Wednesday, August 24, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Giant Eagle Mexican Shredded Cheese Blend 1/2 x 1/4 cup, 14 g	55	4.5	3	0.5	0	0	3	100	12.5	
Egg 1/2 medium	32	2.19	0.682	0.17	0	0.17	2.77	31	93	29
Dunkin' Donuts Coffee with Sugar 1/2 x 1 serving, 5 oz	30	0	0	7.5	0	6	0.5	30	0	
Simply Potatoes Shredded Hash Browns 2/3 cup, 83 g	70	0	0	16	2	0	1	55	0	
2% Fat Milk 1 cup	122	4.81	3.067	11.42	0	12.35	8.05	100	20	366
Egg White 1/2 large	9	0.03	0	0.12	0	0.12	1.8	27	0	27
Chorizos 1/4 link (3-1/4" long)	50	4.21	1.582	0.2	0	0	2.65	136	10	44
Total	368	15.74	8.331	35.91	2	18.64	19.77	479	135.5	466
Lunch										
flour tortilla 3/4 x 1 tortilla, 53 g	158	4.5	1.12	25.5	0.75	0	3.75	390	0	0
shredded colby jack 3/4 x 1/3 cup, 21 g	82	6.75	3.75	0.56	0	0	5.25	127.5	22.5	
ground chicken 4 oz, 112 g	180	9	2	1	0	0	22	95	85	
sweet corn 1/4 cup	33	0.45	0.07	7.32	1	1.24	1.24	6	0	104
black beans	60	0.25	0	11.5	3	0.5	3.5	240	0	240

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1/2 x 1/2 cup, 65 g										
taco sauce	20	0	0	4	0	1	0	240	0	
2 x 1 tbsp, 32 g										
Pork Chops (Top Loin, Boneless)	408	16.7	5.687	0	0	0	60.53	505	162	1287
10 oz										
Great Value Broccoli & Cauliflower	75	0	0	9	3	3	3	60	0	315
3 x 1 cup, 255 g										
Total	1016	37.65	12.627	58.88	7.75	5.74	99.27	1663.5	269.5	1946
Dinner										
Perdue Ground Turkey 93/7	200	8.75	1.25	1.25	0	0	30	106.25	75	0
1 1/4 x 3 oz, 105 g										
bertolli BRTLI ORGNC OLV/BASL/GRLC SCE	80	3.5	0	10	2	7	2	510	0	
1/2 cup, 125 g										
Barilla PLUS Thin Spaghetti Multigrain	158	1.5	0	28.5	3	1.5	7.5	18.75	0	
3/4 x 2 oz, 42 g										
Total	438	13.75	1.25	39.75	5	8.5	39.5	635	75	0
Snacks/Other										
Cottage Cheese (Lowfat 1% Milkfat)	122	1.73	1.093	4.61	0	4.61	21	688	7	146
3/4 cup (not packed)										
Coca-Cola Coco-Cola Classic (12 oz)	140	0	0	39	0	39	0	45	0	
1 can, 12 oz										
Optimum Nutrition Protein Powder (100% Whey Protein)	180	1.5	0	4.5	0	0	36	105	0	195
1 1/2 x 1 scoop, 45.6 g										

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Orange Juice	56	0.25	0.03	12.9	0.2	10.42	0.87	1	0	248
1/2 cup										
Total	498	3.48	1.123	61.01	0.2	54.03	57.87	839	7	589
Total	2320	70.62	23.331	195.55	14.95	86.91	216.41	3616.5	487	3001