

## Tuesday, October 10, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (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>										
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										
miracle whip	40	3.5	0.5	2	0	0	0	95	5	
1 tbsp, 15 g										
Beef Pastrami (Cured)	164	6.52	3.002	0	0	0	24.42	991	76	263
4 slices (1 oz)										
<b>Total</b>	<b>454</b>	<b>21.02</b>	<b>9.502</b>	<b>29</b>	<b>2</b>	<b>4</b>	<b>36.42</b>	<b>1526</b>	<b>116</b>	<b>263</b>
<b>Dinner</b>										
Light Sour Cream	22	1.7	1.056	1.14	0	0.04	0.56	11	6	34
1 tbsp										
Colby Jack Cheese	163	13.27	8.353	0.69	0	0.22	10.26	242	39	44
1 1/2 slices (1 oz)										
Chicken Thigh (Skin Not Eaten)	362	18.88	5.258	0	0	0	45.01	717	165	413
7 oz boneless, cooked (yield after skin removed)										
Refried Beans with Cheese	200	8.46	3.074	22.64	7.5	0.78	9.21	378	14	383
1/2 cup										

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Guerrero Tostada Shell 1 1/4 x 2 shells, 40 g	200	8.75	3.75	26.25	2.5	0	0	300	0	0
<b>Total</b>	<b>947</b>	<b>51.06</b>	<b>21.491</b>	<b>50.72</b>	<b>10</b>	<b>1.04</b>	<b>65.04</b>	<b>1648</b>	<b>224</b>	<b>874</b>
<b>Snacks/Other</b>										
Quest Chocolate Chip Cookie Dough Protein Bar 1 bar, 60 g	190	9	2.5	20	14	0	21	210	5	115
Portillo's Chocolate Cake 1 slice	356	19	4	43	2	31	4	411	45	
Blue Bell Homemade Vanilla Ice Cream 2 x 1/2 cup , 158 g	360	16	12	42	0	42	10	150	70	
<b>Total</b>	<b>906</b>	<b>44</b>	<b>18.5</b>	<b>105</b>	<b>16</b>	<b>73</b>	<b>35</b>	<b>771</b>	<b>120</b>	<b>115</b>
<b>Total</b>	<b>2692</b>	<b>121.47</b>	<b>52.625</b>	<b>217.67</b>	<b>31.1</b>	<b>98.47</b>	<b>191.75</b>	<b>4286</b>	<b>600</b>	<b>2114</b>