Wednesday, August 24, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
Kroger Old Fashioned Oatmeal	38	0.62	0	6.75	1	0.25	1.5	0	0	
1/4 x 1/2 cup uncooked, 10 g										
Intek Evolution Protein	240	3	0	9	4.5	1.5	43.5	52.5	7.5	
1 1/2 x 1 scoop, 67.5 g										
Barn Dad Nutrition Ultra Fiber DX	54	1	0	11	11	0	7	70	0	0
1 scoop, 20 g										
Parve Smart Balance Peanut Butter	95	8	1.5	3	1	1.5	3.5	72.5	0	92.5
1/2 x 2 tablespoons, 16 g										
Total	532	13.01	1.632	56.7	20.6	17.68	56.79	196	7.5	514.5
Lunch										
Garden of Life Organic Extra Virgin Coconut Oil	62	7	6.75	0.5	0	0.5	0	0	0	
1/2 x 1 tbsp, 7.5 ml										
Green String Beans	34	0.13	0.029	7.84	3.7	1.54	2	7	0	230
1 cup										
Potatoes (Flesh Without Skin, Without Salt, Boiled)	101	0.12	0.03	23.41	2.1	0.99	2	6	0	384
3/4 cup										
Ground Beef (95% Lean / 5% Fat)	192	7	3.15	0	0	0	29.97	92	87	484
5 oz										
Total	389	14.25	9.959	31.75	5.8	3.03	33.97	105	87	1098
Dinner										
Rita's Frozen Custard (Kids)	59	3	2	7.5	0.75	2	1	36.25	16.25	

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1/4 x 1 cup, 1 oz										
Chocolate Chip Cookie	196	9.89	3.066	25.62	1.2	13.74	2.2	119	0	59
1 very large (3-1/2" - 4" dia)										
Barilla Angel Hair Pasta	200	1	0	42	2	1	7	0	0	0
2 oz, 56 g										
Parve Smart Balance Peanut Butter	190	16	3	6	2	3	7	145	0	185
2 tablespoons, 32 g										
marzetti simply dressed coleslaw dressing	100	8	0.5	6	0	6	0	170	5	
2 tablespoons, 32 g										
Cabbage	43	0.21	0.028	9.93	4.1	6.37	2.56	32	0	438
2 cups chopped										
Mangos	54	0.22	0.054	14.02	1.5	12.21	0.42	2	0	129
1/2 cup sliced										
Yellow Summer Squash	18	0.2	0.05	3.79	1.2	2.49	1.37	2	0	296
1 cup sliced										
Trader Joe's Boneless Skinless Chicken Breast Tenders	240	3	0	0	0	0	52	150	130	6
2 x 4 oz, 224 g										
Total	1100	41.52	8.698	114.86	12.75	46.81	73.55	656.25	151.25	1113
Snacks/Other										
My Essentials Nonfat Yogurt No Sugar Added Strawberry	40	0	0	7	0	4	3	50	2	140
1/2 x 1 container, 85 g										
unleashed muscle muscle foundation	306	4	0	12	6	2	58	70	10	
2 x 1 scoop (40 gram)										
Whole Foods Market Two-Bite Coconut Macaroons	195	10.5	9	22.5	3	18	1.5	52.5	0	
1 1/2 x 2 macaroons, 45 g										

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GNC Total Lean Shake - Vanilla Bean (Bottle) 1 bottle, 14 oz	170	6	1	6	3	2	25	330	20	310
Total	711	20.5	10	47.5	12	26	87.5	502.5	32	450
Total	2732	89.28	30.289	250.81	51.15	93.52	251.81	1459.75	277.75	3175.5