Monday, November 3, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Silk Pure Almond Milk - Unsweetened Vanilla 2 x 1 cup, 480 ml	60	5		2	2	0	2	320	0	70
Bell Plantation PB2 Powdered Peanut Butter 2 tbsp, 13 g	45	1.5	0	5	2	1	5	94	0	
Bananas 1/2 large (8" to 8-7/8" long)	61	0.22	0.076	15.53	1.8	8.32	0.74	1	0	243
Designer Whey Chocolate Whey Protein Powder 1 scoop, 26 g	100	2	1	3	1	2	18	75	60	170
Fuji Apples 1 medium (2-3/4" dia) (approx 3 per lb)	71	0.24	0.039	19.06	3.3	14.34	0.36	1	0	
Total	337	8.96	1.115	44.59	10.1	25.66	26.1	491	60	483
Lunch										
Panera Bread Panera - You Pick Two (Fuji Apple Chicken Salad, French Onion Soup, & French Baguette) 1 Meal, 29 oz	570	21	7	68	6	12	31	2350	55	
Dinner										
Pei Wei Vegetables & Tofu Pad Thai 3/4 x 1 serving	562	17.25	3	83.25	5.25	23.25	21	2010	93.75	
Snacks/Other										
Reese's Peanut Butter Pumpkins 2 pumpkin, 34 g	178	10	3	18	1	16	4	135	0	

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Orange Leaf Brownie Batter Frozen Yogurt 7 x 1 oz, 196 g	308	7	0	56	0	35	7	287	0	
Nice! Yogurt Covered Pretzels 2 x 6 pieces, 60 g	280	12	10	42	0	26	2	250	0	
Market Pantry Half and Half 1 1/2 x 2 tbsp, 45 ml	60	4.5	3	1.5	0	1.5	1.5	45	22.5	
Total	826	33.5	16	117.5	1	78.5	14.5	717	22.5	
Total	2295	80.71	27.115	313.34	22.35	139.41	92.6	5568	231.25	483