Sunday, June 11, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Sugar 1 tsp	16	0	0	4.2	0	4.2	0	0	0	0
Beef Empanadas 1 empanada	263	17.25	4.005	20.22	0.9	0.96	6.65	193	59	
Coffee (Brewed From Grounds) 4 cups (8 fl oz)	9	0.19	0.019	0	0	0	1.14	19	0	465
Total	288	17.44	4.024	24.42	0.9	5.16	7.79	212	59	465
Lunch										
Skinless Chicken Breast 4 oz boneless, cooked, skinless	123	1.39	0.37	0	0	0	25.86	73	65	
Kraft Reduced Fat Mayo with Olive Oil & Cracked Pepper 1 tbsp, 15 g	35	3	0	2	0	1	0	95	0	
Bolthouse Farms Cilantro Avocado Dressing 1/2 x 2 tbsp, 15 g	20	1.75	0.5	0.5	0	0.5	0.5	105	2.5	
Coffee (Brewed From Grounds) 4 cups (8 fl oz)	9	0.19	0.019	0	0	0	1.14	19	0	465
Total	187	6.33	0.889	2.5	0	1.5	27.5	292	67.5	465
Dinner										
Guinness Extra Stout 3 x 1 bottle, 36 oz	528	0	0	42	0	0	9	0	0	
Brown Rice 2 cups cooked	429	3.47	0.699	88.84	7	1.37	9.98	1174	0	168
Steak 14 oz boneless, cooked	996	58.9	23.041	0	0	0	108.75	1476	321	1199

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1953	62.37	23.74	130.84	7	1.37	127.73	2650	321	1367
Snacks/Other										
Silk Pure Almond Milk - Unsweetened Original	45	3.75	0	1.5	1.5	0	1.5	240	0	52.5
1 1/2 x 1 cup, 360 ml										
Bananas	79	0.29	0.099	20.21	2.3	10.82	0.96	1	0	317
3/4 medium (7" to 7-7/8" long)										
Blueberries	48	0.28	0.024	12.32	2	8.47	0.63	1	0	65
3 oz										
Nutrakey Vpro Raw Plant Protein	120	1	0	4	1	0	23	10	0	60
1 scoop, 25.5 g										
Total	292	5.32	0.123	38.03	6.8	19.29	26.09	252	0	494.5
Total	**2720**	**91.46**	**28.776**	**195.79**	**14.7**	**27.32**	**189.11**	**3406**	**447.5**	**2791.5**