turkey breast,112,20,0,3.6,150,168.6,meat,Main

roast chicken with rice,141,6,17.2,5.3,300,421.5,meat grain,Main

grilled chicken breast,96,21,0,1.3,200,191.4,meat,Main

grilled chicken feet,178,16.5,0.2,12.4,200,356.8,meat,Main

grilled chicken liver,143,21,0.9,6.2,200,42,meat,Main

grilled beef steak,142,23,0,5.6,200,284.8,meat,Main

roast beef lunchmeat,119,22,1,3,200,238,meat,Main

beef meatloaf,210,16,9.5,12,300,630,meat,Main

roast beef heart,149,25.6,0.1,5.1,250,371.75,meat,Main

fried pork bacon ,286,22,0,22,100,286,meat,Main

roast pork sausages,363,21,0,31,150,544.5,meat,Main

roast pork tongue,260,20,0,20,200,520,meat,Main

grilled pork ribs,300,20,10,20,150,450,meat,Main

grilled pork steak with BBQ saus,260,20,0,20,200,520,meat,Main

roast lamb leg,190,22,0,11.3,250,474.25,meat,Main

breast lamb chops,416,19.5,0,37.5,130,540.15,meat,Main

grilled salmon,170,20,0,10,300,510,meat,Main

grilled salmon with fried rise ,125,10,10,5,200,250,meat,Main

cooked haddock,101,23,0,1,200,202,meat,Main

smoked haddock,119,27.4,0,1,200,237.2,meat,Main

smoked carp,164,24,0,7.5,200,327,meat,Main

cooked carp,135,19,0,6.5,200,269,meat,Main

medium boiled egg,156,14,1.2,10.6,50,78.1,milk,Main

medium tomato,25,1.1,4.5,0.3,123,30.873,vegetable,Main

half cucumber ,17,0.6,3.5,0.1,150,25.95,vegetable,Main

baked sweet potato,101,2.2,22.5,0.2,150,150.9,vegetable,Main

baked potato,127,3.2,28,0.2,270,341.82,vegetable,Main

almonds,644,22.9,23.4,51,50,322.1,nuts,Main

walnuts,615,15.2,13.7,55.5,50,307.55,nuts,Main

hazelnuts,717,15.2,17.8,65,50,358.5,nuts,Main

cashew,576,18,27,44,50,288,nuts,Main

walnuts,673,15,7,65,50,336.5,nuts,Main

peanuts,573,26,7,49,50,286.5,nuts,Main

sunflower seeds,571,22.8,8.3,49.6,50,285.4,nuts,Main

wheat bread,244,7.1,51.4,1.1,50,121.95,grain,Main

rye bread,231,6.8,48.3,1.2,50,115.6,grain,Main

brown bread,234,8,46.6,1.7,50,116.85,grain,Main

boiled white rice,332,2.2,80,0.3,100,331.5,grain,Main

boiled brown rice,316,2.3,75,0.8,100,316.4,grain,Main

cooked green beans,275,2.5,65,0.5,100,274.5,legumes,Main

cooked brown beans,241,2.9,54,1.5,100,241.1,legumes,Main

cooked chickpeas,145,6.5,22.5,3.2,100,144.8,legumes,Main

cooked black beans,108,7.5,18.5,0.4,100,107.6,legumes,Main

pasta with chicken breast,147,14,16,3,300,441,grain meat,Main

medium boiled egg,156,14,1.2,10.6,50,78.1,milk,Breakfast

whole milk,64,3,5,3.6,200,128.8,milk,Breakfast

2% fat milk,50,3,5,2,200,100,milk,Breakfast

0.1% fat milk,33,3,5,0.1,200,65.8,milk,Breakfast

piece of cheddar cheese(kashkaval),434,26,1.5,36,50,217,milk,Breakfast

piece of feta cheese(sirene),296,16,4,24,50,148,milk,Breakfast

cup of cottage cheese,103,12,3.6,4.5,210,216.09,milk,Breakfast

medium banana,103,1.1,24,0.3,115,118.565,fruit,Breakfast

medium orange,55,0.9,12.5,0.15,131,71.9845,fruit,Breakfast

medium apple,59,0.3,13.9,0.2,180,105.48,fruit,Breakfast

cup of grape,81,0.8,19,0.15,150,120.825,fruit,Breakfast

