Thursday, April 9, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Mrs Minor fiber mix 1 scoop	42	1.05		6.02	6	0	2.33	0	0	
unleashed muscle muscle foundation 1 1/2 x 1 scoop (40 gram)	230	1.5	0	3		1.5	51			
Garden of Life Organic Extra Virgin Coconut Oil 1 tbsp, 15 ml	125	14	13.5	1	0	1	0	0	0	
Total	397	16.55	13.5	10.02	6	2.5	53.33	0	0	
Lunch										
Baked Sweetpotato (Peel Eaten, Fat Not Added in Cooking) 1 cup	226	0.28	0.092	52.22	8.6	13.7	5	570	0	986
major market pork loin 3.15 x 4 oz	378	12.6	4.72	6.3			59.85	1732.5	141.75	
Guacamole 0.35 cup	128	11.67	1.692	6.94	5.4	0.58	1.6	121	0	388
Total	732	24.55	6.504	65.46	14	14.28	66.45	2423.5	141.75	1374
Dinner										
Oatmeal Cookie 1 1/2 big (3-1/2" - 4" dia) (include Archway brand, Grandma brand)	174	7.14	1.686	25.78	0.9	12.44	2.01	92	0	38
Grilled Chicken (Skin Not Eaten) 0.4 cup diced	102	3.97	1.092	0	0	0	15.49	221	48	
Ranch Salad Dressing 1 1/2 tbsps	109	11.56		1.51	0.2	0.55	0.23	184	7	14

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Cheddar Cheese 1/4 slice (1 oz)	28	2.32	1.476	0.09	0	0.04	1.74	43	7	7
Lettuce 2 cups shredded or chopped	15	0.15	0.02	3.27	1.3	1.94	0.99	11	0	155
Bacon 1 medium slice (yield after cooking)	43	3.34	1.099	0.11	0	0	2.96	185	9	45
Skinless Chicken Breast 1 1/2 breasts, bone and skin removed	389	4.39	1.168	0	0	0	81.74	230	205	
Kraft Mayo Real Mayonnaise 1 tbsp, 13 g	90	10	1.5	0	0	0	0.1	70	5	
Ortega Whole Green Chiles 1 pepper, 36 g	10	0		2	1	0	0	140	0	
New York The Original Texas Garlic Toast 2 x 1 slice, 80 g	320	18	4	34	2	0	6	540	0	
Avocados 1 oz	45	4.16	0.603	2.42	1.9	0.19	0.57	2	0	137
Mozzarella Cheese 2 slices (1 oz)	171	11.36	7.184	2.17	0	0.34	14.72	299	31	54
Total	**1496**	**76.39**	**19.828**	**71.35**	**7.3**	**15.5**	**126.55**	**2017**	**312**	**450**

Snacks/Other

GNC Total Lean Shake - Vanilla Bean (Bottle) 1 bottle, 14 oz	170	6	1	6	3	2	25	330	20	310
My Essentials Nonfat Yogurt No Sugar Added Strawberry 1/2 x 1 container, 85 g	40	0	0	7	0	4	3	50	2	140
unleashed muscle muscle foundation 1 1/2 x 1 scoop (40 gram)	230	1.5	0	3		1.5	51			

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	440	7.5	1	16	3	7.5	79	380	22	450
Total	3065	124.99	40.832	162.83	30.3	39.78	325.33	4820.5	475.75	2274