Saturday, May 23, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
pure 100% whey complex 1 scoop , 30 g	113	1	0.5	2		1	24	50	20	175
Nutritional Shake Mix - Dulce De Leche 2 scoops, 25 g	90	1	0	13	3	9	9	95	0	190
Old Fashioned Oats 1/2 cup dry, 40 g	150	3	0.5	27	4	1	5	0	0	143
Daily Multiple Plus+ 1 serving, 1 oz	61	1	0	12	0	2	1	15	0	150
Bananas 148 g	132	0.49	0.166	33.8	3.8	18.1	1.61	1	0	530
Total	546	6.49	1.166	87.8	10.8	31.1	40.61	161	20	1188
Lunch										
Egg White 200 g	104	0.34	0	1.46	0	1.42	21.8	332	0	326
Turkey Breast Meat 231 g	240	3.83	1.109	9.73	1.2	8.11	39.43	2345	99	698
Brown Rice 1/2 cup cooked	107	0.87	0.175	22.21	1.8	0.34	2.5	293	0	42
Total	451	5.04	1.284	33.4	3	9.87	63.73	2970	99	1066
Dinner										
Turkey Breast Meat 300 g	312	4.98	1.44	12.63	1.5	10.53	51.21	3045	129	906
Snacks/Other										

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Organic Low Fat Cottage Cheese 1/2 cup, 113 g	80	1	0.5	3	0	3	14	304	5	0
apricot Greek yogurt 2 x 4 (113)	180	4	3	26	0	20	12	170	20	
ISO 100 Hydrolyzed 100% Whey Protein Isolate - Gourmet Chocolate 1 scoop, 32 g	110	0	0	1	0	1	25	105	5	
Power performance 1 1/4 x 1 scoop (30)	100	0		25		6.25	0			
Bananas 149 g	133	0.49	0.167	34.03	3.9	18.22	1.62	1	0	533
Old Fashioned Oats 1/2 cup dry, 40 g	150	3	0.5	27	4	1	5	0	0	143
pure 100% whey complex 1 scoop , 30 g	113	1	0.5	2		1	24	50	20	175
Almond Butter 2 tbsp, 33 g	190	16	2	8	3	3	7	110	0	
Quinoa (Cooked) 1 cup cooked	229	3.55	0.361	42.17	3.6	0	8.01	314	0	
Total	1285	29.04	7.028	168.2	14.5	53.47	96.63	1054	50	851
Total	**2594**	**45.55**	**10.918**	**302.03**	**29.8**	**104.97**	**252.18**	**7230**	**298**	**4011**