Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	187	10.46	2.58	20.26
Lunch	336	13.17	29.05	27.05
Dinner	367	15.26	30.12	26.05
Snacks/Other	586	38.15	41.6	28.47
Total	**1476**	**77.03**	**103.36**	**101.83**

Wednesday, August 6, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Skim or Nonfat Milk (Calcium Fortified) 1/2 cup	43	0.22	0.144	5.99	0	5.99	4.2	64	2	205
CytoSport 100% Whey Protein - Chocolate 1 rounded scoop, 35 g	140	2.5	1.5	3	1	3	27	170	70	220
Total	183	2.72	1.644	8.99	1	8.99	31.2	234	72	425
Lunch										
Boar's Head Blazing Buffalo Style Oven Roasted Chicken Breast 2 x 2 oz, 112 g	120	2	0	0	0	0	26	920	70	420
Frito-Lay Sun Chips Original Flavor 1 package	210	10	1.5	29	4	3	3	180	0	
Total	330	12	1.5	29	4	3	29	1100	70	420
Dinner										
Snacks/Other										
Winchell's Chocolate Cake Donut - Plain 1 donut, 60 g	190	10.5	2.5	25	3	9	3	320	20	
Dry Roasted Almonds (with Salt Added) 1 oz (22 whole kernels)	169	14.98	1.147	5.47	3.3	1.39	6.26	96	0	211
Total	359	25.48	3.647	30.47	6.3	10.39	9.26	416	20	211
Total	**872**	**40.2**	**6.791**	**68.46**	**11.3**	**22.38**	**69.46**	**1750**	**162**	**1056**

Monday, August 11, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Odom's Tennessee Pride Mild Sausage Patties	85	7	2.5	0	0	0	3.5	190	20	
1/2 x 2 cooked patties, 24 g										
Egg	129	8.75	2.727	0.68	0	0.68	11.07	123	372	118
2 medium										
Total	214	15.75	5.227	0.68	0	0.68	14.57	313	392	118
Lunch										
Frito-Lay Sun Chips Original Flavor	210	10	1.5	29	4	3	3	180	0	
1 package										
Boar's Head Blazing Buffalo Style Oven Roasted Chicken Breast	120	2	0	0	0	0	26	920	70	420
2 x 2 oz, 112 g										
Total	330	12	1.5	29	4	3	29	1100	70	420
Dinner										
Lay's Classic Potato Chips (28.3g)	160	10	1	15	1	0	2	170	0	350
1 package, 28.3 g										
Potbelly Turkey Sandwich on Skinny Wheat Bread (with Swiss Cheese, Mustard, Lettuce, Sliced Tomato & Mushrooms)	390	11	5	44	4	5	31	1631	64	
1 sandwich										
Total	550	21	6	59	5	5	33	1801	64	350
Snacks/Other										

Monday, August 11, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Kirkland Signature Salted Caramels with Sea Salt 4 x 3 pieces, 136 g	760	36	24	116	0	88	8	1360	40	
Nature Valley Protein Chewy Bars - Peanut Butter Dark Chocolate 1 bar, 40 g	190	12	3.5	14	5	6	10	170	0	
Dry Roasted Almonds (with Salt Added) 1 oz (22 whole kernels)	169	14.98	1.147	5.47	3.3	1.39	6.26	96	0	211
Total	1119	62.98	28.647	135.47	8.3	95.39	24.26	1626	40	211
Total	**2213**	**111.73**	**41.374**	**224.15**	**17.3**	**104.07**	**100.83**	**4840**	**566**	**1099**

Tuesday, August 12, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg 1 medium	65	4.37	1.364	0.34	0	0.34	5.54	62	186	59
Odom's Tennessee Pride Mild Sausage Patties 1/2 x 2 cooked patties, 24 g	85	7	2.5	0	0	0	3.5	190	20	
Total	150	11.37	3.864	0.34	0	0.34	9.04	252	206	59
Lunch										
Kroger Deli Thin Sliced Honey Ham 2 x 2 oz, 112 g	160	5	2	6	0	6	20	1420	60	
Frito-Lay Sun Chips Original Flavor 1 package	210	10	1.5	29	4	3	3	180	0	
Total	370	15	3.5	35	4	9	23	1600	60	
Dinner										
Snacks/Other										
Dry Roasted Almonds (with Salt Added) 1 oz (22 whole kernels)	169	14.98	1.147	5.47	3.3	1.39	6.26	96	0	211
Nature Valley Protein Chewy Bars - Peanut Butter Dark Chocolate 1 bar, 40 g	190	12	3.5	14	5	6	10	170	0	
Total	359	26.98	4.647	19.47	8.3	7.39	16.26	266	0	211
Total	**879**	**53.35**	**12.011**	**54.81**	**12.3**	**16.73**	**48.3**	**2118**	**266**	**270**

