

Tuesday, October 3, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
CytoSport 100% Whey Protein - Chocolate	280	5	3	6	0	6	54	340	140	440
2 x 1 rounded scoop, 70 g										
Total	385	5.39	3.132	32.95	3.1	20.43	55.29	341	140	862
Lunch										
Chicken Thigh (Skin Not Eaten)	248	12.95	3.606	0	0	0	30.86	492	113	283
120 g										
Brown Rice	253	2.05	0.412	52.39	4.1	0.81	5.89	692	0	99
230 g										
Teriyaki Sauce	60	0	0	11.48	0.1	9.4	4.27	2760	0	162
4 tbsps										
Total	561	15	4.018	63.87	4.2	10.21	41.02	3944	113	544
Dinner										
Miller Brewing Company Lite Beer (Bottle)	352	0	0	11.73	0	3.67	3.67	18.34	0	
44 oz										
Michelob Ultra Light Cider	240	0		20	0	12	0	30	0	
2 x 1 bottle, 24 oz										
Kroger Fried Chicken Leg	120	4	4	6			24	230		
1 leg										
Kroger Fried Chicken Thigh	158	10	0	6			18	158	169	
1 piece										
Plain Waffles	436	21.15	4.299	49.35			11.85	766	104	238
2 round (7" dia)										

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Butter 1 tbsp	102	11.52	7.294	0.01	0	0.01	0.12	2	31	3
Maple Syrup 1 oz	74	0.06	0.01	19.02	0	16.87	0	3	0	58
Total	1482	46.73	15.603	112.11	0	32.55	57.64	1207.34	304	299
Snacks/Other										
Quest Chocolate Chip Cookie Dough Protein Bar 1 bar, 60 g	190	9	2.5	20	14	0	21	210	5	115
Total	2618	76.12	25.253	228.93	21.3	63.19	174.95	5702.34	562	1820