Friday, October 21, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Trader Joe's Half & Half	140	12	8	4	0	4	4	60	60	0
4 x 2 tbsp, 120 ml										
Lunch										
Subway Double Chicken Chopped Salad	220	4.5	1.5	10	4	6	36	490	0	
1 salad, 427 g										
Subway Guacamole	70	6	1	3	2	1	1	100	0	
1 serving, 35 g										
Total	290	10.5	2.5	13	6	7	37	590	0	
Dinner										
Snacks/Other										
Oscar Mayer P3 Portable Protein Pack Deli Snackers	180	13	7	1			15	620	45	
1 package										
Optimum Nutrition Gold Standard 100% Whey - Chocolate Malt	480	4	4	12	0	8	96	560	160	
4 x 1 rounded scoop, 124 g										
Total	660	17	11	13	0	8	111	1180	205	
Total	**1090**	**39.5**	**21.5**	**30**	**6**	**19**	**152**	**1830**	**265**	**0**