Monday, August 18, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
CytoSport 100% Whey Protein - Chocolate 1 rounded scoop, 35 g	140	2.5	1.5	3	1	3	27	170	70	220
Skim or Nonfat Milk (Calcium Fortified) 1/2 cup	43	0.22	0.144	5.99	0	5.99	4.2	64	2	205
Total	183	2.72	1.644	8.99	1	8.99	31.2	234	72	425
Lunch										
Boar's Head Blazing Buffalo Style Oven Roasted Chicken Breast 2 x 2 oz, 112 g	120	2	0	0	0	0	26	920	70	420
Frito-Lay Sun Chips Original Flavor 1 package	210	10	1.5	29	4	3	3	180	0	
Total	330	12	1.5	29	4	3	29	1100	70	420
Dinner										
Russet Potatoes (Flesh and Skin, Baked) 1 small (1-3/4" to 2-1/2" dia)	134	0.18	0.034	29.59	3.2	1.49	3.63	11	0	759
Morton's of Omaha Steakhouse Classic Tri Tip - Beef Bottom Sirloin 2 x 4 oz, 224 g	360	20	8	8	0	2	40	1040	100	0
Green Snap Beans (Drained Solids, Canned) 1/2 cup	14	0.07	0.015	3.04	1.3	0.65	0.78	177	0	74
Total	508	20.25	8.049	40.63	4.5	4.14	44.41	1228	100	833

Monday, August 18, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
CytoSport 100% Whey Protein - Chocolate	280	5	3	6	2	6	54	340	140	440
2 x 1 rounded scoop, 70 g										
Nature Valley Protein Chewy Bars - Peanut Butter Dark Chocolate	190	12	3.5	14	5	6	10	170	0	
1 bar, 40 g										
Dry Roasted Almonds (with Salt Added)	169	14.98	1.147	5.47	3.3	1.39	6.26	96	0	211
1 oz (22 whole kernels)										
Total	639	31.98	7.647	25.47	10.3	13.39	70.26	606	140	651
Total	**1660**	**66.95**	**18.84**	**104.09**	**19.8**	**29.52**	**174.87**	**3168**	**382**	**2329**

Tuesday, August 19, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Beef Tenderloin (Trimmed to 1/8" Fat) 4 oz	280	20.59	8.309	0	0	0	22.24	57	75	342
Egg 2 medium	129	8.75	2.727	0.68	0	0.68	11.07	123	372	118
Total	409	29.34	11.036	0.68	0	0.68	33.31	180	447	460
Lunch										
Frito-Lay Sun Chips Original Flavor 1 package	210	10	1.5	29	4	3	3	180	0	
Boar's Head Blazing Buffalo Style Oven Roasted Chicken Breast 2 x 2 oz, 112 g	120	2	0	0	0	0	26	920	70	420
Total	330	12	1.5	29	4	3	29	1100	70	420
Dinner										
Texas Roadhouse Green Beans 1 serving	60	3	0	9	4	0	0	500	0	
Texas Roadhouse Grilled Salmon 1 serving, 8 oz	530	32		17.1	0	0	30.1	1000	0	
Texas Roadhouse Caesar Salad 1 serving	294	23		14			0			
Total	884	58	0	40.1	4	0	30.1	1500	0	
Snacks/Other										

Tuesday, August 19, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dry Roasted Almonds (with Salt Added) 1 oz (22 whole kernels)	169	14.98	1.147	5.47	3.3	1.39	6.26	96	0	211
Nature Valley Protein Chewy Bars - Peanut Butter Dark Chocolate 1 bar, 40 g	190	12	3.5	14	5	6	10	170	0	
Total	359	26.98	4.647	19.47	8.3	7.39	16.26	266	0	211
Total	1982	126.32	17.183	89.25	16.3	11.07	108.67	3046	517	1091

