

Monday, October 9, 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										
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 g										
Total	474	18.68	7.34	32.34	2	4	45.4	1086.1	115.15	0
Dinner										
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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1 oz										
Total	1036	53.29	21.321	68.55	3.3	4.33	54.89	2181	142	658
Snacks/Other										
Quest Chocolate Chip Cookie Dough Protein Bar	190	9	2.5	20	14	0	21	210	5	115
1 bar, 60 g										
Total	2085	86.36	34.293	153.84	22.4	28.76	176.58	3818.1	402.15	1635