Tuesday, February 14, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
dotFIT Dotbar Chocolate Mint Crunch 1 bar, 41 g	160	5	1	15	1	5	15	110	30	
Lunch										
Beef Steak 1 small (yield after cooking, bone removed)	386	22.97	8.992	0	0	0	41.75	571	125	467
Grilled Chicken (Skin Not Eaten) 1 medium piece (yield after cooking, bone and skin removed)	98	3.82	1.052	0	0	0	14.92	212	46	
White Rice 1 cup cooked	204	0.44	0.12	44.08	0.6	0.08	4.2	577	0	55
Total	688	27.23	10.164	44.08	0.6	0.08	60.87	1360	171	522
Dinner										
Snacks/Other										
General Mills Chex Mix Traditional (Pouch) 1 pouch, 49 g	210	6	1	37	2	3	4	380	0	
MuscleTech Phase8 Milk Chocolate 1 scoop, 42 g	150	2		7	1		26	120		
Smoothie King Carrot Kale Dream Smoothie 1 smoothie, 20 oz	222	1	0	50	3	40	4	155	0	0
Total	582	9	1	94	6	43	34	655	0	0
Total	**1430**	**41.23**	**12.164**	**153.08**	**7.6**	**48.08**	**109.87**	**2125**	**201**	**522**