Wednesday, August 20, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
CytoSport 100% Whey Protein - Chocolate 1 rounded scoop, 35 g	140	2.5	1.5	3	1	3	27	170	70	220
Egg 1 medium	65	4.37	1.364	0.34	0	0.34	5.54	62	186	59
Total	205	6.87	2.864	3.34	1	3.34	32.54	232	256	279
Lunch										
Fried Battered Fish 1 fillet (6-1/4" x 3-1/2" x 3/8")	267	15.24	3.205	8.99	0.3	0.55	22.41	174	88	437
American Value Green Beans (Canned) 1/2 cup, 120 g	20	0		4	2	2	0.5	400	0	
Ranch Salad Dressing 1 tbsp	73	7.71		1	0.1	0.37	0.15	122	5	9
Iceberg Lettuce (Includes Crisphead Types) 1 cup shredded or chopped	8	0.08	0.01	1.63	0.7	0.97	0.5	6	0	78
Total	368	23.03	3.215	15.62	3.1	3.89	23.56	702	93	524
Dinner										
Broccoli 1/2 cup chopped	15	0.17	0.018	3.02	1.2	0.77	1.28	15	0	144
Cauliflower 1 cup	25	0.1	0.032	5.3	2.5	2.4	1.98	30	0	303
Tilapia (Fish) 8 oz	218	3.86	1.295	0	0	0	45.54	118	113	685
Total	258	4.13	1.345	8.32	3.7	3.17	48.8	163	113	1132

Wednesday, August 20, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Kroger 100% Whole Wheat Tortillas 3/4 x 1 tortilla, 34 g	98	2.62	0.75	17.25	2.25	0.75	3	255	0	
Jif Creamy Peanut Butter 1/2 x 2 tbsp, 16.5 g	95	8	1.25	4	1	1.5	3.5	70	0	
Nature Valley Protein Chewy Bars - Peanut Butter Dark Chocolate 1 bar, 40 g	190	12	3.5	14	5	6	10	170	0	
Dry Roasted Almonds (with Salt Added) 1 oz (22 whole kernels)	169	14.98	1.147	5.47	3.3	1.39	6.26	96	0	211
Total	552	37.6	6.647	40.72	11.55	9.64	22.76	591	0	211
Total	**1383**	**71.63**	**14.071**	**68**	**19.35**	**20.04**	**127.66**	**1688**	**462**	**2146**

Thursday, August 21, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg 2 medium	129	8.75	2.727	0.68	0	0.68	11.07	123	372	118
Lunch										
Boar's Head Blazing Buffalo Style Oven Roasted Chicken Breast 2 x 2 oz, 112 g	120	2	0	0	0	0	26	920	70	420
Frito-Lay Sun Chips Original Flavor 1 package	210	10	1.5	29	4	3	3	180	0	
Total	330	12	1.5	29	4	3	29	1100	70	420
Dinner										
Russet Potatoes (Flesh and Skin, Baked) 3 small (1-3/4" to 2-1/2" dia)	402	0.54	0.104	88.76	9.5	4.47	10.89	33	0	2277
Chicken Breast 4 oz boneless, cooked	221	8.75	2.463	0	0	0	33.51	446	94	276
Total	623	9.29	2.567	88.76	9.5	4.47	44.4	479	94	2553
Snacks/Other										
Jif Creamy Peanut Butter 1/2 x 2 tbsp, 16.5 g	95	8	1.25	4	1	1.5	3.5	70	0	
Kroger 100% Whole Wheat Tortillas 3/4 x 1 tortilla, 34 g	98	2.62	0.75	17.25	2.25	0.75	3	255	0	
Dry Roasted Almonds (with Salt Added) 1 oz (22 whole kernels)	169	14.98	1.147	5.47	3.3	1.39	6.26	96	0	211

Thursday, August 21, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Nature Valley Protein Chewy Bars - Peanut Butter Dark Chocolate	380	24	7	28	10	12	20	340	0	
2 x 1 bar, 80 g										
Total	742	49.6	10.147	54.72	16.55	15.64	32.76	761	0	211
Total	**1824**	**79.64**	**16.941**	**173.16**	**30.05**	**23.79**	**117.23**	**2463**	**536**	**3302**

