

DietOrganizer Report

Robert Kralj

Daily Report

4.3.2015

Food	Quantity	Calories (kcal)	Carbohydrate (g)	Protein (g)	Fat (g)
Zajtrk					
Instant whey Reflex	30 g	116,1	1,9	24,0	1,3
Bananas, raw	1 medium (7" to 7-7/8" long)	105,0	27,0	1,3	0,4
Cookies, brownies, dry mix, regular	50 g	217,0	38,3	2,0	7,5
Strudel, apple	1 piece	194,5	29,2	2,3	8,0
Doughnuts, cake-type, plain, sugared or glazed	1 doughnut, medium (approx 3" dia)	191,7	22,9	2,3	10,3
Salami, cooked, beef	50 g	130,5	1,0	6,3	11,1
Oil, coconut	5 g	43,1	0,0	0,0	5,0
Egg, whole, cooked, fried	6 large	541,0	2,3	37,6	41,0
Cheese, edam	30 g	107,1	0,4	7,5	8,3
Bread, whole-wheat, commercially prepared	3 slice	241,9	41,0	12,0	3,4
Chocolate, dark, 70-85% cacao solids	25 g	149,5	11,5	1,9	10,7
Yogurt, Greek, CHOBANI CHAMPIONS, VERY BERRY	1 container	98,9	13,1	7,7	1,8
Bananas, raw	1 medium (7" to 7-7/8" long)	105,0	27,0	1,3	0,4
Apples, raw, with skin	1 medium (3" dia)	63,1	16,8	0,3	0,2
Cookies, chocolate chip, dry mix	35 g	174,0	23,1	1,6	8,8
	Sub Total	2478,4	255,3	108,1	118,0
Prva malica					
	Sub Total				
Kosilo					
	Sub Total				
Druga malica					
	Sub Total				
Trening					
	Sub Total				
Večerja					
	Sub Total				
	Total	2478,4	255,3	108,1	118,0

Todays Calories	
Metabolic Rate	2028
Exercise	0
DietPlan	-220
Todays Intake	-2478
Net (Remaining)	-670

Calorie Breakdown				
	Carbohydrate	Protein	Fat	Alcohol
Today	41%	17%	42%	0%
Goal	60%	15%	25%	0%

Nutrient	Total	Units	Goal	Goal%	RDA	RDA%
Calories	2478,4	kcal	1808	137%		
Fat	118,0	g	50	236%		

Saturated Fat	43,2 g		
Polyunsaturated Fat	21,6 g		
Monounsaturated Fat	45,0 g		
Cholesterol	1197,6 mg		
Sodium	2445,7 mg		
Potassium	2419,5 mg		
Carbohydrate	255,3 g	271	94%
Fiber	20,2 g		
Sugars	85,5 g		
Protein	108,1 g	68	159%
Alcohol	0,0 g		
Vitamin A	2744,8 IU	3000	91%
Vitamin C	28,0 mg	90	31%
Calcium	748,5 mg	1000	75%
Iron	15,1 mg	8	189%
Vitamin D	9,6 ug	5	193%
Vitamin E	8,0 mg	15	54%
Thiamin	1,0 mg	1,2	82%
Riboflavin	2,5 mg	1,3	190%
Niacin	10,8 mg	16	68%
Vitamin B6	1,9 mg	1,3	146%
Folate	329,0 ug	400	82%
Vitamin B12	5,6 ug	2,4	233%
Pantothenic acid	7,6 mg	5	152%
Phosphorus	1457,7 mg	700	208%
Magnesium	306,0 mg	400	76%
Zinc	10,1 mg	11	92%
Selenium	150,3 ug	55	273%
Copper	1,5 mg	0,9	169%
Manganese	4,0 mg	2,3	173%
Water	673,6 g		