

## Printable Diary for Misadjole

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June 1, 2014

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Milk - Reduced fat, 2% milkfat, 200 g	100	9g	4g	7g	16mg	82mg	10g	0g
Ovsene Pahuljice - Ovsene Pahuljice, 80 gr	278	51g	5g	11g	0mg	0mg	0g	0g
<b>Lunch</b>								
Pileće Belo Meso - Pileće Belo Meso, 100 gr	116	0g	3g	22g	0mg	0mg	0g	0g
Pileci Karabatak - Pileći Karabatak Bez Kožice, 50 g	109	1g	5g	14g	51mg	48mg	0g	0g
Generic - Kupus Salata, 100 g	52	7g	1g	4g	0mg	0mg	0g	0g
Krompir - Krompir, 100 g	87	21g	0g	2g	0mg	0mg	0g	0g
<b>Dinner</b>								
Obicna Proja - Obicna Proja, 0.1 piece-12/12 cm	27	6g	3g	0g	0mg	64mg	0g	0g
Mercator - Zelene Masline, 40 g	59	2g	6g	0g	0mg	0mg	0g	0g
Pileće Belo Meso - Pileće Belo Meso, 50 gr	58	0g	2g	11g	0mg	0mg	0g	0g
Hofer, Celjske Mesnine - Mleto Mešano Meso (50% Svinjina, 50% Govedina), 100 g	160	0g	11g	19g	0mg	0mg	0g	0g
<b>užina prepodne</b>								
Myprotein - Impact Whey Protein - Strawberry Cream, 25 g	98	2g	2g	20g	1mg	0mg	0g	0g
Generic - Badem, 30 g	173	6g	15g	6g	0mg	0mg	1g	4g
Myprotein - Omega 3, 1 Capsule	9	0g	1g	0g	0mg	0mg	0g	0g
Nescafe' - Classic, 1.8 g	2	1g	0g	1g	0mg	0mg	1g	6g
<b>užina popodne</b>								
Myprotein - Impact Whey Protein - Strawberry Cream, 25 g	98	2g	2g	20g	1mg	0mg	0g	0g
Myprotein - Creatin Monohydrate, 5 g	0	0g	0g	0g	0mg	0mg	0g	0g
Standardno - Suvo Grožđe, 50 gr	150	33g	1g	1g	0mg	0mg	0g	0g
<b>TOTAL:</b>	<b>1,576</b>	<b>141g</b>	<b>61g</b>	<b>138g</b>	<b>69mg</b>	<b>194mg</b>	<b>12g</b>	<b>10g</b>

June 2, 2014

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Ovsene Pahuljice - Ovsene Pahuljice, 80 gr	278	51g	5g	11g	0mg	0mg	0g	0g
Milk - Reduced fat, 2% milkfat, 200 g	100	9g	4g	7g	16mg	82mg	10g	0g
Myprotein - Impact Whey Raspberry, 25 g	98	2g	2g	19g	1mg	0mg	0g	0g
<b>Lunch</b>								
Pileće Belo Meso - Pileće Belo Meso, 200 gr	232	0g	6g	44g	0mg	0mg	0g	0g

Jogurt Moja Kravica - 2,8% Mm, 180 gr	53	4g	3g	3g	0mg	0mg	0g	0g
Tvojih 5 Minuta - Mesano Razani Hleb, 44 g	116	21g	2g	4g	0mg	0mg	1g	0g
Mercator - Zelene Masline, 40 g	59	2g	6g	0g	0mg	0mg	0g	0g
<b>Dinner</b>								
Domaća - Pita Sa Sirom, 50 g	102	4g	7g	5g	0mg	0mg	0g	0g
Hofer, Celjske Mesnine - Mleto Mešano Meso (50% Svinjina, 50% Govedina), 100 g	160	0g	11g	19g	0mg	0mg	0g	0g
Pileće Belo Meso - Pileće Belo Meso, 40 gr	46	0g	1g	9g	0mg	0mg	0g	0g
Natureta - Pasulj Brez Mesa, 100 g	72	10g	1g	5g	0mg	0mg	0g	7g
Generic - Kupus Salata, 50 g	26	4g	1g	2g	0mg	0mg	0g	0g
<b>užina prepodne</b>								
Nescafe' - Classic, 1.8 g	2	1g	0g	1g	0mg	0mg	1g	6g
Myprotein - Omega 3, 1 Capsule	9	0g	1g	0g	0mg	0mg	0g	0g
Generic - Badem, 30 g	173	6g	15g	6g	0mg	0mg	1g	4g
Scitec Nutrition - Mega Daily One Plus, 1 capsules	0	0g	0g	0g	0mg	0mg	0g	0g
Homemade - Proja Sa Sirom, 100 g	173	31g	3g	7g	43mg	165mg	0g	0g
<b>užina popodne</b>								
Myprotein - Creatin Monohydrate, 5 g	0	0g	0g	0g	0mg	0mg	0g	0g
Myprotein - Impact Whey Protein - Strawberry Cream, 25 g	98	2g	2g	20g	1mg	0mg	0g	0g
<b>TOTAL:</b>	<b>1,797</b>	<b>147g</b>	<b>70g</b>	<b>162g</b>	<b>61mg</b>	<b>247mg</b>	<b>13g</b>	<b>17g</b>