Friday, August 22, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Boar's Head Black Forest Deli Ham 2 oz, 56 g	60	1	0	2	0	2	10	440	30	160
Egg 1 medium	65	4.37	1.364	0.34	0	0.34	5.54	62	186	59
Total	125	5.37	1.364	2.34	0	2.34	15.54	502	216	219
Lunch										
Boar's Head Black Forest Deli Ham 2 x 2 oz, 112 g	120	2	0	4	0	4	20	880	60	320
Frito-Lay Sun Chips Original Flavor 1 package	210	10	1.5	29	4	3	3	180	0	
Total	330	12	1.5	33	4	7	23	1060	60	320
Dinner										
Snacks/Other										
Nature Valley Protein Chewy Bars - Peanut Butter Dark Chocolate 1 bar, 40 g	190	12	3.5	14	5	6	10	170	0	
Dry Roasted Almonds (with Salt Added) 1 oz (22 whole kernels)	169	14.98	1.147	5.47	3.3	1.39	6.26	96	0	211
Total	359	26.98	4.647	19.47	8.3	7.39	16.26	266	0	211
Total	**814**	**44.35**	**7.511**	**54.81**	**12.3**	**16.73**	**54.8**	**1828**	**276**	**750**

Monday, August 25, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Oscar Mayer Turkey Bacon (15g) 2 x 1 slice, 30 g	60	5	1	0	0	0	4	280	30	
Egg 1 medium	65	4.37	1.364	0.34	0	0.34	5.54	62	186	59
Total	125	9.37	2.364	0.34	0	0.34	9.54	342	216	59
Lunch										
Boar's Head Blazing Buffalo Style Oven Roasted Chicken Breast 2 x 2 oz, 112 g	120	2	0	0	0	0	26	920	70	420
Frito-Lay Sun Chips Original Flavor 1 package	210	10	1.5	29	4	3	3	180	0	
Total	330	12	1.5	29	4	3	29	1100	70	420
Dinner										
Green Peas (Frozen) 1/4 cup	28	0.13	0.024	4.94	1.5	1.94	1.88	40	0	54
Shadybrook Farms Ground Turkey 93/7 1 1/2 x 4 oz, 168 g	240	12	3.75	0	0	0	33	127.5	120	
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Green Snap Beans (Drained Solids, Canned) 1/2 cup	14	0.07	0.015	3.04	1.3	0.65	0.78	177	0	74
Total	395	21.48	9.695	8.34	2.8	2.74	42.63	518.5	149	155

Monday, August 25, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
CytoSport 100% Whey Protein - Chocolate	280	5	3	6	2	6	54	340	140	440
2 x 1 rounded scoop, 70 g										
Kroger 100% Whole Wheat Tortillas	130	3.5	1	23	3	1	4	340	0	
1 tortilla, 45 g										
Jif Creamy Peanut Butter	95	8	1.25	4	1	1.5	3.5	70	0	
1/2 x 2 tbsp, 16.5 g										
Nature Valley Protein Chewy Bars - Peanut Butter Dark Chocolate	190	12	3.5	14	5	6	10	170	0	
1 bar, 40 g										
Total	695	28.5	8.75	47	11	14.5	71.5	920	140	440
Total	**1545**	**71.35**	**22.309**	**84.68**	**17.8**	**20.58**	**152.67**	**2880.5**	**575**	**1074**

Tuesday, August 26, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Jimmy Dean Fully Cooked Turkey Sausage Links 3/4 x 3 links, 51 g	75	5.25	1.5	0.75	0	0.75	9	322.5	37.5	
Egg 2 medium	129	8.75	2.727	0.68	0	0.68	11.07	123	372	118
Total	204	14	4.227	1.43	0	1.43	20.07	445.5	409.5	118
Lunch										
Frito-Lay Sun Chips Original Flavor 1 package	210	10	1.5	29	4	3	3	180	0	
Boar's Head Blazing Buffalo Style Oven Roasted Chicken Breast 2 x 2 oz, 112 g	120	2	0	0	0	0	26	920	70	420
Total	330	12	1.5	29	4	3	29	1100	70	420
Dinner										
McDonald's Cheeseburger 2 x 1 serving, 238 g	600	24	12	66	4	14	30	1500	70	
McDonald's French Fries (Medium) 1 serving, 117 g	330	16	2	42	4	1	3	233	0	
Total	930	40	14	108	8	15	33	1733	70	
Snacks/Other										
skinny pop 85025100403 1 1/2 x 4 cups	232	15		22.5	4.5		3	75	0	
Butter 2 1/2 tbsps	255	28.79	18.236	0.02	0	0.02	0.3	4	76	9

