Wednesday, April 16, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
All Whites 100% Liquid Egg Whites	50	0	0	1	0	1	10	140	0	150
2 x 3 tbsp, 92 g										
Trader Joe's Uncured Turkey Bacon	60	3	0.5	0	0	0	12	360	50	0
2 x 1 slice, 56 g										
So Delicious Coconut Milk Unsweetened Vanilla	34	3.38	3	1.5	0.75	0	0	11.25	0	37.5
3/4 x 3/4 cup, 128 g										
Almonds	55	4.86	0.373	1.9	1.1	0.46	2.04	0	0	70
8 almonds										
Total	199	11.24	3.873	4.4	1.85	1.46	24.04	511.25	50	257.5
Lunch										
Trader Joe's Uncured Turkey Bacon	30	1.5	0.25	0	0	0	6	180	25	0
1 slice, 28 g										
Chicken Breast	105	4.17	1.173	0	0	0	15.96	212	45	131
3 oz boneless (yield after cooking)										
Sweet Potato	98	0.06	0.02	22.82	3.4	4.74	1.78	62	0	382
4 oz										
Trader Joe's Cowboy Caviar	12	0		3	0.5	1	0.5	57.5	0	
1/2 x 2 tbsp, 16 g										
Total	245	5.73	1.443	25.82	3.9	5.74	24.24	511.5	70	513
Dinner										
Trader Joe's Ground Turkey Breast	42	0.12		0	0	0	7	13.75	17.5	
1/4 x 4 oz, 28 g										
Schwan's Beef Fajita Meat	195	7.5	3	3	1.5	0	28.5	675	82.5	

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 1/2 x 3 oz, 126 g										
homemade stir fry	40	0		10	5	0	2	15	0	
1 cup										
Total	277	7.62	3	13	6.5	0	37.5	703.75	100	
Snacks/Other										
Almonds	104	9.12	0.699	3.55	2.1	0.86	3.83	0	0	131
15 almonds										
Arctic Zero Ice Cream Bar	85	5	4	7	1	5	3	100	5	
1 bar, 59 g										
Dove Dark Chocolate Miniatures	52	3.5	1.75	5.25	0.5	4.25	0.75	2.5	1.25	
1/4 x 5 pieces										
Fage Total 0% Greek Yogurt (Container)	50	0	0	3.5	0	3.5	9	32.5	0	0
1/2 x 3/4 cup, 85 g										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
Oats	152	2.69	0.475	25.85	4.1		6.59	1	0	167
1/4 cup										
Quest White Chocolate Raspberry	190	8	3.5	23	17	1	21	270	5	90
1 bar, 60 g										
homemade protein pancakes	70	2	0	7	4	0.01	6	20	0	
1 pancake										
Total	808	30.7	10.556	102.1	31.8	29.05	51.46	427	11.25	810
Total	**1529**	**55.29**	**18.872**	**145.32**	**44.05**	**36.25**	**137.24**	**2153.5**	**231.25**	**1580.5**