Thursday, May 12, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Optimum Nutrition 100% Gold Standard Casein 1 rounded scoop, 32 g	114	0.5		3			24.4			
Cranberries 175 g	80	0.23	0.019	21.35	8	7.07	0.68	4	0	149
Onken Fat Free Vanilla Yoghurt 175 g	131	0.18	0.18	22.75	0.18	21	7.7	1400		
Total	325	0.91	0.199	47.1	8.18	28.07	32.78	1404	0	149
Lunch										
Roe (Fish) (Mixed Species) 150 g	210	9.63	2.184	2.25	0	0	33.48	136	561	332
Smoked Salmon 100 g	117	4.32	0.929	0	0	0	18.28	784	23	175
Total	327	13.95	3.113	2.25	0	0	51.76	920	584	507
Dinner										
Asparagus 100 g	20	0.12	0.046	3.88	2.1	1.88	2.2	2	0	202
Lettuce Salad with Assorted Vegetables (Including Tomatoes and/or Carrots) 1 cup	12	0.12	0.022	2.77	1	1.66	0.63	14	0	145
Chicken Breast 400 g	780	30.88	8.687	0	0	0	118.2	1572	332	972
Stella Artois Lager 1 pint, 568 ml	256	0	0	14	0	0	0	0	0	0
Total	1068	31.12	8.755	20.65	3.1	3.54	121.03	1588	332	1319

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Total	**1720**	**45.98**	**12.067**	**70**	**11.28**	**31.61**	**205.57**	**3912**	**916**	**1975**