Tuesday, July 5, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Just Great Stuff Organic Powdered Chocolate Peanut Butter 2 tbsp, 12 g	40	1		6	2	4	4	55	0	190
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Intek Evolution Protein 1 1/2 x 1 scoop, 67.5 g	240	3	0	9	4.5	1.5	43.5	52.5	7.5	
Barn Dad Nutrition Ultra Fiber DX 1 scoop, 20 g	54	1	0	11	11	0	7	70	0	0
Total	**439**	**5.39**	**0.132**	**52.95**	**20.6**	**19.93**	**55.79**	**178.5**	**7.5**	**612**
Lunch										
Hummus 1 1/2 tbsps	40	1.93	0.253	4.53	0.9	0.1	1.09	54	0	39
Dave's Killer Bread Good Seed Bread 2 x 1 slice, 90 g	280	6	0	50	8	10	10	340	0	230
Trader Joe's Boneless Pork Loin Roast 35 g	74	4.2	1.4	0	0	0	8.05	17.5	22.75	
Skinless Chicken Breast 1 1/2 oz boneless, cooked, skinless	46	0.52	0.139	0	0	0	9.7	27	24	
Clear Value Mashed Potato Flakes 1/3 x 2/3 cup prepared	50	0	0	4.95	0.33	0	0.66	4.95	0	0
365 Organic Tomato Ketchup 7 g	9	0		2.2	0	1.76	0	70.4	0	

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Dickey's Barbecue Barbecue Sauce 0.22 x 2 tbsp	8	0	0	1.98	0	1.76	0	24.2	0	
Great Range Ground Bison 3/4 x 4 oz, 84 g	142	8.25	3	0	0	0	17.25	45	37.5	0
Egg 0.44 jumbo	42	2.84	0.886	0.22	0	0.22	3.6	40	121	38
Total	691	23.74	5.678	63.88	9.23	13.84	50.35	623.05	205.25	307
Dinner										
Fried or Battered Breaded Floured Shrimp 9 small (shelled)	132	6.62	1.398	6.36	0.3	0.29	11.18	263	99	106
Chocolate Chip Cookie 3 large	205	10.39	3.219	26.91	1.2	14.42	2.31	125	0	62
Rib City Baby Back Ribs 51 g	138	8	3.2	1.6	0	0.8	14.4	92	46	
Applebee's Tomato Basil Soup 1 serving	84	4.9	0.7	10.1	2.5	5.2	1.9	8	0	
Sizzler Spinach Cranberry Salad 2 x 1 serving, 8 oz	90	6		12	2	6	2	50	0	
Beef Bottom Sirloin (Tri-Tip Roast, Trimmed to 0" Fat) 9 oz	418	21.82	8.012	0	0	0	52.66	133	166	809
Total	1067	57.73	16.529	56.97	6	26.71	84.45	671	311	977
Snacks/Other										
Jack Link's Original Beef Jerky 1 oz, 28 g	80	1	0	4	0	4	13	590	20	
Jack Link's Original Beef Jerky	40	0.5	0	2	0	2	6.5	295	10	

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1/2 x 1 oz, 14 g										
Dried Apricot	84	0.18	0.006	21.92	2.6	18.7	1.19	4	0	407
10 halves										
Total	204	1.68	0.006	27.92	2.6	24.7	20.69	889	30	407
Total	2401	88.54	22.345	201.72	38.43	85.18	211.28	2361.55	553.75	2303