# Thursday, August 7, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| EfaGold EfaGold Pure Extra Virgin Coconut Oil | 130 | 14 | 13 | 0 | 0 | 0 | 0 | 0 | 0 | |
| 1 tablespoon, 14 g | | | | | | | | | | |
| Lucerne 2% Low Fat Cottage Cheese | 360 | 10 | 6 | 16 | 0 | 8 | 52 | 1640 | 60 | |
| 4 x 1/2 cup, 452 g | | | | | | | | | | |
| Bob's Red Mill Chia Seed | 60 | 4.5 | 0.5 | 5 | 5 | 0 | 3 | 0 | 0 | |
| 2 tbsp, 26 g | | | | | | | | | | |
| Now Real Food Golden Flax Seeds | 65 | 4.5 | 0.5 | 4 | 4 | 0 | 2 | 5 | 0 | |
| 1/2 x 2 tbsp, 10.5 g | | | | | | | | | | |
| Syntrax Essence Isolated Protein Blend - Chocolate | 50 | 0 | 0 | 0.5 | 0.5 | 0 | 11.5 | 90 | 2.5 | 105 |
| 1/2 x 1 level scoop, 14 g | | | | | | | | | | |
| Syntrax Nectar Latte Cappuccino Whey Protein Isolate | 50 | 0 | 0 | 0 | 0 | 0 | 11.5 | 30 | 0 | |
| 1/2 x 1 scoop | | | | | | | | | | |
| Total | 715 | 33 | 20 | 25.5 | 9.5 | 8 | 80 | 1765 | 62.5 | 105 |
| **Lunch** | | | | | | | | | | |
| Monster Beverage Zero Ultra | 0 | 0 | 0 | 2 | 0 | 0 | 0 | 360 | 0 | |
| 2 x 1 cup, 16 oz | | | | | | | | | | |
| Apples | 75 | 0.25 | 0.041 | 20.02 | 3.5 | 15.07 | 0.38 | 1 | 0 | 155 |
| 145 g | | | | | | | | | | |
| Syntrax Nectar Latte Cappuccino Whey Protein Isolate | 75 | 0 | 0 | 0 | 0 | 0 | 17.25 | 45 | 0 | |
| 3/4 x 1 scoop | | | | | | | | | | |
| Syntrax Essence Isolated Protein Blend - Chocolate | 25 | 0 | 0 | 0.25 | 0.25 | 0 | 5.75 | 45 | 1.25 | 52.5 |

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|---|---|---|---|---|---|---|---|---|---|---|
| 1/4 x 1 level scoop, 7 g | | | | | | | | | | |
| Plums | 52 | 0.31 | 0.019 | 12.79 | 1.6 | 11.11 | 0.78 | 0 | 0 | 176 |
| 112 g | | | | | | | | | | |
| Plums | 36 | 0.22 | 0.013 | 8.91 | 1.1 | 7.74 | 0.55 | 0 | 0 | 122 |
| 78 g | | | | | | | | | | |
| **Total** | **263** | **0.78** | **0.073** | **43.97** | **6.45** | **33.92** | **24.71** | **451** | **1.25** | **505.5** |
| **Dinner** | | | | | | | | | | |
| Bacon Dressing (Hot) | 51 | 5.35 | 0.795 | 0.1 | 0 | 0.03 | 0.53 | 33 | 2 | 14 |
| 1 tbsp | | | | | | | | | | |
| Applebee's House Salad | 115 | 7.5 | 3.5 | 6 | 1.5 | 0 | 6.5 | 200 | 1.25 | |
| 1/2 x 1 serving, 88.5 g | | | | | | | | | | |
| Applebee's Signature Sirloin with Garlic Herb Shrimp | 510 | 23 | 8 | 31 | 6 | 0 | 49 | 2330 | 0 | |
| 1 serving | | | | | | | | | | |
| **Total** | **676** | **35.85** | **12.295** | **37.1** | **7.5** | **0.03** | **56.03** | **2563** | **3.25** | **14** |
| **Snacks/Other** | | | | | | | | | | |
| Now Magnesium Citrate | 0 | 0 | | 0 | | | 0 | | | |
| 2 tablets (400mg) | | | | | | | | | | |
| One A Day One A Day Men's Health Formula Multivitamin Supplement | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 1 tablet | | | | | | | | | | |
| Member's Mark Member's Mark Omega 3 Fish Oil (1000 mg) | 20 | 2 | 1 | 0 | 0 | | 0 | 0 | 10 | |
| 2 x 1 softgel | | | | | | | | | | |
| **Total** | **20** | **2** | **1** | **0** | **0** | **0** | **0** | **0** | **10** | **0** |
| **Total** | **1674** | **71.63** | **33.368** | **106.57** | **23.45** | **41.95** | **160.74** | **4779** | **77** | **624.5** |