Tuesday, December 2, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
My Essentials Natural 4 Cheese Mexican Blend Fancy Shredded Cheese 1/2 x 1/4 cup, 14 g	55	4.5	3	0.5	0	0	3	100	12.5	
Honey 1 tbsp	64	0	0	17.3	0	17.25	0.06	1	0	11
Quaker 100% Whole Grain Oatmeal 1/2 cup dry, 40 g	150	3	0.5	27	4	1	5	0	0	
Egg 4 large	294	19.88	6.198	1.54	0	1.54	25.16	280	846	268
Silk Vanilla Soymilk 1/2 x 1 cup, 120 ml	50	1.75	0.25	5.5	0.5	4	3	47.5	0	150
Total	613	29.13	9.948	51.84	4.5	23.79	36.22	428.5	858.5	429
Lunch										
Turkey Breast Meat 10 oz	295	4.71	1.361	11.94	1.4	9.95	48.39	2878	122	856
Mashed Potato 1 cup	210	7.43	1.661	33.01	2.7	2.9	3.78	485	2	546
Butter 1/2 tbsp	51	5.76	3.647	0	0	0	0.06	1	15	2
Total	556	17.9	6.669	44.95	4.1	12.85	52.23	3364	139	1404
Dinner										
Snacks/Other										
Fresh & Easy Mango Gel 1 container, 128 g	100	0	0	24	0	24	2	25	25	

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Reese's Peanut Butter Cup 2 x 1 piece, 30 g	160	9	3	18	1	16	4	110	0	
Forza Pro Protein Powder 2 x 1 scoop, 84 g	292	4	0	4	0	2	60	120	90	400
Nestle Kit Kat (Fun Size) 3 x 2 bars, 36 g	180	9	6	24	0	18	3	30	0	
Total	732	22	9	70	1	60	69	285	115	400
Total	**1901**	**69.03**	**25.617**	**166.79**	**9.6**	**96.64**	**157.45**	**4077.5**	**1112.5**	**2233**