

Monday, July 1, 2013

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nature's Path Organic Frosted Toaster Pastries Cherry Pomegran (Nature's Path)	200	4.5	3	37	1	17	3	150	0	
1 pastry (52 grams)										
Barleans Fresh catch Fish Oil Supplement (Barlean's)	45	4.5	1.5	0			0		2	
1 tsp										
Egg	294	19.88	6.198	1.54	0	1.54	25.16	280	846	268
4 large										
Total	539	28.88	10.698	38.54	1	18.54	28.16	430	848	268
Lunch										
Whole Milk	146	7.93	4.551	11.03	0	12.83	7.86	98	24	349
1 cup										
Nature's Path Frosted Strawberry Toaster Pastries	210	4	2	40	1	19	3	140	0	0
1 pastry, 52 g										
Optimum Nutrition 100% Whey Protein	165	1.5	0.75	3		1.5	34.5	90	45	
1 1/2 x 1 scoop, 42.6 g										
Total	521	13.43	7.301	54.03	1	33.33	45.36	328	69	349
Dinner										
Egg	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
1 large										
Fresh & Easy Ground Turkey	520	12	2	0	0	0	96	340	320	
4 x 4 oz, 452 g										
White Rice (Medium-Grain, Cooked)	604	0.98	0.265	132.94	1.4		11.07	0	0	135
2 1/2 cups										

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Total	1198	17.95	3.815	133.32	1.4	0.38	113.36	410	532	202

Snacks/Other

Total	2258	60.26	21.814	225.89	3.4	52.25	186.88	1168	1449	819
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