

	24.01	25.01	26.01	27.01	28.01	29.01	30.01	31.01
1	K: 2328.0 / B: 98.1 T: 72.7 / WP: 301.0 F: 37.7 / WW: 30.4	K: 2036.7 / B: 101.3 T: 64.9 / WP: 247.1 F: 38.1 / WW: 24.9	K: 2155.0 / B: 97.0 T: 75.4 / WP: 249.3 F: 37.1 / WW: 25.1	K: 2121.0 / B: 97.0 T: 66.3 / WP: 267.9 F: 33.7 / WW: 27.2	K: 2302.9 / B: 99.4 T: 91.4 / WP: 250.6 F: 35.9 / WW: 25.1	K: 2155.7 / B: 110.4 T: 69.9 / WP: 254.1 F: 36.6 / WW: 25.7	K: 2136.0 / B: 105.3 T: 76.4 / WP: 241.2 F: 32.5 / WW: 24.4	K: 2379.4 / B: 95.4 T: 80.9 / WP: 299.5 F: 35.7 / WW: 30.1
	W: 335.3g / KTN: 19.6g / Na: 3795.9mg	W: 280.2g / KTN: 9.4g / Na: 2928.6mg	W: 285.3g / KTN: 17.7g / Na: 2445.5mg	W: 298.7g / KTN: 12.6g / Na: 2832.5mg	W: 283.5g / KTN: 22.4g / Na: 3060.3mg	W: 288.6g / KTN: 14g / Na: 3599.1mg	W: 271g / KTN: 16.4g / Na: 3046.9mg	W: 332.8g / KTN: 15.9g / Na: 2354.3mg
2	K: 2282.5 / B: 109.2 T: 68.2 / WP: 298.5 F: 23.0 / WW: 30.0	K: 2046.5 / B: 103.4 T: 61.9 / WP: 260.6 F: 24.9 / WW: 26.3	K: 2155.1 / B: 103.0 T: 70.0 / WP: 262.7 F: 30.8 / WW: 26.4	K: 2164.8 / B: 102.2 T: 62.8 / WP: 287.4 F: 23.1 / WW: 29.1	K: 2271.8 / B: 106.1 T: 81.0 / WP: 265.1 F: 25.6 / WW: 26.7	K: 2120.8 / B: 110.6 T: 63.4 / WP: 264.3 F: 30.4 / WW: 26.7	K: 2174.1 / B: 110.7 T: 70.8 / WP: 263.0 F: 23.3 / WW: 26.7	K: 2434.0 / B: 108.4 T: 83.9 / WP: 298.2 F: 25.1 / WW: 29.9
	W: 318.4g / KTN: 17.7g / Na: 2336.7mg	W: 281.2g / KTN: 9g / Na: 2888.2mg	W: 290.7g / KTN: 18g / Na: 2417.2mg	W: 307.6g / KTN: 12.5g / Na: 2291.7mg	W: 288.8g / KTN: 13.7g / Na: 2229.1mg	W: 292.9g / KTN: 13.3g / Na: 2851.9mg	W: 283.6g / KTN: 16.1g / Na: 2422.7mg	W: 321.6g / KTN: 15.9g / Na: 2152.4mg
6	K: 2223.1 / B: 98.2 T: 74.7 / WP: 267.7 F: 39.6 / WW: 27.0	K: 2036.7 / B: 101.3 T: 64.9 / WP: 247.1 F: 38.1 / WW: 24.9	K: 2155.0 / B: 97.0 T: 75.4 / WP: 249.3 F: 37.1 / WW: 25.1	K: 1986.5 / B: 95.7 T: 66.7 / WP: 234.5 F: 35.6 / WW: 23.8	K: 2307.7 / B: 99.4 T: 91.9 / WP: 250.6 F: 36.1 / WW: 25.1	K: 2242.9 / B: 115.6 T: 75.1 / WP: 257.7 F: 39.2 / WW: 26.1	K: 2006.0 / B: 103.7 T: 76.0 / WP: 209.6 F: 32.5 / WW: 21.2	K: 2420.6 / B: 97.2 T: 84.8 / WP: 298.1 F: 37.7 / WW: 29.9
