Friday, February 3, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Milk (1% Lowfat with Added Vitamin A)	48	1.1	0.718	5.66	0	5.9	3.82	50	6	170
4 oz										
CytoSport 100% Whey Protein - Chocolate	210	3.75	2.25	4.5	0	4.5	40.5	255	105	330
1 1/2 x 1 rounded scoop, 52.5 g										
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)										
Total	363	5.24	3.1	37.11	3.1	24.83	45.61	306	111	922
Lunch										
Nature's Harvest 100% Stone Ground Whole Wheat Bread	120	1.5	0	27	3	4	6	180	0	
2 slices, 52 g										
Boar's Head Maple Glazed Honey Coat Ham	120	2	0	6	0	6	20	1140	40	0
2 x 2 oz, 112 g										
Kraft Miracle Whip Light Dressing	20	1.5	0	2	0	0.9	0	125	0	
1 tbsp, 15 g										
Cheddar Cheese	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
1 slice (1 oz)										
Total	373	14.28	5.906	35.36	3	11.05	32.97	1619	69	27
Dinner										
Country Crock Shedd's Spread Original	50	6	1.5	0	0	0	0	100	0	
1 tbsp, 14 g										
Sara Lee 45 Calories & Delightful Oatmeal Bread	90	1	0	19	5	1	5	180	0	

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2 slices, 45 g										
Miller Brewing Company Lite Beer (Bottle)	96	0	0	3.2	0	1	1	5	0	
1 bottle, 12 oz										
Beef Stew with Potatoes and Vegetables (Including Carrots, Broccoli, and/or Dark-Green Leafy) in Tomato-Based Sauce	444	19.45	7.273	39.06	7.1	5.95	27.72	1583	71	1079
2 cups										
Total	680	26.45	8.773	61.26	12.1	7.95	33.72	1868	71	1079
Snacks/Other										
Total	1416	45.97	17.779	133.73	18.2	43.83	112.3	3793	251	2028