Sunday, August 24, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Intek Protein Evolution - Vanilla 1 scoop, 40 g	160	1	0	2	1	1	34	35	5	
Publix Boneless Skinless Chicken Thigh 4 oz, 112 g	130	4.5	1	0	0	0	23	95	95	
Bob's Red Mill Gluten Free Oatmeal 2 x 1/2 cup, 90 g	360	6	1	58	10	2	14			
Total	650	11.5	2	60	11	3	71	130	100	
Lunch										
Publix Boneless Skinless Chicken Thigh 4 oz, 112 g	130	4.5	1	0	0	0	23	95	95	
GNC Total Lean Shake - Vanilla Bean (Bottle) 1 bottle, 14 oz	170	6	1	6	3	2	25	330	20	310
E.D. Smith Preserves 1 tablespoon, 17 g	25	0		6	0	6	0	0		
Nature's Promise Organic Almond Butter 1 1/2 x 2 tbsp, 45 g	270	24	2.25	10.5	6	3	7.5	0	0	345
Food For Life Baking Company Ezekiel 4:9 Sprouted 100% Whole Grain Bread 1 slice, 50 g	80	0.5	0	15	3	0	4	75	0	80
Total	675	35	4.25	37.5	12	11	59.5	500	115	735
Dinner										
Cinnamon Sweet Roll Dough (with Frosting)	100	3.66	0.924	15.48			1.5	230	0	17

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1 roll										
Fresh & Easy Chocolate Cake with Chocolate Frosting	250	15	3.5	27	1	20	2	65	25	
1 slice, 62 g										
Cranberry Sauce (Sweetened, Canned)	43	0.04	0.004	11.03	0.3	10.74	0.06	8	0	7
1 oz										
Kroger Homestyle Turkey Gravy	12	0.5	0	1.5	0	0	0.5	200	1	0
1/2 x 1/4 cup, 30 g										
Turkey Breast Meat (Fryer-Roasters, Cooked, Roasted)	230	1.26	0.408	0	0	0	51.13	88	141	497
6 oz										
Sweet Tomatoes Deep Kettle House Chili with 33% More Meat	250	8	3	26	7	7	15	790	25	
1 cup										
Bacon	130	10.03	3.297	0.34	0	0	8.89	554	26	136
3 medium slices (yield after cooking)										
Green String Beans	68	0.26	0.057	15.69	7.5	3.08	4	13	0	460
2 cups										
Broccoli	62	0.67	0.071	12.08	4.7	3.09	5.13	60	0	575
2 cups chopped										
Simply Potatoes Mashed Sweet Potatoes	110	1	0	22	2	14	2	160	5	
1/2 cup, 140 g										
Private Selection Carne Asada	380	18	8	2	0	2	42	1100	100	0
2 x 1 serving, 12 oz										
Total	1635	58.42	19.261	133.12	22.5	59.91	132.21	3268	323	1692

Snacks/Other

Publix Boneless Skinless Chicken Thigh	195	6.75	1.5	0	0	0	34.5	142.5	142.5	

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1 1/2 x 4 oz, 168 g										
Dannon Light & Fit Greek - Vanilla	80	0	0	9	0	7	12	50	10	140
1 container, 150 g										
Kirkland Signature Dry Roasted Almonds	85	7.5	0.5	2.5	1.5	0.5	3	47.5	0	105
1/2 x 1/4 cup, 15 g										
Total	360	14.25	2	11.5	1.5	7.5	49.5	240	152.5	245
Total	3320	119.17	27.511	242.12	47	81.41	312.21	4138	690.5	2672