Monday, March 2, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Atkins Advantage Chocolate Peanut Butter Bar 1 bar, 60 g	250	14	8	2	0	0	17	190	5	
Canned Chicken (Meat Only) 1/2 can (5 oz) yields	115	5.06	1.406	0.5	0	0	15.81	84	31	96
Hellmann's Real Mayonnaise 1 tbsp, 13 g	90	10	1.5	0	0	0	0	90	5	
Total	455	29.06	10.906	2.5	0	0	32.81	364	41	96
Lunch										
Szechuan Chicken 3/4 cup	135	6.37	1.108	6.97	1.3	1.6	11.9	462	32	
Dinner										
Snacks/Other										
Atkins Endulge Caramel Nut Chew Bar 1/4 x 1 bar, 8 g	32	2	1	2	1.5	0.25	1.25	17.5	1.25	20
Mission Pork Rinds 1/2 oz, 14 g	80	4.5	1.5	0	0	0	8	370	15	0
Total	112	6.5	2.5	2	1.5	0.25	9.25	387.5	16.25	20
Total	**702**	**41.93**	**14.514**	**11.47**	**2.8**	**1.85**	**53.96**	**1213.5**	**89.25**	**116**