Friday, January 2, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Trader Joe's Organic Virgin Coconut Oil 5 ml	40	4.66	4	0			0	0	0	
Garden of Life Perfect Food Raw Organic Green Super Food 1 level scoop, 8 g	25	0	0	5	1	2	2	60	0	
Mrs Minor fiber mix 1 scoop	42	1.05		6.02	6	0	2.33	0	0	
unleashed muscle muscle foundation 1 scoop (40 gram)	153	1	0	2		1	34			
Total	260	6.71	4	13.02	7	3	38.33	60	0	
Lunch										
Pomi Marinara Sauce 1/2 cup, 125 ml	50	1.5	0	8	1	7	2	570	0	
Spaghetti 3/4 cup cooked	165	0.97	0.184	32.21	1.9	0.59	6.05	244	0	47
Great Range Ground Bison 2 x 4 oz, 224 g	380	22	8	0	0	0	46	120	100	0
Total	595	24.47	8.184	40.21	2.9	7.59	54.05	934	100	47
Dinner										
Berry Pie (Two Crust) 1 piece (1/8 9" dia)	434	20.61	4.081	59.69	3.7	25.86	3.87	347	0	90
Honey 1/4 tbsp	16	0	0	4.33	0	4.31	0.02	0	0	3
Olive Oil	30	3.38	0.466	0	0	0	0	0	0	0

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1/4 tbsp										
Harvest Sensations Organic Kale Salad	29	0	0	6	2	2	2	30	0	
1 cup, 57 g										
Scalloped Potato	217	5.99	1.788	35.21	3.6	5.29	6.26	669	7	805
1 cup										
Bacon	65	5.01	1.649	0.17	0	0	4.44	277	13	68
1 1/2 medium slices (yield after cooking)										
Green String Beans	34	0.13	0.029	7.84	3.7	1.54	2	7	0	230
1 cup										
Wegmans Organic Grass Fed Perfect Portion Sirloin Steak	360	10.5	6	0			69	135	195	
3 x 3 oz cooked, 252 g										
Total	1185	45.62	14.013	113.24	13	39	87.59	1465	215	1196
Snacks/Other										
GNC Total Lean Shake - Vanilla Bean (Bottle)	170	6	1	6	3	2	25	330	20	310
1 bottle, 14 oz										
Panda Express Mongolian Beef	63	3.85	0.7	5.25	0.7	2.8	3.85	280	8.75	
2 oz										
Total	233	9.85	1.7	11.25	3.7	4.8	28.85	610	28.75	310
Total	2273	86.65	27.897	177.72	26.6	54.39	208.82	3069	343.75	1553