Wednesday, October 26, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Brown Rice Flour	290	2.07		64.17	4.14	0	6.21	10.35	0	
83 g										
100% Whey Protein - Chocolate	227	3.24	1.62	4.86	1.62	1.62	43.74	243	97.2	469.8
1.62 x 1 scoop (35 grams)										
Butter	153	17.28	10.941	0.01	0	0.01	0.18	2	46	5
1 1/2 tbsps										
Total	670	22.59	12.561	69.04	5.76	1.63	50.13	255.35	143.2	474.8
Lunch										
Brown Rice Flour	290	2.07		64.17	4.14	0	6.21	10.35	0	
83 g										
100% Whey Protein - Chocolate	227	3.24	1.62	4.86	1.62	1.62	43.74	243	97.2	469.8
1.62 x 1 scoop (35 grams)										
Butter	153	17.28	10.941	0.01	0	0.01	0.18	2	46	5
1 1/2 tbsps										
Total	670	22.59	12.561	69.04	5.76	1.63	50.13	255.35	143.2	474.8
Dinner										
El Pollo Loco Flame Grilled Chicken Breast	220	9	2.5	0	0	0	36	620	140	
1 breast, 4.3 oz										
El Pollo Loco Flame Grilled Chicken Leg	80	4	1	0	0	0	12	170	70	
1 leg, 1.6 oz										
Total	300	13	3.5	0	0	0	48	790	210	
Snacks/Other										

Wednesday, October 26, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Caesar Salad Dressing 1 tbsp	78	8.48	1.292	0.46	0	0.19	0.18	158	0	4
Willy Wonka Sweetarts 3 x 13 pieces, 45 g	180	0	0	39	0	36	0	0	0	0
Beef Jerky 2 pieces large	164	10.24	4.34	4.4	0.7	3.6	13.28	885	19	239
Dunkin' Donuts Sugar Raised Donut 1/2 x 1 donut	115	7	3	11	0.5	2	1.5	165	0	
Beef Top Sirloin (Trimmed to 1/8" Fat) 6 oz	342	21.62	8.721	0	0	0	34.53	88	80	536
Total	879	47.34	17.353	54.86	1.2	41.79	49.49	1296	99	779
Total	**2519**	**105.52**	**45.975**	**192.94**	**12.72**	**45.05**	**197.75**	**2596.7**	**595.4**	**1728.6**