Wednesday, December 10, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bananas	51	0.19	0.064	13.02	1.5	6.97	0.62	1	0	204
57 g										
Daily Multiple Plus+	61	1	0	12	0	2	1	15	0	150
1 serving, 1 oz										
Old Fashioned Oats	150	3	0.5	27	4	1	5	0	0	143
1/2 cup dry, 40 g										
Organic Ground Flaxseed	35	3	0.25	2	1.5	0	1.5	0	0	
1/2 x 2 tbsp, 7 g										
Pure 100% Whey Complex	226	2	1	4	0	2	48	100	40	352
2 x 1 scoop, 60 g										
Nutritional Shake Mix - Dulce De Leche	90	1	0	13	3	9	9	95	0	190
2 scoops, 25 g										
Total	613	10.19	1.814	71.02	10	20.97	65.12	211	40	1039
Lunch										
Brown Rice	107	0.87	0.175	22.21	1.8	0.34	2.5	293	0	42
1/2 cup cooked										
Skinless Chicken Breast	264	2.98	0.792	0	0	0	55.42	156	139	
240 g										
Cucumber (with Peel)	11	0.08	0.024	2.61	0.4	1.2	0.47	1	0	106
72 g										
Cauliflower	37	0.15	0.047	7.84	3.7	3.55	2.93	44	0	448
148 g										
Total	419	4.08	1.038	32.66	5.9	5.09	61.32	494	139	596
Dinner										
Cucumber (with Peel)	13	0.09	0.029	3.12	0.4	1.44	0.56	2	0	126

Wednesday, December 10, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
86 g										
Cauliflower	53	0.21	0.068	11.24	5.3	5.09	4.2	64	0	642
212 g										
Skinless Chicken Breast	114	1.29	0.343	0	0	0	24.01	68	60	
104 g										
Total	180	1.59	0.44	14.36	5.7	6.53	28.77	134	60	768
Snacks/Other										
pure 100% whey complex	113	1	0.5	2		1	24	50	20	175
1 scoop , 30 g										
Old Fashioned Oats	150	3	0.5	27	4	1	5	0	0	143
1/2 cup dry, 40 g										
Egg White	108	0.35	0	1.51	0	1.47	22.56	344	0	337
207 g										
Total	371	4.35	1	30.51	4	3.47	51.56	394	20	655
Total	**1583**	**20.21**	**4.292**	**148.55**	**25.6**	**36.06**	**206.77**	**1233**	**259**	**3058**