Monday, December 15, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Jay Robb Vanilla Whey Protein 1 1/4 x 1 scoop, 38 g	138	0	0	1.25	0	0	31.25	187.5	0	487.5
So Delicious Original Coconut Milk 1 cup, 8 oz	70	4.5	4	8	1	7	0	15	0	90
Total	208	4.5	4	9.25	1	7	31.25	202.5	0	577.5
Lunch										
Salmon 6 oz boneless	248	10.09	2.143	0	0	0	36.78	78	77	720
Dinner										
Hamburger with 1/4 Lb Meat on Bun 1 (1/4 lb) hamburger	459	23.18	8.676	31.71	1.4	4.01	28.47	613	81	312
BJ's Restaurant & Brewhouse Wedge Salad 1 serving	260	6	6	11	0	0	0	0	0	
Potato French Fries 1 order	156	8.01	1.869	20.33	1.9	0.33	1.98	171	0	300
Total	875	37.19	16.545	63.04	3.3	4.34	30.45	784	81	612
Snacks/Other										
Chatfield's Carob Powder 1 tbsp, 6 g	25	0	0	5	0	3	0	0	0	0
Optimum Nutrition Gold Standard 100% Whey - Vanilla Ice Cream 1 3/4 x 1 scoop, 54 g	210	1.75	0.88	5.25	0	1.75	42	227.5	52.5	

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So Delicious Original Coconut Milk 1 cup, 8 oz	70	4.5	4	8	1	7	0	15	0	90
Total	305	6.25	4.88	18.25	1	11.75	42	242.5	52.5	90
Total	1636	58.03	27.568	90.54	5.3	23.09	140.48	1307	210.5	1999.5