piece of watermelon,61,0.6,14.1,0.25,290,177.045,fruit,Breakfast

almonds,644,22.9,23.4,51,50,322.1,nuts,Breakfast

walnuts,615,15.2,13.7,55.5,50,307.55,nuts,Breakfast

hazelnuts,717,15.2,17.8,65,50,358.5,nuts,Breakfast

cashew,576,18,27,44,50,288,nuts,Breakfast

walnuts,673,15,7,65,50,336.5,nuts,Breakfast

peanuts,573,26,7,49,50,286.5,nuts,Breakfast

sunflower seeds,571,22.8,8.3,49.6,50,285.4,nuts,Breakfast

wheat bread,244,7.1,51.4,1.1,50,121.95,grain,Breakfast

rye bread,231,6.8,48.3,1.2,50,115.6,grain,Breakfast

brown bread,234,8,46.6,1.7,50,116.85,grain,Breakfast

bean soup,72,4,10,1.8,350,252.7,legumes,Soup

pea soup,75,4.4,8.9,2.4,350,261.8,legumes,Soup

mushroom soup,27,1.3,1.3,1.8,350,93.1,vegetables,Soup

tomato soup,30,1.3,1.8,1.9,350,103.25,vegetables,Soup

tomato soup with pasta,35,1.5,3.3,1.8,350,123.9,vegetables grain,Soup

vegetable soup,48,1.7,6.2,1.8,350,167.3,vegetables,Soup

potato soup,54,1.3,9.5,1.2,350,189,vegetables,Soup

fruit soup with apples,49,0.1,11.8,0.1,350,169.75,fruits,Soup

fish soup ,45,3.4,5.5,1,350,156.1,fish,Soup

spanich soup,43,2.2,6.6,0.9,350,151.55,vegetables,Soup

green beans soup,68,3.2,11.2,1.2,350,239.4,beans,Soup

shkembe soup,84,16,0,2.2,350,293.3,meat,Soup

whole milk,64,3,5,3.6,200,128.8,milk,Dessert

2% fat milk,50,3,5,2,200,100,milk,Dessert

0.1% fat milk,33,3,5,0.1,200,65.8,milk,Dessert

cup of cottage cheese,103,12,3.6,4.5,210,216.09,milk,Dessert

medium banana,103,1.1,24,0.3,115,118.565,fruit,Dessert

medium orange,55,0.9,12.5,0.15,131,71.9845,fruit,Dessert

medium apple,59,0.3,13.9,0.2,180,105.48,fruit,Dessert

cup of grape,81,0.8,19,0.15,150,120.825,fruit,Dessert

piece of watermelon,61,0.6,14.1,0.25,290,177.045,fruit,Dessert

almond cake,310,8.5,65.5,1.6,130,403.52,nuts sweet milk,Dessert

cacao bisquits,444,6.1,51.4,23.8,130,577.46,sweet grain,Dessert

bisquit cake with fruits,438,5.6,58.8,20,130,568.88,sweet grain milk,Dessert

cake with nuts and dry fruits,398,6.4,53.5,17.6,130,517.4,sweet grain nuts fruits,Dessert

cheesecake,335,13.9,39.7,13.4,130,435.5,milk sweet,Dessert

tiramissu,385,5,35,25,150,577.5,milk sweet,Dessert

strawberry with cream,132,1.1,8.4,10.4,130,171.08,fruits milk,Dessert

cup of orange juice,46,0.6,10.2,0.3,250,114.75,fruit,Liquid

piece of pineapple,66,0.7,15.6,0.1,170,112.37,fruit,Liquid

cup of pineapple juice,67,0.5,16,0.1,250,167.25,fruit,Liquid

cup of apple juice,46,0.3,10.5,0.3,250,114.75,fruit,Liquid

piece of cheddar cheese(kashkaval),434,26,1.5,36,50,217,milk,Appetiser

piece of feta cheese(sirene),296,16,4,24,50,148,milk,Appetiser

cup of cottage cheese,103,12,3.6,4.5,210,216.09,milk,Appetiser

almonds,644,22.9,23.4,51,50,322.1,nuts,Appetiser

walnuts,615,15.2,13.7,55.5,50,307.55,nuts,Appetiser

hazelnuts,717,15.2,17.8,65,50,358.5,nuts,Appetiser

cashew,576,18,27,44,50,288,nuts,Appetiser

walnuts,673,15,7,65,50,336.5,nuts,Appetiser

peanuts,573,26,7,49,50,286.5,nuts,Appetiser

sunflower seeds,571,22.8,8.3,49.6,50,285.4,nuts,Appetiser