Wednesday, August 6, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Musselman's Natural Unsweetened Apple Sauce 1/2 cup, 112 g	50	0	0	13	2	8	0	10	0	0
Simple Truth Organic 2% Reduced Fat Milk 161 ml	81	3.36	2.01	8.05	0	7.38	5.37	80.52	13.42	261.69
Barlean's Extra Virgin Coconut Oil 30 g	83	9.34	8.34	0	0	0	0	0	0	0
Quaker Old Fashioned Oats 1/2 x 1/2 cup dry, 20 g	75	1.5	0.25	13.5	2	0.5	2.5	0	0	0
Designer Whey 100% Premium Whey Protein Powder - Plain & Simple 1 scoop, 28 g	100	2	1	6	3	2	19	70	60	100
Total	**389**	**16.2**	**11.6**	**40.55**	**7**	**17.88**	**26.87**	**160.52**	**73.42**	**361.69**
Lunch										
Locatelli Pecorino Romano 2 x 1 tbsp, 10 g	40	3	2	0		0	2	180	10	
Great Value French Style Cut Green Beans 1/2 cup, 120 g	20	0		4	2	2	1	390	0	150
Trader Joe's Unsalted Organic Butter 1/2 x 1 tbsp, 7 g	50	5.5	3.5	0		0	0	0	15	
Simple Truth Organic 2% Reduced Fat Milk 1/2 x 8 fl oz, 120 ml	60	2.5	1.5	6	0	5.5	4	60	10	195

Wednesday, August 6, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Betty Crocker Hamburger Helper - Ultimate Cheeseburger Macaroni 1 1/4 x 1/4 cup, 39 g	138	1.25	0	26.25	1.25	2.5	3.75	937.5	0	
Laura's Lean Beef 92% Lean Ground Beef 4 oz, 112 g	160	9	4	0	0	0	21	70	60	0
Total	468	21.25	11	36.25	3.25	10	31.75	1637.5	95	345

Dinner

Red Lobster Top-Shelf Long Island Iced Tea 1 serving	190	0	0	22			26	0		
Red Lobster Cheddar Bay Biscuit 3 x 1 biscuit, 138 g	480	30	9	48	0	0	9	1140	0	0
Red Lobster Balsamic Vinaigrette 1 serving, 1.5 oz	80	6	1	4	0	0	0	190	0	
Red Lobster Sides - Garden Salad 1 serving	70	1.5	0	13	0	0	1	150	0	
Red Lobster Home-style Mashed Potatoes 1 portion	210	10	6	27	0	0	5	610	0	
Red Lobster Wood-Grilled or Broiled Rainbow Trout 1 serving	440	20	5	12	0	0	53	760	0	
Total	1470	67.5	21	126	0	0	94	2850	0	0

Snacks/Other

Whataburger Biscuit Sandwich with Bacon, Egg & Cheese	500	32	14	33	1	2	16	1231	232	

Wednesday, August 6, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 serving, 163 g										
Corona Corona Extra	148	0	0	13	0	0	0	0	0	0
1 bottle, 12 oz										
Total	648	32	14	46	1	2	16	1231	232	0
Total	2975	136.95	57.6	248.8	11.25	29.88	168.62	5879.02	400.42	706.69