

MONDAY

Banana

Calories: 105 Carbohydrates: 27 grams
Sugars: 14 grams Dietary Fiber: 3 grams
Protein: 1.3 grams Fat: 0.3 grams

Yoghurt

Calories: 61 kcal Protein: 3.5 g Fat: 3.3 g
Saturated Fat: 2.1 g Carbohydrates: 4.7
g Sugars: 4.7 g (natural lactose)

TUESDAY

Apple

Calories: 95 kcal Protein: 0.5 g Fat: 0.3 g
Saturated Fat: 0.05 g Carbohydrates: 25
g Sugars: 19 g (natural fructose) Fiber:
4.4 g

Milk

Calories: 50 kcal Proteins: 3.3 g Fats: 2.0
g Saturated fats: 1.2 g Carbohydrates:
4.8 g Sugars (lactose): 4.8 g

WEDNESDAY

Nectarine

Calories: 60 kcal Protein: 1.5 g Fat: 0.5 g
Saturated Fat: 0.03 g Carbohydrates:
14.6 g Sugars: 11.2 g (natural fructose)
Fiber: 2.4 g

Yoghurt

Calories: 61 kcal Protein: 3.5 g Fat: 3.3 g
Saturated Fat: 2.1 g Carbohydrates: 4.7
g Sugars: 4.7 g (natural lactose)

THURSDAY

Pear

Calories: 101 kcal Protein: 0.6 g Fat: 0.3
g Saturated Fat: 0.02 g Carbohydrates:
27 g Sugars: 17 g (natural fructose)
Fiber: 5.5 g

Milk

Calories: 50 kcal Proteins: 3.3 g Fats: 2.0
g Saturated fats: 1.2 g Carbohydrates:
4.8 g Sugars (lactose): 4.8 g

FRIDAY

Melon

Calories: 34 kcal Protein: 0.8 g Fat: 0.2 g
Saturated Fat: 0.05 g Carbohydrates: 8.2
g Sugars: 7.9 g (natural fructose) Fiber:
0.9 g

Yoghurt

Calories: 61 kcal Protein: 3.5 g Fat: 3.3 g
Saturated Fat: 2.1 g Carbohydrates: 4.7
g Sugars: 4.7 g (natural lactose)