

ALT DET PRAKTISKE



INDKØB



FRUGT!

ØKONOMIEN

- Tilbud
- Økologi eller ej
- Raw till 4
- Aftaler
- Køb stort ind
- Naturen/ dyrk det selv



GØR DET BILLIGT



OPBEVARING

FRUGTER OG MODNING



MODNING

REDSKABER I KØKKENET



DET SKAL DU BRUGE

HVILKEN BLENDER?



Wilfa 1200



Philips HR2094 alu



Vitamix



Blendtech



Otto

VÆLG TYPE

JUICE ELLER BLENDE?



Citruspresser



Centrifugal juicer



Slow juicer

TYPER AF JUICERE

SPIRALIZER



TIL 'NUDLER'

ANDRE MASKINER



Food processor



Dehydrator

EKSTRA

MED PÅ FARTEN



OPBEVARING

CRONOMETER.COM

The screenshot displays the Cronometer website interface for a food diary entry on September 27, 2015. The top navigation bar includes 'DIARY', 'TRENDS', 'FOODS', and 'PROFILE'. The main content area is divided into several sections:

- Header:** 'September 27, 2015' and navigation buttons for 'ADD FOOD', 'ADD EXERCISE', 'ADD BIOMETRIC', and 'ADD NOTE'.
- Food Diary Table:** A table listing food items with their descriptions, amounts, units, and calorie counts.
- Calories Summary:** A section showing '1348 kcal CONSUMED' and '1737 kcal BURNED', with a bar chart comparing 'Carbs' (-389.3) and 'Activity' vs 'Basal Metabolic Rate'. Below this are nutrient breakdowns: Energy (1348 kcal / 2083 kcal, 65%), Protein (24.8 g / 52.1 g, 48%), Carbs (337.1 g / 416.6 g, 81%), and Fat (5.6 g / 23.1 g, 24%).
- Latest News:** A list of recent updates, including 'Marking days as complete', '35000 New Foods Added', and 'Changes to the Calories Summary'.
- Calories:** A partial view of a bar chart showing calorie consumption.

Description	Amount	Unit	Calories
Bananas, raw	7	large (8" to 8-7/8" long)	847.28
Spinach, raw	1	package (10 oz)	65.32
Orange juice, fresh	1	cup	111.6
Tomatoes, red, ripe, raw, year round average	3	Italian tomato	33.48
Dates, medjool	4	date, pitted	265.92
Cucumber, peeled, raw	1	medium	24.12

Calories Summary

1348 kcal CONSUMED

1737 kcal BURNED

-389.3

Activity Basal Metabolic Rate

Energy: 1348 kcal / 2083 kcal (65%)

Protein: 24.8 g / 52.1 g (48%)

Carbs: 337.1 g / 416.6 g (81%)

Fat: 5.6 g / 23.1 g (24%)

Latest News

- August 28, 2015
Marking days as complete
[Read about our new feature](#)
- February 21, 2015
35000 New Foods Added
[Read about our data addition](#)
- February 9, 2015
Changes to the Calories Summary
[Read about the changes](#)

Close