Tuesday, August 26, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dry Roasted Almonds (with Salt Added) 1 oz (22 whole kernels)	169	14.98	1.147	5.47	3.3	1.39	6.26	96	0	211
Nature Valley Protein Chewy Bars - Peanut Butter Dark Chocolate 1 bar, 40 g	190	12	3.5	14	5	6	10	170	0	
Total	846	70.77	22.883	41.99	12.8	7.41	19.56	345	76	220
Total	2310	136.77	42.61	180.42	24.8	26.84	101.63	3623.5	625.5	758

Wednesday, August 27, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg 1 medium	65	4.37	1.364	0.34	0	0.34	5.54	62	186	59
Jimmy Dean Fully Cooked Turkey Sausage Links 3/4 x 3 links, 51 g	75	5.25	1.5	0.75	0	0.75	9	322.5	37.5	
Total	140	9.62	2.864	1.09	0	1.09	14.54	384.5	223.5	59
Lunch										
Boar's Head Blazing Buffalo Style Oven Roasted Chicken Breast 2 x 2 oz, 112 g	120	2	0	0	0	0	26	920	70	420
Frito-Lay Sun Chips Original Flavor 1 package	210	10	1.5	29	4	3	3	180	0	
Total	330	12	1.5	29	4	3	29	1100	70	420
Dinner										
Cauliflower 1 cup	25	0.1	0.032	5.3	2.5	2.4	1.98	30	0	303
Chicken Breast 4 oz boneless, cooked	221	8.75	2.463	0	0	0	33.51	446	94	276
Green Snap Beans (Drained Solids, Canned) 1/2 cup	14	0.07	0.015	3.04	1.3	0.65	0.78	177	0	74
Total	260	8.92	2.51	8.34	3.8	3.05	36.27	653	94	653
Snacks/Other										
Kirkland Signature Peanut Butter Filled Pretzels	280	16	3	26	4	2	10	460	0	

Wednesday, August 27, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 x 8 pretzels, 56 g										
Nature Valley Protein Chewy Bars - Peanut Butter Dark Chocolate	190	12	3.5	14	5	6	10	170	0	
1 bar, 40 g										
Dry Roasted Almonds (with Salt Added)	169	14.98	1.147	5.47	3.3	1.39	6.26	96	0	211
1 oz (22 whole kernels)										
Total	639	42.98	7.647	45.47	12.3	9.39	26.26	726	0	211
Total	1369	73.52	14.521	83.9	20.1	16.53	106.07	2863.5	387.5	1343

Thursday, August 28, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg Beaters Egg Beaters - Original 3 tbsp, 46 g	33	0	0	1	0	0	6	120	0	93
Jimmy Dean Fully Cooked Turkey Sausage Links 3/4 x 3 links, 51 g	75	5.25	1.5	0.75	0	0.75	9	322.5	37.5	
Egg 1 medium	65	4.37	1.364	0.34	0	0.34	5.54	62	186	59
Total	173	9.62	2.864	2.09	0	1.09	20.54	504.5	223.5	152
Lunch										
Boar's Head Black Forest Deli Ham 2 x 2 oz, 112 g	120	2	0	4	0	4	20	880	60	320
Frito-Lay Sun Chips Original Flavor 1 package	210	10	1.5	29	4	3	3	180	0	
Total	330	12	1.5	33	4	7	23	1060	60	320
Dinner										
Snacks/Other										
Dry Roasted Almonds (with Salt Added) 1 oz (22 whole kernels)	169	14.98	1.147	5.47	3.3	1.39	6.26	96	0	211
Nature Valley Protein Chewy Bars - Peanut Butter Dark Chocolate 1 bar, 40 g	190	12	3.5	14	5	6	10	170	0	
Total	359	26.98	4.647	19.47	8.3	7.39	16.26	266	0	211

Thursday, August 28, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	862	48.6	9.011	54.56	12.3	15.48	59.8	1830.5	283.5	683