## Tägliche Ausfüll-Liste vom \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 🞎 Aufräumtag: 6-12 EP + max. 30 KH

Fax/Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 🞎 Totaltag : 6-12 EP + max. 60 KH

Tag-Nr: \_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- | --- | --- |
| Zeit | Mahlzeiten | | Größe Portion | Eiweißportion (EP) | Kohlenhydrate  (KH) |
|  | FRÜHSTÜCK | 🞎 *Vitamin-Mineralstoff-NEM*  🞎 *Omega-3-Fettsäure* 🞎 *Ballaststoffe* |  |  |  |
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|  | MITTAGESSEN |  |  |  |  |
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|  | ABENDESSEN | 🞎 *Vitamin-Mineralstoff-NEM*  🞎 *Omega-3-Fettsäure* |  |  |  |
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|  | *Protein mit Wasser* | |  |  |  |
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|  | TOTAL | |  |  |  |

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| **Ketostick** ablesen | 0 1 2 3 4 5 | | **Wöchentlich Körperumfang messen:** | | |
|  |  | |
|  | Tag 1 | Jetzt |  | Tag 1: cm | Jetzt: cm |
| Gewicht |  |  | Brust |  |  |
| Protein | 3x /Tag JA / Nein | | Taille |  |  |
| Wasser | Liter | | Hüfte |  |  |
| Schrittzähler | Schritte | | Oberschenkel |  |  |
| Extra Aktivität |  | | Oberarme |  |  |