | 0mg | 1mg | 0g | 2g |
| Stabburet - Kyllingpostei, 50 g | 67 | 2g | 4g | 5g | --mg | 750mg | 1g | --g |
| TINE - LETT PRIM 4% FETT, 20 gram | 51 | 10g | 1g | 1g | 0mg | 0mg | 9g | 0g |
| Mager Cottage Cheese - Cheese, 130 g | 103 | 3g | 3g | 17g | 0mg | 0mg | 3g | 1g |
| pannekaker Ferdiglaget - pannekaker, 120 gram | 233 | 32g | 7g | 10g | 0mg | 0mg | 9g | 0g |
| **Dinner** | | | | | | | | |
| Philadelphia Light - Philadelphia Light, 45 g | 68 | 2g | 5g | 3g | --mg | --mg | 2g | 0g |
| Wasa - Sport+ Knekkebrød, 64 g | 216 | 36g | 2g | 7g | --mg | 256mg | 1g | 14g |
| Fiskemannen - Fiskekaker 80%, 150 gram | 146 | 5g | 5g | 20g | --mg | 2mg | 1g | --g |
| **Tillegg** | | | | | | | | |
| Tine Mager Kesam - Mager Kesam, 300 g | 222 | 13g | 3g | 36g | --mg | --mg | 13g | --g |
| Fruct - Kiwi, 40 g | 21 | 3g | 0g | 0g | 0mg | 2mg | 3g | 1g |
| Plomme - Rød Plomme, 100 g | 44 | 9g | 0g | 1g | 0mg | 0mg | 9g | 2g |
| Norsk - Eple, 400 gram | 188 | 40g | 0g | 1g | 0mg | --mg | 40g | 10g |
| First Price - Puffet Hvete, 30 g | 93 | 18g | 1g | 4g | --mg | --mg | --g | 3g |
| Appelsin - \*appelsin\*, 300 g | 141 | 36g | 0g | 3g | --mg | --mg | 27g | 7g |
| Bama - Banan, 110.0 g | 91 | 20g | 0g | 1g | 0mg | 1mg | 0g | 2g |
| **TOTAL:** | **2,348** | **308g** | **43g** | **165g** | **12mg** | **1,872mg** | **133g** | **46g** |

**October 2, 2020**

| **FOODS** | **Calories** | **Carbs** | **Fat** | **Protein** | **Cholest** | **Sodium** | **Sugars** | **Fiber** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Breakfast** | | | | | | | | |
| Appelsin - \*appelsin\*, 300 g | 141 | 36g | 0g | 3g | --mg | --mg | 27g | 7g |
| pannekaker Ferdiglaget - pannekaker, 180 gram | 349 | 48g | 11g | 15g | 0mg | 0mg | 14g | 0g |
| Q-meieriene - Frokost Yoghurt Vanilje, 150 g | 108 | 11g | 4g | 7g | 12mg | 60mg | 11g | --g |
| Tine - Lettere Fløtemysost, 20 g | 76 | 10g | 3g | 2g | --mg | --mg | --g | --g |
| Proteinfabrikken - Whey, 50 grama | 192 | 4g | 2g | 39g | --mg | 0mg | 3g | 0g |
| Bama - Banan, 110.0 g | 91 | 20g | 0g | 1g | 0mg | 1mg | 0g | 2g |
| TINE - LETT PRIM 4% FETT, 20 gram | 51 | 10g | 1g | 1g | 0mg | 0mg | 9g | 0g |
| Mager Cottage Cheese - Cheese, 130 g | 103 | 3g | 3g | 17g | 0mg | 0mg | 3g | 1g |
| **Dinner** | | | | | | | | |
| King Oscar - Makrell i tomatsaus, 170 gram | 326 | 12g | 24g | 16g | --mg | --mg | --g | --g |
| Wasa - Sport+ Knekkebrød, 64 g | 216 | 36g | 2g | 7g | --mg | 256mg | 1g | 14g |
| Philadelphia Light - Philadelphia Light, 45 g | 68 | 2g | 5g | 3g | --mg | --mg | 2g | 0g |
| **Tillegg** | | | | | | | | |
| Tine Mager Kesam - Mager Kesam, 300 g | 222 | 13g | 3g | 36g | --mg | --mg | 13g | --g |
| Fruct - Kiwi, 40 g | 21 | 3g | 0g | 0g | 0mg | 2mg | 3g | 1g |
| Plomme - Rød Plomme, 100 g | 44 | 9g | 0g | 1g | 0mg | 0mg | 9g | 2g |
| Norsk - Eple, 400 gram | 188 | 40g | 0g | 1g | 0mg | --mg | 40g | 10g |
| First Price - Puffet Hvete, 30 g | 93 | 18g | 1g | 4g | --mg | --mg | --g | 3g |
| Bama - Banan, 110.0 g | 91 | 20g | 0g | 1g | 0mg | 1mg | 0g | 2g |
| **TOTAL:** | **2,380** | **295g** | **59g** | **154g** | **12mg** | **320mg** | **135g** | **42g** |