

Sunday, August 6, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Pesto Sauce 12 g	64	6	1.556	0.61	0.2	0.1	2.17	84	5	24
American Heritage Cheddar Shredded Cheese 18 g	71	5.79	3.86	0.64	0	0	4.5	115.74	19.29	
Egg Beaters Egg Beaters - Original 88 g	48	0	0	1.44	0	0	8.66	173.16	0	134.2
Thomas' Bagel Thins - Everything 1 bagel, 46 g	110	1	0	24	5	3	5	190	0	
Cake Batter 2 tbsps	86	2.51	0.43	14.72	0.2	8.18	1.24	128	14	20
Total	379	15.3	5.846	41.41	5.4	11.28	21.57	690.9	38.29	178.2
Lunch										
Market Pantry Deli Swiss Cheese Slices 1 slice, 19 g	70	6	4	0	0	0	5	35	20	
White Bread 38 g	101	1.25	0.272	19.23	0.9	1.64	2.9	259	0	38
Total	171	7.25	4.272	19.23	0.9	1.64	7.9	294	20	38
Dinner										
Beef Steak 8 1/2 oz boneless, cooked	607	36.17	14.162	0	0	0	65.76	899	198	735
Roasted Potato (Fat Added in Cooking) 1 1/4 cups	237	11.11	1.429	31.85	4	1.43	3.68	160	0	767

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T. Marzetti Simply Dressed Avocado Ranch 2 tbsp, 30 g	120	13	1	1	0	1	0	190	5	
Cooked Asparagus (Fat Added in Cooking) 1/2 cup	36	2.04	0.41	3.73	1.8	1.17	2.16	214	0	202
Total	1000	62.32	17.001	36.58	5.8	3.6	71.6	1463	203	1704
Snacks/Other										
Kind Plus Dark Chocolate Cherry Cashew + Antioxidants 1 bar, 40 g	170	9	3	24	4	14	3	20	0	150
Gatorade G2 Thirst Quencher - Orange 1 serving, 12 oz	80	0	0	21	0	21	0	160	0	45
Pineapple 125 g	60	0.15	0.011	15.79	1.8	11.58	0.68	1	0	144
Total	310	9.15	3.011	60.79	5.8	46.58	3.68	181	0	339
Total	1860	94.02	30.13	158.01	17.9	63.1	104.75	2628.9	261.29	2259.2