**June 3, 2014**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Myprotein - Impact Whey Raspberry, 25 g	98	2g	2g	19g	1mg	0mg	0g	0g
Domaće - Jaje Na Oko, 46 g	90	0g	7g	6g	184mg	94mg	0g	0g
Prima Gold - Tunjevina, 100 g	144	0g	5g	23g	0mg	39mg	0g	0g
Frikom - Royal Mix, 30 g	29	3g	2g	1g	0mg	0mg	0g	0g
Ledo - Kukuruz Secerac, 30 g	26	6g	0g	1g	0mg	0mg	0g	0g
<b>Lunch</b>								
Beli Hleb - Beli Hleb, 0.5 parce	33	0g	0g	0g	0mg	0mg	0g	0g
Pileci Batak - Pileći Batak Sa Kožicom, 70 g	113	0g	6g	13g	57mg	58mg	0g	0g
Cevap - Cevap (Sausage Ground Beef 80-20%) , 50 g	231	13g	13g	16g	0mg	0mg	0g	0g
Svinjska - Krmenadla, 50 g	167	0g	15g	8g	0mg	0mg	0g	0g
<b>Dinner</b>								
Podravka - Cufte, 1 plate	104	12g	4g	5g	0mg	0mg	0g	0g
Cvekla - Tegla, 50 g	19	4g	0g	1g	0mg	0mg	0g	0g
Pileci Batak - Pileći Batak Sa Kožicom, 100 g	161	0g	9g	19g	81mg	83mg	0g	0g
<b>užina prepodne</b>								
Homemade - Proja Sa Sirom, 100 g	173	31g	3g	7g	43mg	165mg	0g	0g
Scitec Nutrition - Mega Daily One Plus, 1 capsules	0	0g	0g	0g	0mg	0mg	0g	0g
Myprotein - Omega 3, 1 Capsule	9	0g	1g	0g	0mg	0mg	0g	0g
Nescafe' - Classic, 1.8 g	2	1g	0g	1g	0mg	0mg	1g	6g

užina popodne								
Myprotein - Impact Whey Protein - Strawberry Cream , 25 g	98	2g	2g	20g	1mg	0mg	0g	0g
Myprotein - Creatin Monohydrate, 5 g	0	0g	0g	0g	0mg	0mg	0g	0g
Standardno - Suvo Grožđe, 30 gr	90	20g	0g	0g	0mg	0mg	0g	0g
<b>TOTAL:</b>	<b>1,587</b>	<b>94g</b>	<b>69g</b>	<b>140g</b>	<b>367mg</b>	<b>439mg</b>	<b>1g</b>	<b>6g</b>

