Wednesday, April 2, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Arby's Potato Cakes (3)	380	20	3	37	4	0	3	650	0	
3 cakes, 150 g										
Milk (Nonfat)	86	0.44	0.287	11.88	0	12.47	8.35	127	5	407
1 cup										
EAS 100% Whey Protein Powder - Vanilla	150	2.5	1	3	0	1	26	50	70	140
1 scoop										
Peanut Butter	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
2 tbsps										
Cream Substitute (Liquid)	122	8.97	1.743	10.24	0	10.24	0.9	71	0	172
3 fl oz										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
Quaker Instant Oatmeal - Lower Sugar Maple and Brown Sugar	120	2	0	24	3	4	4	290	0	110
1 packet, 34 g										
Total	1151	50.42	9.455	119.33	12	45.09	51.57	1336	75	1459
Lunch										
Arby's Roast Turkey Ranch & Bacon Wrap	580	32	9	38	7	6	43	2030	100	
1 wrap, 301 g										
Dinner										
Kirkland Signature Turkey Burgers	400	12	3	4	0	0	70	780	170	
2 x 1 burger, 302 g										
Snacks/Other										

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Zone Perfect Classic Nutrition Bar - Chocolate Peanut Butter 1 bar, 50 g	210	7	4	24	3	15	14	270	5	130
Total	2341	101.42	25.455	185.33	22	66.09	178.57	4416	350	1589