

	1.11	2.11	3.11	4.11	5.11	6.11	7.11
<b>1</b>	K: 2346.3 / B: 100.9 T: 88.7 / WP: 273.1 F: 26.3 / WW: 27.5	K: 2529.6 / B: 130.3 T: 75.7 / WP: 317.7 F: 25.4 / WW: 30.8	K: 2255.6 / B: 105.2 T: 75.9 / WP: 273.0 F: 25.7 / WW: 27.4	K: 2358.7 / B: 101.2 T: 76.0 / WP: 304.7 F: 26.1 / WW: 24.3	K: 2478.8 / B: 118.9 T: 82.7 / WP: 299.5 F: 22.1 / WW: 30.0	K: 2360.3 / B: 104.9 T: 73.8 / WP: 303.2 F: 26.6 / WW: 30.4	K: 2659.6 / B: 115.5 T: 111.0 / WP: 241.3 F: 19.6 / WW: 23.3
	W: 295.7g / KTN: 22.5g / Na: 2833.5mg	W: 342.4g / KTN: 10.6g / Na: 4123.6mg	W: 295.5g / KTN: 22.8g / Na: 3368.4mg	W: 328.3g / KTN: 16.6g / Na: 3651.4mg	W: 320.5g / KTN: 20.2g / Na: 3105.2mg	W: 326.5g / KTN: 17.9g / Na: 3022.5mg	W: 305.5g / KTN: 20.9g / Na: 4027.1mg
<b>2</b>	K: 2346.3 / B: 100.9 T: 88.7 / WP: 273.1 F: 26.3 / WW: 27.5	K: 2529.6 / B: 130.3 T: 75.7 / WP: 317.7 F: 25.4 / WW: 30.8	K: 2255.6 / B: 105.2 T: 75.9 / WP: 273.0 F: 25.7 / WW: 27.4	K: 2358.7 / B: 101.2 T: 76.0 / WP: 304.7 F: 26.1 / WW: 24.3	K: 2478.8 / B: 118.9 T: 82.7 / WP: 299.5 F: 22.1 / WW: 30.0	K: 2268.9 / B: 106.5 T: 64.5 / WP: 299.9 F: 27.7 / WW: 30.0	K: 2720.8 / B: 115.9 T: 114.3 / WP: 247.4 F: 20.6 / WW: 23.7
	W: 295.1g / KTN: 15.8g / Na: 2510mg	W: 344.6g / KTN: 12g / Na: 3754.4mg	W: 291.1g / KTN: 16g / Na: 2473.9mg	W: 329.5g / KTN: 15.1g / Na: 3316.8mg	W: 313.1g / KTN: 20g / Na: 3080.1mg	W: 324.9g / KTN: 16.8g / Na: 2940.2mg	W: 313.6g / KTN: 21.1g / Na: 2448.2mg
<b>6</b>	K: 2299.8 / B: 97.0 T: 89.2 / WP: 259.9 F: 34.8 / WW: 26.2	K: 2461.9 / B: 125.1 T: 76.4 / WP: 298.3 F: 37.0 / WW: 28.8	K: 2234.2 / B: 103.0 T: 78.8 / WP: 258.1 F: 36.1 / WW: 25.9	K: 2296.7 / B: 96.0 T: 76.6 / WP: 287.1 F: 37.5 / WW: 22.5	K: 2416.8 / B: 113.7 T: 83.3 / WP: 281.9 F: 33.5 / WW: 28.2	K: 2382.1 / B: 101.1 T: 81.8 / WP: 290.1 F: 35.1 / WW: 29.1	K: 2597.6 / B: 110.3 T: 111.6 / WP: 223.7 F: 31.0 / WW: 21.5
	W: 291g / KTN: 22.5g / Na: 2839.5mg	W: 335g / KTN: 10.6g / Na: 4131.4mg	W: 290.9g / KTN: 23.2g / Na: 3375.3mg	W: 322.1g / KTN: 16.6g / Na: 3659.4mg	W: 314.3g / KTN: 20.2g / Na: 3113.2mg	W: 321.9g / KTN: 17.9g / Na: 3028.5mg	W: 299.3g / KTN: 20.9g / Na: 4035.1mg
<b>9</b>	K: 2387.3 / B: 104.7 T: 89.6 / WP: 278.0 F: 26.3 / WW: 28.0	K: 2676.6 / B: 147.0 T: 82.2 / WP: 320.7 F: 25.4 / WW: 31.1	K: 2315.6 / B: 108.8 T: 78.7 / WP: 278.1 F: 25.7 / WW: 27.9	K: 2399.7 / B: 105.0 T: 76.9 / WP: 309.6 F: 26.1 / WW: 24.8	K: 2625.8 / B: 135.6 T: 89.2 / WP: 302.5 F: 22.1 / WW: 30.3	K: 2420.3 / B: 108.5 T: 76.6 / WP: 308.3 F: 26.6 / WW: 30.9	K: 2700.6 / B: 119.3 T: 111.9 / WP: 246.2 F: 19.6 / WW: 23.8
	W: 300.2g / KTN: 23.2g / Na: 2873.5mg	W: 347.5g / KTN: 13.2g / Na: 4669.6mg	W: 300.6g / KTN: 24.9g / Na: 3414.4mg	W: 332.8g / KTN: 17.3g / Na: 3691.4mg	W: 325.6g / KTN: 22.8g / Na: 3651.2mg	W: 331.6g / KTN: 20g / Na: 3068.5mg	W: 310g / KTN: 21.6g / Na: 4067.1mg
<b>M L</b>	K: 2311.5 / B: 99.7 T: 87.7 / WP: 270.6 F: 27.2 / WW: 27.2	K: 2519.3 / B: 126.0 T: 75.5 / WP: 319.5 F: 25.5 / WW: 30.9	K: 2226.5 / B: 87.3 T: 76.9 / WP: 271.4 F: 32.3 / WW: 27.2	K: 2321.1 / B: 98.0 T: 73.5 / WP: 306.0 F: 26.2 / WW: 24.4	K: 2457.4 / B: 106.5 T: 82.3 / WP: 307.3 F: 22.5 / WW: 30.0	K: 2369.3 / B: 103.4 T: 72.3 / WP: 309.5 F: 27.2 / WW: 31.0	K: 2769.1 / B: 105.2 T: 125.0 / WP: 245.7 F: 22.8 / WW: 23.7
	W: 290g / KTN: 20.1g / Na: 2806.9mg	W: 344.2g / KTN: 8.1g / Na: 4140mg	W: 302.2g / KTN: 12.2g / Na: 2910.1mg	W: 327.7g / KTN: 17.1g / Na: 3658.6mg	W: 321.4g / KTN: 13.6g / Na: 2869.9mg	W: 333.4g / KTN: 15.1g / Na: 2973mg	W: 313g / KTN: 18.7g / Na: 4243.1mg

**K**- wartość energetyczna (kcal) **B**- białko (g) **T**- tłuszcz (g)  
**WP**- węglowodany przyswajalne (g) **F**- błonnik (g) **WW**- wymienniki  
węglowodanowe **W**- węglowodany ogółem (g) **KTN**- kwasy  
tłuszczowe nasycone (g) **Na**- sól (mg)