

Thursday, August 22, 2013

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fresh & Easy Grade A Sour Cream	60	5	3.5	2	0	1	1	15	15	
2 tbsp, 30 g										
Egg	294	19.88	6.198	1.54	0	1.54	25.16	280	846	268
4 large										
Romero's Casera Style Flour Tortillas	291	6	0	54	3	3	6	546	0	
3 x 1 tortilla, 120 g										
Total	645	30.88	9.698	57.54	3	5.54	32.16	841	861	268
Lunch										
Polly-O String Cheese	80	6	3.5	0	0	0	7	200	20	
1 stick, 28 g										
Kellogg's Pop-Tarts Frosted - Strawberry	400	10	3	76	2	34	4	340	0	0
2 x 2 pastries, 192 g										
Optimum Nutrition 100% Whey Protein	110	1	0.5	2		1	23	60	30	
1 scoop, 28.4 g										
Total	590	17	7	78	2	35	34	600	50	0
Dinner										
Beef Inside Skirt Steak (Lean Only, Trimmed to 1/4" Fat)	697	35.04	13.353	0	0	0	89.64	285	242	1569
15 oz										
White Rice (Medium-Grain, Cooked)	484	0.78	0.212	106.35	1.1		8.85	0	0	108
2 cups										
Sun chips Sun Chips: Garden Salsa	210	9	1	27	4		4		220	

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1.5 oz										
Total	1391	44.82	14.565	133.35	5.1	0	102.49	285	462	1677

Snacks/Other

Total	2626	92.7	31.263	268.89	10.1	40.54	168.65	1726	1373	1945
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