Saturday, August 1, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nut-tritious Pumpkin Seed Butter Blend	84	6.5	1.25	2	0.5	0.5	5.5	20	0	
1/2 x 2 Tbap (32 g.)										
Trader Joe's Frozen Pineapple Tidbits	49	0	0	14.45	1.31	11.83	0.66	6.57	0	
92 g										
Strawberries	27	0.25	0.012	6.37	1.7	3.87	0.56	1	0	127
1/2 cup sliced										
Mangos	54	0.22	0.054	14.02	1.5	12.21	0.42	2	0	129
1/2 cup sliced										
Beachbody Shakeology - Chocolate	160	2	1	17	6	6	17	150	0	
1 scoop, 42 g										
MEDAGLIA D'ORO MEDAGLIA D'ORO INST COF	0	0		0			0			
1 teaspoon, 3 oz										
Water	0	0	0	0	0	0	0	14	0	
3 cups (8 fl oz)										
So Delicious Coconut Milk Unsweetened	45	4.5	4	2	1	0	0	0	0	40
1 cup, 240 ml										
Total	419	13.47	6.316	55.84	12.01	34.41	24.14	193.57	0	296
Lunch										
Starbucks Nonfat Iced Latte (Grande)	90	0	0	13	0	11	8	105	5	
1 serving, 16 oz										
Water	0	0	0	0	0	0	0	12	0	
20 fl oz										
Stir Fried Vegetables	122	6.9	2.523	8.78	1.7	4.93	7.38	867	150	

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1 cup										
Panda Express Grilled Teriyaki Chicken	300	13	4	8	0	8	36	530	185	
1 serving, 6 oz										
Total	512	19.9	6.523	29.78	1.7	23.93	51.38	1514	340	
Dinner										
Nature's Path Organic Pumpkin Flax Plus Granola	86	3.3	0.53	12.21	1.65	3.3	1.98	14.85	0	0
1/3 x 3/4 cup, 18 g										
Fiber One Original Cereal	60	1	0	25	14	0	2	110	0	100
1/2 cup, 30 g										
Chobani Nonfat Raspberry Greek Yogurt	130	0	0	19	0	16	12	60	5	0
1 container, 150 g										
Total	276	4.3	0.53	56.21	15.65	19.3	15.98	184.85	5	100
Snacks/Other										
Mayan Hot Chocolate Protein Bites	156	10.2	1.309	10.5	1.9	4.56	7.68	48	5	18
3 servings										
Mayan Hot Chocolate Protein Bites	156	10.2	1.309	10.5	1.9	4.56	7.68	48	5	18
3 servings										
barkTHINS Dark Chocolate Pretzel with Sea Salt	700	35	21	91	3.5	52.5	10.5	420	0	
3 1/2 x 1.4 oz, 140 g										
Apple Pie Energy Bites	158	4.56	0.437	29.76	3.5	22.26	1.56	0	0	68
3 servings										
Total	1170	59.96	24.055	141.76	10.8	83.88	27.42	516	10	104
Total	**2377**	**97.63**	**37.424**	**283.59**	**40.16**	**161.52**	**118.92**	**2408.42**	**355**	**500**