	W: 303.8g / KTN: 19.9g / Na: 3796.8mg	W: 280.2g / KTN: 9.4g / Na: 2928.6mg	W: 285.3g / KTN: 17.7g / Na: 2445.5mg	W: 264.2g / KTN: 13.5g / Na: 2842.7mg	W: 283.8g / KTN: 21g / Na: 3075.6mg	W: 294.7g / KTN: 14.5g / Na: 3258.9mg	W: 239.4g / KTN: 16.3g/ Na: 3046.9mg	W: 333.4g / KTN: 16.3g / Na: 2356.4mg
9	K: 2369.0 / B: 101.9 T: 73.6 / WP: 305.9 F: 37.7 / WW: 30.9	K: 2183.7 / B: 118.0 T: 71.4 / WP: 250.1 F: 38.1 / WW: 25.2	K: 2215.0 / B: 100.6 T: 78.2 / WP: 254.4 F: 37.1 / WW: 25.6	K: 2162.0 / B: 100.8 T: 67.2 / WP: 272.8 F: 33.7 / WW: 27.7	K: 2449.9 / B: 116.1 T: 97.9 / WP: 253.6 F: 35.9 / WW: 25.4	K: 2302.7 / B: 127.1 T: 76.4 / WP: 257.1 F: 36.6 / WW: 26.0	K: 2177.0 / B: 109.1 T: 77.3 / WP: 246.1 F: 32.5 / WW: 24.9	K: 2490.4 / B: 110.5 T: 87.0 / WP: 297.1 F: 33.5 / WW: 29.8
	W: 339.8g / KTN: 20.3g / Na: 3835.9mg	W: 285.3g / KTN: 12g / Na: 3474.6mg	W: 290.4g / KTN: 19.8g / Na: 2491.5mg	W: 303.2g / KTN: 13.3g / Na: 2872.5mg	W: 288.6g / KTN: 25g / Na: 3606.3mg	W: 293.7g / KTN: 16.6g / Na: 4145.1mg	W: 275.5g / KTN: 17.1g / Na: 3086.9mg	W: 330.3g / KTN: 18.4g / Na: 2514.3mg
M L	K: 2279.5 / B: 97.6 T: 73.6 / WP: 289.6 F: 39.7 / WW: 29.2	K: 2148.7 / B: 95.3 T: 77.9 / WP: 250.3 F: 40.5 / WW: 25.1	K: 2114.8 / B: 87.6 T: 74.8 / WP: 252.8 F: 38.3 / WW: 24.7	K: 2107.6 / B: 94.6 T: 66.1 / WP: 267.0 F: 33.6 / WW: 27.0	K: 2302.3 / B: 96.6 T: 92.0 / WP: 251.7 F: 36.0 / WW: 25.1	K: 2191.3 / B: 111.2 T: 74.1 / WP: 254.7 F: 40.2 / WW: 25.8	K: 2142.0 / B: 104.3 T: 75.4 / WP: 245.4 F: 32.9 / WW: 24.8	K: 2363.5 / B: 91.9 T: 82.2 / WP: 297.9 F: 38.6 / WW: 29.5
	W: 321.9g / KTN: 17.9g / Na: 3776.3mg	W: 285.7g / KTN: 8.1g / Na: 3112.4mg	W: 278.7g / KTN: 11.6g / Na: 2156.1mg	W: 297.7g / KTN: 9.9g / Na: 3238.1mg	W: 284.6g / KTN: 21.1g / Na: 3070.4mg	W: 288.6g / KTN: 11.5g / Na: 3221.2mg	W: 275.6g / KTN: 14.5g / Na: 3013.9mg	W: 326.3g / KTN: 12.1g / Na: 2206mg

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)