

Tuesday, October 10, 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										
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 ml										
Beef Pastrami (Cured)	164	6.52	3.002	0	0	0	24.42	991	76	263
4 slices (1 oz)										
Total	454	21.02	9.502	29	2	4	36.42	1526	116	263
Dinner										
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
Total	947	51.06	21.491	50.72	10	1.04	65.04	1648	224	874
Snacks/Other										
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	
Total	906	44	18.5	105	16	73	35	771	120	115
Total	2692	121.47	52.625	217.67	31.1	98.47	191.75	4286	600	2114