Saturday, April 11, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cabbage Salad or Coleslaw with Dressing 1/2 cup	134	11.82	1.797	7.04	1.7	4.56	1.18	260	6	190
Chocolate Chips 1 oz	136	8.5	5.032	17.89	1.7	15.45	1.19	3	0	
Pancake Syrup 2 tbsps	94	0	0	24.59	0.3	13.24	0	33	0	6
Plain Waffle 2 round (7" dia)	465	14.32	2.936	73.26	3.8	7.08	10.95	1080	21	212
Total	829	34.64	9.765	122.78	7.5	40.33	13.32	1376	27	408
Lunch										
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Optimum Nutrition Gold Standard 100% Whey - French Vanilla Creme 1 rounded scoop, 31 g	110	1	0.5	2	0	2	24	130	40	
Milk (1% Lowfat with Added Vitamin A) 4 oz	48	1.1	0.718	5.66	0	5.9	3.82	50	6	170
Total	263	2.49	1.35	34.61	3.1	22.33	29.11	181	46	592
Dinner										
Tequila 1 fl oz (no ice)	64	0	0	0	0	0	0	0	0	
Coleslaw 1/2 cup	41	1.57	0.231	7.45	0.9		0.77	14	5	109
Macaroni or Pasta Salad	179	9.41	1.45	20.34	1.2	2.04	3.33	462	4	65

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1/2 cup										
Skinless Chicken Breast	130	1.46	0.389	0	0	0	27.25	77	68	
1/2 breast, bone and skin removed										
Roasted Broiled or Baked Chicken Leg (Skin Eaten)	262	15.22	4.205	0	0	0	29.34	466	104	254
1 medium (yield after cooking, bone removed)										
Total	676	27.66	6.275	27.79	2.1	2.04	60.69	1019	181	428
Snacks/Other										
Blue Bell Homemade Vanilla Ice Cream	360	16	12	42	0	42	10	150	70	
2 x 2/3 cup, 236 g										
Total	2128	80.79	29.39	227.18	12.7	106.7	113.12	2726	324	1428