Wednesday, July 23, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Boiled Egg 1 small	57	3.91	1.204	0.41	0	0.41	4.64	103	156	47
Lunch										
Dinner										
Snacks/Other										
Starbucks Nonfat Caffe Latte (Grande) 1 serving, 16 oz	130	0	0	19	0	18	13	150	5	
Merex Fresh Blueberries 1 cup, 144 g	60	1	0	12	6	11	1	0	0	
Dole Bananas 1/2 x 1 medium, 64.5 g	55	0.15	0	14.5	2	10.5	0.5	0.5	0	190
Dole Pineapple Chunks in 100% Pineapple Juice 1/2 cup, 122 g	70	0	0	16	1	15	0	0	0	150
Wegmans Natural Whey Protein Powder 1 scoop, 21 g	80	0.5	0	2	1	1	18	40	20	100
Healthy Life Whole Wheat Bread 1/2 x 2 slices	35	0		8	2.5	1	2.5	75		
Skippy Natural Super Chunk Peanut Butter 1/2 x 2 tbsp, 16 g	95	8.5	1.75	3	1	1.5	3.5	62.5	0	
Total	525	10.15	1.75	74.5	13.5	58	38.5	328	25	440
Total	**582**	**14.06**	**2.954**	**74.91**	**13.5**	**58.41**	**43.14**	**431**	**181**	**487**