Saturday, October 11, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kellogg's Special K Protein Shake - Strawberry 1 bottle, 296 ml	180	5	0.5	29	5	18	10	230	15	520
General Mills Cheerios Protein Cinnamon Almond 1 1/4 cups, 55 g	220	4.5	0.5	40	3	16	7	220	0	170
2% Fat Milk 1 cup	122	4.81	3.067	11.42	0	12.35	8.05	100	20	366
Total	522	14.31	4.067	80.42	8	46.35	25.05	550	35	1056
Lunch										
Roasted Broiled or Baked Chicken Breast (Skin Not Eaten) 6 oz, with bone (yield after bone and skin removed)	207	4.46	1.26	0	0	0	38.76	499	106	320
T. Marzetti Company All Natural Light Balsamic Vinaigrette 2 Tbsp, 32 g	50	3		5	0	5	0	210	0	
Longhorn Steakhouse Strawberry & Pecan Salad 1 salad	190	9	2	22	0	0	5	260	0	
Total	447	16.46	3.26	27	0	5	43.76	969	106	320
Dinner										
Snacks/Other										
Total	**969**	**30.77**	**7.327**	**107.42**	**8**	**51.35**	**68.81**	**1519**	**141**	**1376**