Friday, November 17, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Muscle Deluxe Muscle Mass Toffee 1 serving, 65 g	263	7.3		13.4			19			
Dinner										
Coles Frozen Mixed Vegetables - Peas, Corn, Carrot 100 g	64	0.5		10			2.7			
Helga's Turkish Pide Garlic 1 1/4 x 1 serving , 112 g	284	3		52			9.62			
Zoosh Garlic Aioli 1 serving, 15 g	94	10.3	1.3	1		1	1	84		
Mashed Potato (from Fresh) 1 1/4 cups	320	18.27	4.186	34.7	2.6	5.88	5.54	1029	8	630
Rump Steak 100 g	175	9.88	3.602	0	0	0	20.78	51	73	
Total	937	41.95	9.088	97.7	2.6	6.88	39.64	1164	81	630
Snacks/Other										
Total	**1200**	**49.25**	**9.088**	**111.1**	**2.6**	**6.88**	**58.64**	**1164**	**81**	**630**