

Monday, October 16, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
CytoSport 100% Whey Protein - Chocolate	280	5	3	6	0	6	54	340	140	440
2 x 1 rounded scoop, 70 g										
Strawberries	19	0.18	0.009	4.61	1.2	2.8	0.4	1	0	92
5 medium (1-1/4" dia)										
Total	299	5.18	3.009	10.61	1.2	8.8	54.4	341	140	532
Lunch										
Tillamook Pepper Jack Cheese	110	9	6	1	0	0	6	190	35	
1 oz, 28 g										
Nature's Own Honey Wheat Bread	140	2	0	26	2	4	6	250	0	0
2 slices, 45 g										
Daily Chef Mesquite Grilled Chicken Fillets	184	4.18	0.84	3.34	0	0	33.4	551.1	75.15	
1 2/3 x 3 oz, 142 g										
miracle whip	40	3.5	0.5	2	0	0	0	95	5	
1 tbsp, 15 ml										
Total	474	18.68	7.34	32.34	2	4	45.4	1086.1	115.15	0
Dinner										
Tortilla Corn Chips	220	10.51	1.106	29.39	2.4	0.45	3.51	189	0	97
1 1/2 10 chip servings										
Refried Beans	183	6.6	1.756	23.82	7.8	0.78	7.96	355	8	398
1/2 cup										
Cheddar Cheese	226	18.56	11.812	0.72	0	0.29	13.94	348	59	55
2 slices (1 oz)										
Daisy Light Sour Cream	80	5	4	4	0	4	4	50	20	
2 x 2 tbsp, 60 g										

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Smart Chicken Boneless Skinless Chicken Breast Fillets	120	1	0	0	0	0	26	50	65	240
4 oz, 112 g										
Total	829	41.67	18.674	57.93	10.2	5.52	55.41	992	152	790
Snacks/Other										
Quest Chocolate Chip Cookie Dough Protein Bar	190	9	2.5	20	14	0	21	210	5	115
1 bar, 60 g										
Total	1792	74.53	31.523	120.88	27.4	18.32	176.21	2629.1	412.15	1437