Monday, August 8, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Six Star Pro Nutrition Whey Isolate Elite Series - Decadent Chocolate 1 scoop, 38 g	140	0.5	0	3	0	0	30	70	0	0
Milk (Nonfat) 1 1/2 cups	129	0.66	0.43	17.82	0	18.71	12.53	191	7	610
Bell Plantation PB2 Powdered Peanut Butter 2 tbsp, 13 g	45	1.5	0	5	2	1	5	94	0	
Dannon Oikos Triple Zero - Vanilla 1/2 x 1 cup, 112.5 g	90	0	0	11.5	5	5.5	11	50		
Total	404	2.66	0.43	37.32	7	25.21	58.53	405	7	610
Lunch										
FortiFX Fit Crunch Peanut Butter (88g) 1 bar, 88 g	380	16	8	27	2	6	30	490	30	100
Dinner										
Bush's Best Homestyle Baked Beans 1/2 cup, 130 g	140	1	0	29	5	12	6	550	0	
Sweet Baby Ray's Original Barbecue Sauce 2 1/2 x 2 tbsp, 92.5 g	175	0		45	0	40	0	725	0	
Pork Steak or Cutlet (Lean and Fat Eaten) 1 medium (yield after cooking, bone removed)	394	22.66	8.137	0	0	0	44.52	631	149	588
Total	709	23.66	8.137	74	5	52	50.52	1906	149	588

Monday, August 8, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Strawberries	84	0.79	0.04	20.28	5.3	12.3	1.77	3	0	404
22 medium (1-1/4" dia)										
Dannon Oikos Triple Zero - Vanilla	90	0	0	11.5	5	5.5	11	50		
1/2 x 1 cup, 112.5 g										
Six Star Pro Nutrition Whey Isolate Elite Series - Decadent Chocolate	140	0.5	0	3	0	0	30	70	0	0
1 scoop, 38 g										
Bell Plantation PB2 Powdered Peanut Butter	45	1.5	0	5	2	1	5	94	0	
2 tbsp, 13 g										
Milk (2% Lowfat with Added Vitamin A)	122	4.81	3.067	11.42	0	12.35	8.05	100	20	366
1 cup										
FortiFX Fit Crunch Peanut Butter (88g)	380	16	8	27	2	6	30	490	30	100
1 bar, 88 g										
Total	861	23.6	11.107	78.2	14.3	37.15	85.82	807	50	870
Total	**2354**	**65.92**	**27.674**	**216.52**	**28.3**	**120.36**	**224.87**	**3608**	**236**	**2168**