




Day 2 to 5	Calories	Percent			Amount (g)		
		Carb (net)	Fat	Protein	Carb (net)	Fat	Protein
Dr. Sten Ekberg	<b>800</b>	13%	78%	9%	25	70	<b>18</b>







You can get more information about food and nutrients by clicking the hyperlinks.














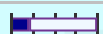





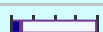


## Nutrition Facts<sup>(1)</sup>

Food	Amount
Cucumber (raw, flesh and skin)	120g
Capsicum pepper (green, raw)	120g
Avocado (Hass, flesh only)	135g
Tomatoes (standard, raw)	150g
Cauliflower (boiled in unsalted water)	120g
Courgette (boiled in unsalted water)	150g
Macadamia nuts (salted)	60g

### Calories 793

Carb 11%  Protein 7%  Fat 82% 

	Amount	% DRI	
<b>Total Fat</b>	<b>72.8g</b>	<b>93%</b>	
Saturated Fat	12.8g	64%	
<b>Sodium</b>	<b>270.4mg</b>	<b>12%</b>	
<b>Total Carbohydrate</b>	<b>37.4g</b>	<b>14%</b>	
Total sugars	17.2g		
Fiber	16.1g	58%	
Net Carbohydrate	21.3g		
<b>Protein</b>	<b>14.3g</b>	<b>29%</b>	

Vitamin	Amount	% DRI		Mineral	Amount	% DRI	
C	218.2mg	242%		Manganese	4.4mg	191%	
B5 (Pantothenate)	4.0mg	80%		Copper	0.8mg	94%	
B6 (Pyridoxine)	1.3mg	78%		Potassium	2,247.8mg	48%	
K1	76.0µg	63%		Magnesium	170.8mg	41%	
B9 (Folate)	224.9µg	56%		Phosphorus	388.4mg	31%	
B1 (Thiamin)	0.6mg	48%		Chloride	714.4mg	31%	
E (total)	6.5mg	44%		Iron	3.9mg	22%	
B7 (Biotin)	12.4µg	41%		Zinc	2.4mg	22%	
B3 (Niacin)	6.1mg	38%		Calcium	156.4mg	12%	
B2 (Riboflavin)	0.3mg	22%		Iodine	16.6µg	11%	
A (RAE)	103.7µg	12%		Selenium	5.4µg	10%	

<sup>(1)</sup> Source: McCance and Widdowson's The Composition of Foods Integrated Dataset 2019

% DRI: As specified by U.S. Food and Drug Administration. **Percent Daily Reference Intakes are based on a 2000 calories diet for adults. Your daily values may be higher or lower depending on your needs.**



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