

Wednesday, September 11, 2013

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Linguine 1 cup cooked	220	1.29	0.245	42.95	2.5	0.78	8.07	326	0	
Clif Bar Clif Bar - White Chocolate Macadamia Nut 1 bar, 68 g	250	7	2	42	4	21	9	240	0	170
Monster Muscle Monster Energy Drink 1 can, 15 oz	200	4		20			25			
Total	670	12.29	2.245	104.95	6.5	21.78	42.07	566	0	170
Lunch										
Monster Muscle Monster Energy Drink 1 can, 15 oz	200	4		20			25			
Egg 4 large	294	19.88	6.198	1.54	0	1.54	25.16	280	846	268
Fresh & Easy Grade A Sour Cream 2 tbsp, 30 g	60	5	3.5	2	0	1	1	15	15	
Romero's Casera Style Flour Tortillas 3 x 1 tortilla, 120 g	291	6	0	54	3	3	6	546	0	
Total	845	34.88	9.698	77.54	3	5.54	57.16	841	861	268
Dinner										
Beef Inside Skirt Steak (Lean Only, Trimmed to 1/4" Fat) 12 oz	558	28.03	10.682	0	0	0	71.71	228	194	1255
Fresh Pasta 6 oz	492	3.93	0.56	93.41			19.3	44	125	305

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Total	1050	31.96	11.242	93.41	0	0	91.01	272	319	1560

Snacks/Other

Total	2565	79.13	23.185	275.9	9.5	27.32	190.24	1679	1180	1998
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