## June 4, 2014

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Myprotein - Impact Whey Raspberry, 25 g	98	2g	2g	19g	1mg	0mg	0g	0g
Milk - Reduced fat, 2% milkfat, 200 g	100	9g	4g	7g	16mg	82mg	10g	0g
Ovsene Pahuljice - Ovsene Pahuljice, 80 gr	278	51g	5g	11g	0mg	0mg	0g	0g
Bananna - Bananna, 1 piece	105	27g	0g	1g	0mg	1mg	14g	3g
Sirovi - Badem, 30 g	170	1g	16g	5g	0mg	0mg	0g	0g
<b>Lunch</b>								
Mercator - Zelene Masline, 40 g	59	2g	6g	0g	0mg	0mg	0g	0g
Tvojih 5 Minuta - Mesano Razani Hleb, 44 g	116	21g	2g	4g	0mg	0mg	1g	0g
Jogurt Moja Kravica - 2,8% Mm, 180 gr	53	4g	3g	3g	0mg	0mg	0g	0g
Pileće Belo Meso - Pileće Belo Meso, 200 gr	232	0g	6g	44g	0mg	0mg	0g	0g
<b>Dinner</b>								
Generic - Kupus Salata, 50 g	26	4g	1g	2g	0mg	0mg	0g	0g
Natureta - Pasulj Brez Mesa, 100 g	72	10g	1g	5g	0mg	0mg	0g	7g
Svinjsko Meso - Snicla, 150 g	252	0g	12g	31g	0mg	0mg	0g	0g
<b>užina prepodne</b>								
Nescafe' - Classic, 1.8 g	2	1g	0g	1g	0mg	0mg	1g	6g
Myprotein - Omega 3, 1 Capsule	9	0g	1g	0g	0mg	0mg	0g	0g
Scitec Nutrition - Mega Daily One Plus, 1 capsules	0	0g	0g	0g	0mg	0mg	0g	0g
Homemade - Proja Sa Sirom, 100 g	173	31g	3g	7g	43mg	165mg	0g	0g
<b>užina popodne</b>								
Myprotein - Creatin Monohydrate, 5 g	0	0g	0g	0g	0mg	0mg	0g	0g
Myprotein - Impact Whey Protein - Strawberry Cream, 25 g	98	2g	2g	20g	1mg	0mg	0g	0g
<b>TOTAL:</b>	<b>1,843</b>	<b>165g</b>	<b>64g</b>	<b>160g</b>	<b>61mg</b>	<b>248mg</b>	<b>26g</b>	<b>16g</b>

## June 5, 2014

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Ovsene Pahuljice - Ovsene Pahuljice, 80 gr	278	51g	5g	11g	0mg	0mg	0g	0g
Milk - Reduced fat, 2% milkfat, 200 g	100	9g	4g	7g	16mg	82mg	10g	0g
Myprotein - Impact Whey Raspberry, 25 g	98	2g	2g	19g	1mg	0mg	0g	0g
<b>Lunch</b>								
Pileće Belo Meso - Pileće Belo Meso, 200 gr	232	0g	6g	44g	0mg	0mg	0g	0g
Jogurt Moja Kravica - 2,8% Mm, 180 gr	53	4g	3g	3g	0mg	0mg	0g	0g
Tvojih 5 Minuta - Mesano Razani Hleb, 44 g	116	21g	2g	4g	0mg	0mg	1g	0g

Dinner								
Svinjsko Meso - Snicla, 60 g	101	0g	5g	12g	0mg	0mg	0g	0g
Cvekla - Tegla, 50 g	19	4g	0g	1g	0mg	0mg	0g	0g
Hofer, Celjske Mesnine - Mleto Mešano Meso (50% Svinjina, 50% Govedina), 100 g	160	0g	11g	19g	0mg	0mg	0g	0g
užina prepodne								
Homemade - Proja Sa Sirom, 100 g	173	31g	3g	7g	43mg	165mg	0g	0g
Scitec Nutrition - Mega Daily One Plus, 1 capsules	0	0g	0g	0g	0mg	0mg	0g	0g
Myprotein - Omega 3, 1 Capsule	9	0g	1g	0g	0mg	0mg	0g	0g
Nescafe' - Classic, 1.8 g	2	1g	0g	1g	0mg	0mg	1g	6g
Domaca Cokoladna Torta - Mama, 50 g	184	18g	12g	3g	0mg	0mg	0g	0g
užina popodne								
Myprotein - Impact Whey Protein - Strawberry Cream, 25 g	98	2g	2g	20g	1mg	0mg	0g	0g
Myprotein - Creatin Monohydrate, 5 g	0	0g	0g	0g	0mg	0mg	0g	0g
TOTAL:	1,623	143g	56g	151g	61mg	247mg	12g	6g