# Tuesday, July 19, 2016

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Egg Beaters Egg Beaters - Original<br>2 x 3 tbsp, 92 g | 66 | 0 | 0 | 2 | 0 | 0 | 12 | 240 | 0 | 186 |
| Egg<br>1 large | 74 | 4.97 | 1.55 | 0.38 | 0 | 0.38 | 6.29 | 70 | 212 | 67 |
| Quaker Quick Oats<br>1/2 cup, 40 g | 150 | 2.5 | 0.5 | 27 | 4 | 1 | 5 | 0 | 0 | |
| Total | 290 | 7.47 | 2.05 | 29.38 | 4 | 1.38 | 23.29 | 310 | 212 | 253 |
| **Lunch** | | | | | | | | | | |
| 99% fat free Chicken Breast<br>15 x 1oz | 525 | 7.5 | 3.75 | 0 | 0 | 0 | 97.5 | 0 | 0 | |
| Brown Rice<br>1/2 cup cooked | 107 | 0.87 | 0.175 | 22.21 | 1.8 | 0.34 | 2.5 | 293 | 0 | 42 |
| Total | 632 | 8.37 | 3.925 | 22.21 | 1.8 | 0.34 | 100 | 293 | 0 | 42 |
| **Dinner** | | | | | | | | | | |
| Perdue Fit & Easy Chicken Thigh Filets<br>2 x 3 oz, 168 g | 260 | 18 | 16 | 0 | 0 | 0 | 44 | 8 | 64 | 0 |
| target bak potato<br>1 potato | 110 | 0 | | 26 | 2 | 1 | 3 | 0 | | 620 |
| Total | 370 | 18 | 16 | 26 | 2 | 1 | 47 | 8 | 64 | 620 |
| **Snacks/Other** | | | | | | | | | | |
| Arctic Zero Cookies & Cream Frozen Dessert<br>2 x 1/2 cup | 70 | 0 | 0 | 14 | 4 | 10 | 6 | 160 | 10 | |

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|---|---|---|---|---|---|---|---|---|---|---|
| Jif Natural Creamy Peanut Butter<br>2 tbsp, 33 g | 190 | 16 | 3 | 8 | 2 | 3 | 7 | 80 | 0 | 0 |
| Blue Diamond Lightly Salted Almonds<br>2 x 28 nuts, 2 oz | 340 | 32 | 2 | 10 | 6 | 2 | 12 | 80 | 0 | 380 |
| Total | 600 | 48 | 5 | 32 | 12 | 15 | 25 | 320 | 10 | 380 |
| Total | 1892 | 81.84 | 26.975 | 109.59 | 19.8 | 17.72 | 195.29 | 931 | 286 | 1295 |