

Tuesday, July 9, 2013

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg 4 large	294	19.88	6.198	1.54	0	1.54	25.16	280	846	268
Whole Milk 1 cup	146	7.93	4.551	11.03	0	12.83	7.86	98	24	349
Nature's Path Organic Frosted Toaster Pastries Cherry Pomegran (Nature's Path) 1 pastry (52 grams)	200	4.5	3	37	1	17	3	150	0	
Barleans Fresh catch Fish Oil Supplement (Barlean's) 1 tsp	45	4.5	1.5	0			0		2	
Total	685	36.81	15.249	49.57	1	31.37	36.02	528	872	617
Lunch										
Mayonnaise 2 tbsps	115	9.82	1.441	7.03	0	1.88	0.26	209	8	3
Red Potatoes (Flesh and Skin) 10 oz	204	0.4	0.074	45.08	4.8	2.84	5.36	17	0	1290
Egg 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
Milk (Whole Milk) 1 cup	146	7.93	4.551	11.03	0	12.83	7.86	98	24	349
Nature's Path Organic Frosted Toaster Pastries Cherry Pomegran (Nature's Path) 1 pastry (52 grams)	200	4.5	3	37	1	17	3	150	0	
Total	812	32.59	12.165	100.91	5.8	35.32	29.06	614	455	1776

Dinner

Tuesday, July 9, 2013

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Optimum Nutrition 100% Whey Protein	110	1	0.5	2		1	23	60	30	
1 scoop, 28.4 g										
White Rice (Medium-Grain, Cooked)	484	0.78	0.212	106.35	1.1		8.85	0	0	108
2 cups										
Skinless Chicken Breast	370	4.17	1.109	0	0	0	77.58	218	195	
12 oz boneless, cooked, skinless										
Total	964	5.95	1.821	108.35	1.1	1	109.43	278	225	108

Snacks/Other

Total	2461	75.35	29.235	258.83	7.9	67.69	174.51	1420	1552	2501
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