Friday, July 4, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Sedano´s Fat Free Skim Milk with Vitamin A&D	80	0		12	0	12	8	120	5	
1 cup, 240 ml										
Body Fortress Super Advanced Whey Protein - Chocolate (42g)	170	2.5	1.5	7	1	2	30	100	70	210
1 scoop, 42 g										
Naturade Total Soy Meal Replacement - Chocolate	130	3.5	0	16	2	8	13	220	0	310
2 scoops, 36 g										
Total	380	6	1.5	35	3	22	51	440	75	520
Lunch										
Homekist Sandwich Cookies	340	14	4	52	2	24	4	280	0	60
2 x 3 cookies, 72 g										
Old Fashioned Fat Free Sherbet Rainbow	212	0		49.42	0	37.06	1.76	88.25	0	
150 g										
Pure Protein Chewy Chocolate Chip High Protein Bar (Small)	200	5	3	18	2	3	20	105	15	45
1 bar, 50 g										
Panamei Seafood Squid Rings	54	0.97		0	0	0	8.28	24.35	126.62	
55 g										
Skin-on Wild Caught Salmon Fillets	110	2		0	0	0	23	170	65	
4 oz, 113 g										
Total	916	21.97	7	119.42	4	64.06	57.04	667.6	206.62	105
Dinner										
Snacks/Other										

Friday, July 4, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1296	27.97	8.5	154.42	7	86.06	108.04	1107.6	281.62	625