

Thursday, October 12, 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 ml										
Total	474	18.68	7.34	32.34	2	4	45.4	1086.1	115.15	0
Dinner										
Ground Chicken	150	8.57	2.387	0	0	0	17.19	257	55	140
1/2 cup cooked										
Refried Beans	183	6.6	1.756	23.82	7.8	0.78	7.96	355	8	398
1/2 cup										
Mexican Rice	199	8.38	0.659	28.57	2	5	3.35	487	0	
1 cup										
Cheddar Cheese	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
1 slice (1 oz)										

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Daisy Light Sour Cream 2 tbsp, 30 g	40	2.5	2	2	0	2	2	25	10	
Total	685	35.33	12.708	54.75	9.8	7.93	37.47	1298	102	565
Snacks/Other										
Quest Chocolate Chip Cookie Dough Protein Bar 1 bar, 60 g	190	9	2.5	20	14	0	21	210	5	115
Blue Bell Homemade Vanilla Ice Cream 2 x 1/2 cup , 158 g	360	16	12	42	0	42	10	150	70	
Blue Bell Dutch Chocolate Ice Cream 2 x 1/2 cup, 148 g	320	18	10	34	2	34	6	100	70	
Portillo's Chocolate Cake 1/2 x 1 slice	178	9.5	2	21.5	1	15.5	2	205.5	22.5	
Total	1048	52.5	26.5	117.5	17	91.5	39	665.5	167.5	115
Total	2592	111.9	49.68	237.54	31.9	123.86	177.16	3390.6	524.65	1542