Monday, November 17, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Ground Beef (90% Lean / 10% Fat)	299	17	6.899	0	0	0	34	112	110	546
170 g										
Beef Top Sirloin (Lean Only, Trimmed to 1/8" Fat, Select Grade)	203	5.66	2.091	0	0	0	35.63	90	58	571
160 g										
Oats	175	3.1	0.548	29.82	4.8		7.6	1	0	193
45 g										
Ciabatta	163	2.1	0.513	30	1.6	0.5	5.28	350	0	
60 g										
Sweet Potato	258	0.15	0.054	60.36	9	12.54	4.71	165	0	1011
300 g										
Chicken Breast (Skin Not Eaten)	394	8.5	2.404	0	0	0	73.82	950	202	610
240 g										
Palta	224	20.52	2.976	11.94	9.4	0.92	2.8	10	0	
140 g										
Member's Mark Omega 3 Fish Oil (1000 mg)	30	3	1.5	0	0		0	0	15	
3 x 1 softgel										
Egg White	103	0.34	0	1.45	0	1.41	21.58	329	0	323
6 large										
Egg	194	13.12	4.091	1.02	0	1.02	16.61	185	558	177
3 medium										
Total	2043	73.49	21.076	134.59	24.8	16.39	202.03	2192	943	3431

Lunch

Dinner

Monday, November 17, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Total	2043	73.49	21.076	134.59	24.8	16.39	202.03	2192	943	3431