

Monday, March 5, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Premier Nutrition High Protein Shake - Chocolate	160	3	1	5	3	1	30	210	20	450
1 shake, 11 oz										
Lunch										
Skinless Chicken Breast	185	2.08	0.554	0	0	0	38.79	109	97	
6 oz boneless, cooked, skinless										
Cauliflower	25	0.1	0.032	5.3	2.5	2.4	1.98	30	0	303
1 cup										
Total	210	2.18	0.586	5.3	2.5	2.4	40.77	139	97	303
Dinner										
Cheddar Cheese	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
1 slice (1 oz)										
Ground Beef (90% Lean / 10% Fat)	197	11.2	4.545	0	0	0	22.4	74	73	360
4 oz										
Marketside Pretzel Buns	380	5	1	68	4	2	12	760	0	
2 x 1 bun, 154 g										
Almonds	164	14.36	1.1	5.6	3.3	1.36	6.03	0	0	206
1 oz (23 whole kernels)										
Kraft Sweet Honey Catalina Salad Dressing	90	6	1	16	0	9	0	280	0	
2 tbsp, 31 g										
Mixed Salad Greens	19	0.26	0.042	3.52	2.2	0.97	1.67	32	0	320
2 cups shredded or chopped										
Publix Yukon Gold Potatoes	110	0	0	26	2	1	3	0	0	620
1 potato, 148 g										
Total	1073	46.1	13.593	119.48	11.5	14.48	52.07	1320	102	1533

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Snacks/Other										
Brownie	387	14.05	2.915	63.79	2.2	37.5	4.86	151	36	182
3 brownies (2" square)										
Total	1830	65.33	18.094	193.57	19.2	55.38	127.7	1820	255	2468