

BREAKFAST

Carbohydrates 	Extra sugar 	Unsaturated fat 	Saturated fat 	Proteins 
Bread with jam and tea				
21	7	1	1	2
Fruit yogurt with fruit juice				
9	36	4	5	4
Sweet cereals with milk				
13	13	5	6	5
Cocoa snail with milk				
15	11	7	12	7
Bread with margarine and salami and a glass of milk				
21	2	14	13	11
Fruit salad with oatmeal and nuts				
12	0	7	2	4

BREAKFAST

Carbohydrates 	Extra sugar 	Unsaturated fat 	Saturated fat 	Proteins 
Oatmeal				
14	0	2	0	3
Scrambled eggs with bacon and bread				
17	2	8	6	10
Bread and lard with purple onion				
19	1	4	8	3
Pancakes and fruits				
17	9	2	1	5
Sausage, white bread with butter and tomato				
19	2	4	9	8

MORNING SNACK

Carbohydrates 	Extra sugar 	Unsaturated fat 	Saturated fat 	Proteins 
Bun with ham and cheese and an apple				
20	0	4	4	5
Croissant with chocolate spread				
11	16	3	12	3
Chocolate donut				
7	12	6	8	1
Pasta salad with veggis and an apple				
28	0	4	0	4
Matured sausage, white bread and cherry tomatoes				
20	2	8	8	7
Yogurt with banana				
20	0	0	3	6
Oat cookies and a piece of fruit				
18	8	4	0	4
Liver pate bread				
18	2	5	6	6

LUNCH

Carbohydrates 	Extra sugar 	Unsaturated fat 	Saturated fat 	Proteins 
Egg and cheese sandwich with salad and a banana				
29	0	13	7	8
Chicken sandwich with fries and a piece of fruit				
36	2	8	3	7
Pasta salad with chicken and an apple				
28	0	3	2	7
Cheeseburger with French fries				
20	0	8	6	8
Pizza with salami				
13	2	6	10	4
Meat lasagna				
16	0	3	5	7
Milanese macaroni				
21	0	1	1	5
Fish and chips				
18	2	6	3	6
Pasta salad				
16	0	1	0	3

LUNCH

Carbohydrates 	Extra sugar 	Unsaturated fat 	Saturated fat 	Proteins 
Chicken with French fries and salad				
7	0	12	7	7
Fried meat sandwich				
17	0	7	4	13
Chicken soup with noodles				
7	0	2	1	5
Goulash soup				
4	0	4	3	17
Meatloaf with rice Ratatouille				
12	1	11	7	9
Crepes with cottage cheese				
14	6	6	5	11
Cottage cheese pasta				
15	0	1	2	11
Chicken with potatoes and salad				
9	0	6	3	10

LUNCH

Carbohydrates 	Extra sugar 	Unsaturated fat 	Saturated fat 	Proteins 
Fish sticks with rice				
15	0	4	3	5
Rice pudding				
12	11	0	2	2
Spaghetti bolognese				
22	5	4	2	7
Fried pork chop with potatoes and salad				
15	0	5	5	14
Pasta with meat and beans				
15	0	4	1	5
Fish with rice and vegetables				
18	0	0	1	8
Cauliflower casserole				
18	0	7	6	5
Potato casserole				
30	3	5	3	8

AFTERNOON SNACK

Carbohydrates 	Extra sugar 	Unsaturated fat 	Saturated fat 	Proteins 
Bread with margarine				
16	0	2	2	2
Liver pate bread				
18	2	5	6	6
Fruit salad with cereals and nuts				
12	0	7	2	4
Fruits				
12	0	0	0	1
Chocolate donut				
7	12	6	8	2
Chocolate croissant				
9	11	3	7	0

AFTERNOON SNACK

Carbohydrates 	Extra sugar 	Unsaturated fat 	Saturated fat 	Proteins 
Ice-cream				
8	19	1	5	1
A glass of orange juice with crackers				
18	0	1	0	2
Bread with cream cheese				
17	2	5	5	3
Pastry				
6	15	4	3	2
Apple and plain yogurt				
19	0	0	3	5
Chocolate and bread				
17	12	1	6	3

DINNER

Carbohydrates 	Extra sugar 	Unsaturated fat 	Saturated fat 	Proteins 
Chicken with French fries and salad				
7	0	12	7	7
Fried meat sandwich				
17	0	7	4	13
Chicken soup with noodles				
7	0	2	1	5
Goulash soup				
4	0	4	3	17
Meatloaf with rice Ratatouille				
12	1	11	7	9
Crepes with cottage cheese				
14	6	6	5	11
Cottage cheese pasta				
15	0	1	2	11
Chicken with potatoes and salad				
9	0	6	3	10

DINNER

Carbohydrates 	Extra sugar 	Unsaturated fat 	Saturated fat 	Proteins 
Fish sticks with rice				
15	0	4	3	5
Rice pudding				
12	11	0	2	2
Spaghetti bolognese				
22	5	4	2	7
Fried pork chop with potatoes and salad				
15	0	5	5	14
Pasta with meat and beans				
15	0	4	1	5
Fish with rice and vegetables				
18	0	0	1	8
Cauliflower casserole				
18	0	7	6	5
Potato casserole				
30	3	5	3	8

DINNER

Carbohydrates 	Extra sugar 	Unsaturated fat 	Saturated fat 	Proteins 
Egg and cheese sandwich with salad and a banana				
29	0	13	7	8
Chicken sandwich with fries and a piece of fruit				
36	2	8	3	7
Pasta salad with chicken and an apple				
28	0	3	2	7
Cheeseburger with French fries				
20	0	8	6	8
Pizza with salami				
13	2	6	10	7
Meat lasagna				
16	0	3	5	7
Milanese macaroni				
21	0	1	1	5
Fish and chips				
18	2	6	3	6
Pasta salad				
16	0	1	0	3

EXTRAS

Carbohydrates 	Extra sugar 	Unsaturated fat 	Saturated fat 	Proteins 
Crackers				
10	0	1	0	1
An apple				
12	0	0	0	0
A banana				
14	0	0	0	0
Two carrots				
5	0	0	0	1
Three chocolate cookies				
5	10	4	3	0
Candy				
7	27	0	0	0
A glass of water				
0	0	0	0	0
Ice-cream				
8	19	1	5	1

EXTRAS

Carbohydrates 	Extra sugar 	Unsaturated fat 	Saturated fat 	Proteins 
One soda				
2	36	0	0	0
A glass of 1.5% milk				
6	0	0	2	4
Chocolate milk				
0	23	1	2	3
One glass of orange juice				
8	0	0	0	0
Chocolate bar				
1	20	0	4	1
Nuts				
16	0	8	0	2
Small Chips package				
15	0	9	2	2
Oat cookies and a piece of fruit				
18	8	4	0	4

