

## Monday, October 9, 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<br>- 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<br>Bread                     | 140            | 2            | 0            | 26           | 2            | 4            | 6            | 250           | 0             | 0                 |
| 2 slices, 45 g  |                |              |              |              |              |              |              |               |               |                   |
| Daily Chef Mesquite Grilled<br>Chicken Fillets        | 184            | 4.18         | 0.84         | 3.34         | 0            | 0            | 33.4         | 551.1         | 75.15         |                   |
| 1 2/3 x 3 oz, 142 g                                   |                |              |              |              |              |              |              |               |               |                   |
| miracle whip  | 40             | 3.5          | 0.5          | 2            | 0            | 0            | 0            | 95            | 5             |                   |
| 1 tbsp, 15 ml   |                |              |              |              |              |              |              |               |               |                   |
| <b>Total</b>  | <b>474</b>     | <b>18.68</b> | <b>7.34</b>  | <b>32.34</b> | <b>2</b>     | <b>4</b>     | <b>45.4</b>  | <b>1086.1</b> | <b>115.15</b> | <b>0</b>          |
| <b>Dinner</b>   |                |              |              |              |              |              |              |               |               |                   |
| Roasted Broiled or Baked<br>Chicken Wing (Skin Eaten) | 245            | 16.4         | 4.594        | 0            | 0            | 0            | 22.64        | 343           | 71            | 156               |
| 2 1/2 medium (yield after cooking, bone removed)      |                |              |              |              |              |              |              |               |               |                   |
| pizza   | 627            | 28.74        | 11.434       | 65.49        | 3.3          | 4.19         | 25.18        | 1443          | 50            | 429               |
| 0.19 large (15" dia)                                  |                |              |              |              |              |              |              |               |               |                   |
| miller 64   | 64             | 0            |              | 2.4          | 0            | 0            | 1            | 0             | 0             |                   |
| 1 bottle, 12 oz                                       |                |              |              |              |              |              |              |               |               |                   |
| blue cheese   | 100            | 8.15         | 5.293        | 0.66         | 0            | 0.14         | 6.07         | 395           | 21            | 73                |

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|--|-----------------------|-------------------|-------------------|---------------------|---------------------|---------------------|--------------------|--------------------|---------------------|--------------------------|
| 1 oz   |                       |                   |                   |                     |                     |                     |                    |                    |                     |                          |
| <b>Total</b>                                     | <b>1036</b>           | <b>53.29</b>      | <b>21.321</b>     | <b>68.55</b>        | <b>3.3</b>          | <b>4.33</b>         | <b>54.89</b>       | <b>2181</b>        | <b>142</b>          | <b>658</b>               |
| <b>Snacks/Other</b>                              |                       |                   |                   |                     |                     |                     |                    |                    |                     |                          |
| Quest Chocolate Chip Cookie<br>Dough Protein Bar | 190                   | 9                 | 2.5               | 20                  | 14                  | 0                   | 21                 | 210                | 5                   | 115                      |
| 1 bar, 60 g                                      |                       |                   |                   |                     |                     |                     |                    |                    |                     |                          |
| <b>Total</b>                                     | <b>2085</b>           | <b>86.36</b>      | <b>34.293</b>     | <b>153.84</b>       | <b>22.4</b>         | <b>28.76</b>        | <b>176.58</b>      | <b>3818.1</b>      | <b>402.15</b>       | <b>1635</b>              |