Saturday, August 16, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee-Mate French Vanilla Creamer 2 x 1 tbsp, 30 ml	120	5	4	18	0	14	0	30	0	
Dannon Oikos Fruit on the Bottom Nonfat Greek Yogurt - Strawberry 1 container , 150 g	120	0	0	19	0	18	12	50	5	170
Beachbody E&E Energy and Endurance 2 scoops, 11 g	20	0	0	5	0	4	0	200	0	60
Beachbody P90X Results and Recovery Formula 2 scoops, 60 g	220	1	0.5	40	0.8	26	10	150	20	155
Quaker Instant Oatmeal - Lower Sugar Maple and Brown Sugar 1 packet, 34 g	120	2	0	24	3	4	4	290	0	110
Total	600	8	4.5	106	3.8	66	26	720	25	495
Lunch										
Jif Creamy Peanut Butter 2 tbsp, 32 g	190	16	3	7	2	3	7	150	0	
Beachbody Shakeology - Chocolate 1 scoop, 42 g	160	2	1	17	6	6	17	100	0	
Total	350	18	4	24	8	9	24	250	0	
Dinner										
Subway Double Chicken Chopped Salad 1 salad, 433 g	220	4.5	1.5	10	4	4	36	490	100	

Saturday, August 16, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Beachbody P90X Peak Performance Protein Bars - Chocolate Peanut Butter 1 bar, 65 g	260	8	4	30	2	16	20	220	5	
Total	**1430**	**38.5**	**14**	**170**	**17.8**	**95**	**106**	**1680**	**130**	**495**