Thursday, March 5, 2015

	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	
Beachbody Hardcore Base Shake 1 scoop, 32 g	120	1		11	1	5	18	100	20	100
Beachbody P90X Results & Recovery Formula 2 scoops, 60 g	220	1	0.5	40	0.8	26	10	150	20	155
Scrambled Egg 2 eggs	199	15.21	5.784	1.96	0	1.43	13.01	211	400	138
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 & Endurance 2 scoops, 11 g	20	0	0	5	0	4	0	200	0	60
Florida's Natural 100% Pure Florida Orange Juice 1 1/2 x 8 fl oz, 360 ml	165	0	0	39	0	33	3	0	0	675
Turkey Bacon 2 thin slices (yield after cooking)	61	4.46	1.327	0.5	0	0	4.74	366	16	63
Mozzarella Cheese 1 slice (1 oz)	86	5.68	3.592	1.09	0	0.17	7.36	150	15	27
Total	**1111**	**32.35**	**15.203**	**135.55**	**1.8**	**101.6**	**68.11**	**1257**	**476**	**1388**
Lunch										
Ott's Creamy Italian Dressing 2 tbsp, 29 g	100	10	1.5	1	0	0	0	200	0	

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Great Value Romaine Lettuce 1 cup, 47 g	15	0		1	0.5	0	1	10	0	
Walnuts 1/2 oz (14 halves)	93	9.24	0.868	1.94	0.9	0.37	2.16	0	0	63
Chicken Breast 1/4 small (yield after cooking, bone removed)	82	3.24	0.912	0	0	0	12.41	165	35	102
Mozzarella Cheese 1/2 slice (1 oz)	43	2.84	1.796	0.54	0	0.09	3.68	75	8	13
Dole Fruit Bowls - Diced Peaches 4 oz, 113 g	80	0		20	0.5	18	0	5	0	70
Total	**413**	**25.32**	**5.076**	**24.48**	**1.9**	**18.46**	**19.25**	**455**	**43**	**248**
Dinner										
Frito-Lay Lay's Classic Potato Chips 1	240	16	1.5	23	2	1	3	250	0	520
Subway Buffalo Sauce 1 serving, 14 g	5	0	0	1	0	0	0	410	0	
Subway 6" Flatbread 1 flatbread, 87 g	220	4.5	1	38	2	2	7	340	0	
Subway Chicken Strips 1 serving, 71 g	80	1.5	0.5	0	0	0	16	210	50	
Provolone Cheese 1 slice (1 oz)	98	7.45	4.782	0.6	0	0.16	7.16	245	19	39
Total	**643**	**29.45**	**7.782**	**62.6**	**4**	**3.16**	**33.16**	**1455**	**69**	**559**
Snacks/Other										
Beachbody P90X Peak Performance Protein Bars - Chocolate Peanut Butter	260	8	4	30	2	16	20	220	5	

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 bar, 65 g										
Total	**2427**	**95.12**	**32.061**	**252.63**	**9.7**	**139.22**	**140.52**	**3387**	**593**	**2195**