

Wednesday, August 15, 2012

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Milk Chocolate Candies 10 g	54	2.97	1.423	5.94	0.3	5.15	0.76	8	2	37
Milk Chocolate Candies 20 g	107	5.93	2.846	11.88	0.7	10.3	1.53	16	5	74
Milk Chocolate Candies 40 g	214	11.86	5.693	23.76	1.4	20.6	3.06	32	9	149
double fiber 100% whole wheat bread nature's pride 1 slice	100	1		20	6	4	4	210	0	
Amplified Wheyboldic Extreme 60 - Vanilla 1/3 x 3 scoops, 26 g	92	0.33	0.16	2.31	0.33	0.66	19.8	115.5	4.95	115.5
Cream Cheese (Fat Free) 30 g	29	0.41	0.27	1.74	0	0.12	4.32	164	2	49
Total	596	22.5	10.392	65.63	8.73	40.83	33.47	545.5	22.95	424.5
Lunch										
Ketchup 1 tbsp	15	0.06	0.008	3.76	0	3.42	0.26	167	0	57
Fat Free Milk 1 cup, 240 ml	90	0	0	12	0	12	8	130	5	380
Amplified Wheyboldic Extreme 60 - Vanilla 2/3 x 3 scoops, 52 g	185	0.66	0.33	4.62	0.66	1.32	39.6	231	9.9	231
Chicken Breast (Skin Not Eaten) 1 medium (yield after cooking, bone and skin removed)	282	6.09	1.723	0	0	0	52.91	681	144	437
Total	572	6.81	2.061	20.38	0.66	16.74	100.77	1209	158.9	1105

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Dinner										
Roasted Broiled or Baked Chicken Breast	433	17.14	4.821	0	0	0	65.6	872	184	539
1 large (yield after cooking, bone removed)										
Snacks/Other										
Salami	172	13.88	5.582	1.55	0	0	9.6	735	45	137
3 slices (4" dia x 1/8" thick)										
Salami	172	13.88	5.582	1.55	0	0	9.6	735	45	137
3 slices (4" dia x 1/8" thick)										
Total	344	27.76	11.164	3.1	0	0	19.2	1470	90	274
Total	1945	74.21	28.438	89.11	9.39	57.57	219.04	4096.5	455.85	2342.5