

## Tuesday, October 3, 2017

|   | Cals<br>(kcal) | Fat<br>(g)  | Sat<br>(g)   | Carbs<br>(g) | Fiber<br>(g) | Sugar<br>(g) | Prot<br>(g)  | Sod<br>(mg) | Chol<br>(mg) | Potassium<br>(mg) |
|---|----------------|-------------|--------------|--------------|--------------|--------------|--------------|-------------|--------------|-------------------|
| <b>Breakfast</b>                          |                |             |              |              |              |              |              |             |              |                   |
| 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                 |                |             |              |              |              |              |              |             |              |                   |
| <b>Total</b>                              | <b>385</b>     | <b>5.39</b> | <b>3.132</b> | <b>32.95</b> | <b>3.1</b>   | <b>20.43</b> | <b>55.29</b> | <b>341</b>  | <b>140</b>   | <b>862</b>        |
| <b>Lunch</b>                              |                |             |              |              |              |              |              |             |              |                   |
| 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                                   |                |             |              |              |              |              |              |             |              |                   |
| <b>Total</b>                              | <b>561</b>     | <b>15</b>   | <b>4.018</b> | <b>63.87</b> | <b>4.2</b>   | <b>10.21</b> | <b>41.02</b> | <b>3944</b> | <b>113</b>   | <b>544</b>        |
| <b>Dinner</b>                             |                |             |              |              |              |              |              |             |              |                   |
| 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<br>1 tbsp  | 102                   | 11.52             | 7.294             | 0.01                | 0                   | 0.01                | 0.12               | 2                  | 31                  | 3                        |
| Maple Syrup<br>1 oz   | 74                    | 0.06              | 0.01              | 19.02               | 0                   | 16.87               | 0                  | 3                  | 0                   | 58                       |
| <b>Total</b>  | <b>1482</b>           | <b>46.73</b>      | <b>15.603</b>     | <b>112.11</b>       | <b>0</b>            | <b>32.55</b>        | <b>57.64</b>       | <b>1207.34</b>     | <b>304</b>          | <b>299</b>               |
| <b>Snacks/Other</b>   |                       |                   |                   |                     |                     |                     |                    |                    |                     |                          |
| Quest Chocolate Chip Cookie<br>Dough Protein Bar<br>1 bar, 60 g | 190                   | 9                 | 2.5               | 20                  | 14                  | 0                   | 21                 | 210                | 5                   | 115                      |
| <b>Total</b>  | <b>2618</b>           | <b>76.12</b>      | <b>25.253</b>     | <b>228.93</b>       | <b>21.3</b>         | <b>63.19</b>        | <b>174.95</b>      | <b>5702.34</b>     | <b>562</b>          | <b>1820</b>              |