

## Friday, September 25, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Grapes 61 g	42	0.1	0.033	11.04	0.5	9.44	0.44	1	0	117
Myprotein Whey Protein Isolate 33 g	119	0		0			27.72			
GNC Triple Strength Fish Oil 1 softgel capsule, 1.5 g	15	1.5	0	0	0	0	0	0	0	0
Better Oats RAW Pure & Simple Multigrain Hot Cereal - Bare 1 pouch, 42 g	160	3	0	28	4	0	6	80	0	160
Kroger Break-Free 100% Liquid Egg Whites 212 g	115	0	0	0	0	0	23.04	345.68	0	
Nature's Place All Natural Creamy Peanut Butter 21 g	125	10.5	1.31	4.59	1.97	0.66	5.25	82	0	
Blue Diamond Unsweetened Vanilla Almond Coconut Milk 1 cup, 240 ml	45	3.5	1	2	1	0	1	130	0	180
<b>Total</b>	<b>621</b>	<b>18.6</b>	<b>2.343</b>	<b>45.63</b>	<b>7.47</b>	<b>10.1</b>	<b>63.45</b>	<b>638.68</b>	<b>0</b>	<b>457</b>
<b>Lunch</b>										
<b>Dinner</b>										
Kroger Carbmaster Vanilla Yogurt (Container) 1 container, 6 oz	60	1.5	1	4	0	3	9	105	5	25
Avocados 102 g	163	14.95	2.169	8.7	6.8	0.67	2.04	7	0	495
Sweet Potato	155	0.09	0.032	36.22	5.4	7.52	2.83	99	0	607

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180 g										
Perdue 99% fat free boneless skinless chicken breast	210	1.75		0	0	0	45.5	0	0	
1 3/4 x 1 serving, 7 oz										
Broccoli Flower Clusters	18	0.23	0.036	3.46			1.97	18	0	214
66 g										
<b>Total</b>	<b>606</b>	<b>18.52</b>	<b>3.237</b>	<b>52.38</b>	<b>12.2</b>	<b>11.19</b>	<b>61.34</b>	<b>229</b>	<b>5</b>	<b>1341</b>
<b>Snacks/Other</b>										
Grapes	86	0.2	0.068	22.62	1.1	19.35	0.9	2	0	239
25 seedless										
Myprotein Whey Protein Isolate	180	0		0			42			
2 x 1 scoop, 50 g										
Muscle Milk Chocolate Peanut Butter Protein Crunch Bar	180	6.5	2	15	2.5	7.5	15	200	5	95
1/2 x 1 bar, 40.5 g										
Cream (Half & Half)	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
1 tbsp										
BodyTech Whey Tech Pro 24 - Chocolate Mint	110	1	0.5	4	1	1	24	170	30	190
1 scoop (30.4), 30.4 g										
<b>Total</b>	<b>576</b>	<b>9.42</b>	<b>3.642</b>	<b>42.26</b>	<b>4.6</b>	<b>27.87</b>	<b>82.34</b>	<b>378</b>	<b>41</b>	<b>544</b>
<b>Total</b>	<b>1803</b>	<b>46.54</b>	<b>9.222</b>	<b>140.27</b>	<b>24.27</b>	<b>49.16</b>	<b>207.13</b>	<b>1245.68</b>	<b>46</b>	<b>2342</b>