

Tuesday, March 13, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
2 large										
Premier Nutrition High Protein Shake - Chocolate	320	6	2	10	6	2	60	420	40	900
2 x 1 shake, 22 oz										
Total	467	15.94	5.099	10.77	6	2.77	72.58	560	463	1034
Lunch										
Dinner										
Cheddar Cheese	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
1 slice (1 oz)										
Mixed Salad Greens	19	0.26	0.042	3.52	2.2	0.97	1.67	32	0	320
2 cups shredded or chopped										
Kraft Sweet Honey Catalina Salad Dressing	90	6	1	16	0	9	0	280	0	
2 tbsp, 31 g										
Almonds	164	14.36	1.1	5.6	3.3	1.36	6.03	0	0	206
1 oz (23 whole kernels)										
Eckrich Skinless Turkey Smoked Sausage	330	21	6	12	0	12	24	1650	105	
3 x 2 oz, 168 g										
Bush's Best Grillin' Beans Bourbon & Brown Sugar	170	0.5	0	35	6	15	7	480	0	
1/2 cup, 130 g										
Total	886	51.4	14.048	72.48	11.5	38.48	45.67	2616	134	553
Snacks/Other										
Cashew Nuts	314	24.86	4.413	17.12	1.9	3.35	10.33	7	0	374

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2 oz										
Sunshine Cheez-It Original Snack Crackers	150	8	2	17	1	0	3	230	0	0
27 crackers, 30 g										
Total	464	32.86	6.413	34.12	2.9	3.35	13.33	237	0	374
Total	1817	100.2	25.56	117.37	20.4	44.6	131.58	3413	597	1961