Monday, May 14, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
BSC Low Carb Cookies N Cream 65	227	5.6		4.5			24.3			
Dinner										
Chicken Breast Meat 100 g	110	1.24	0.33	0	0	0	23.09	65	58	255
Coles Simply Less Aioli 2 x 1 tbsp, 40 g	158	16	1.2	3.2		1.4	0.4	246		
Avocado 1/2 avocado, NS as to Florida or California	161	14.73	2.137	8.57	6.7	0.66	2.01	7	0	487
Cheddar Cheese 1 1/2 slices (1 oz)	169	13.92	8.859	0.54	0	0.22	10.46	261	44	41
Golden Mills Ciabatta Rolls 3 x 1 roll, 180 g	498	5.7	0.9	93.3	3	5.1	15.9	864	0	
Total	1096	51.59	13.426	105.61	9.7	7.38	51.86	1443	102	783
Snacks/Other										
Muscle Deluxe Muscle Mass Toffee 1/2 x 1 serving, 32.5 g	132	3.65		6.7			9.5			
Total	1455	60.84	13.426	116.81	9.7	7.38	85.66	1443	102	783