

## Monday, October 9, 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										
Daily Chef Mesquite Grilled 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 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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	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
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 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>