Wednesday, July 12, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee (Brewed From Grounds)	14	0.28	0.028	0	0	0	1.71	28	0	697
6 cups (8 fl oz)										
Biotta Beet Juice	55	0	0	12	0	11	1.5	47.5	0	
1/2 x 8 fl oz, 120 ml										
Garden of Life Raw Meal Vanilla (80g)	248	4		25.6	13.6	5.6	27.2	96	0	
64 g										
The Ginger People Ginger Soother	120	0	0	31.5	0	31.5	0	15	0	30
1 1/2 x 1 cup, 12 oz										
Bananas	315	1.17	0.396	80.85	9.2	43.29	3.86	4	0	1267
3 medium (7" to 7-7/8" long)										
Total	752	5.45	0.424	149.95	22.8	91.39	34.27	190.5	0	1994
Lunch										
Farmhouse Gut Shot	10	0	0	1	0	1	0	120	0	90
1.5 oz., 44 ml										
Goats Cheese (Soft)	76	5.98	4.132	0.25	0	0.25	5.25	104	13	7
1 oz										
Quinoa (Cooked)	229	3.55	0.361	42.17	3.6	0	8.01	314	0	
1 cup cooked										
Soybeans (Mature Seeds, Steamed, Cooked)	38	2.09	0.29	3.07	0.4	0.2	3.98	5	0	167
1/2 cup										
Kroger Diced Grilled Chicken Breast	100	2	0	2	0	0	17	530	50	
3 oz, 84 g										
Egg White	17	0.06	0	0.24	0	0.23	3.6	55	0	54
1 large										

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Cooked Spinach (from Fresh) 1/4 cup fresh	18	1.04	0.192	1.7	1.1	0.19	1.33	132	0	209
Total	488	14.72	4.975	50.43	5.1	1.87	39.17	1260	63	527
Dinner										
Publix Bear Claw Ice Cream 4 x 1/2 cup, 292 g	720	36	24	88	4	76	12	240	120	
Mahatma Jasmine Rice 1 1/4 x 1/4 cup dry (3/4 cup prepared), 56 g	200	0	0	45	0	0	3.75	0	0	
Kroger Ribeye Steak 2 1/2 x 3 oz, 212.5 g	410	15	5	0	0	0	62.5	130	162.5	
Simply 7 Quinoa Chips 2 1/2 x 1 oz, 70 g	350	15	1.25	30	0	0	22.5	650	0	
Guinness Draught 2 x 1 bottle, 24 oz	250	0	0	19.6	2	2	2	2	0	
Total	1930	66	30.25	182.6	6	78	102.75	1022	282.5	
Snacks/Other										
Lenny & Larry's The Complete Cookie - Chocolate Chip 1/2 cookie, 2 oz	180	6	1.5	24	4	14	8	220	0	
Total	**3350**	**92.17**	**37.149**	**406.98**	**37.9**	**185.26**	**184.19**	**2692.5**	**345.5**	**2521**