# Friday, December 12, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Bananas | 271 | 1 | 0.34 | 69.43 | 7.9 | 37.18 | 3.31 | 3 | 0 | 1088 |
| 2 extra large (9" or longer) | | | | | | | | | | |
| ON ON 100% Whey | 480 | 4 | 2 | 12 | | 4 | 96 | 240 | 120 | 880 |
| 4 x 1 scoop | | | | | | | | | | |
| Clementines | 139 | 0.44 | | 35.58 | 5 | 27.17 | 2.52 | 3 | | 524 |
| 4 fruits | | | | | | | | | | |
| Egg Beaters All Natural 100% Egg Whites | 150 | 0 | 0 | 5.4 | 0 | 0 | 30 | 540 | 0 | 360 |
| 6 x 3 tbsp, 276 g | | | | | | | | | | |
| Egg | 147 | 9.94 | 3.099 | 0.77 | 0 | 0.77 | 12.58 | 140 | 423 | 134 |
| 2 large | | | | | | | | | | |
| Great Value 0% Fat Free Milk | 400 | 0 | 0 | 55 | 0 | 55 | 40 | 600 | 25 | 1750 |
| 5 x 1 cup, 1200 g | | | | | | | | | | |
| Total | 1587 | 15.38 | 5.439 | 178.18 | 12.9 | 124.12 | 184.41 | 1526 | 568 | 4736 |
| **Lunch** | | | | | | | | | | |
| Asparagus | 72 | 0.43 | 0.166 | 13.97 | 7.6 | 6.77 | 7.92 | 7 | 0 | 727 |
| 18 spears large (7-1/4" to 8-1/2") | | | | | | | | | | |
| Tyson Foods Boneless Skinless Chicken Breasts | 280 | 8 | 3 | 0 | 0 | 0 | 50 | 80 | 130 | 0 |
| 2 x 4 oz, 224 g | | | | | | | | | | |
| Broccoli | 62 | 0.67 | 0.071 | 12.08 | 4.7 | 3.09 | 5.13 | 60 | 0 | 575 |
| 2 cups chopped | | | | | | | | | | |
| Daisy Low Fat 2% Small Curd Cottage Cheese | 180 | 5 | 3 | 8 | 0 | 8 | 26 | 700 | 20 | 0 |
| 2 x 1/2 cup, 226 g | | | | | | | | | | |
| Total | 594 | 14.1 | 6.237 | 34.05 | 12.3 | 17.86 | 89.05 | 847 | 150 | 1302 |
| **Dinner** | | | | | | | | | | |

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|---|---|---|---|---|---|---|---|---|---|---|
| Chocolate Covered Chocolate Ice Cream Bar or Stick | 139 | 7.34 | 4.108 | 17.08 | 0.8 | 15.16 | 2.26 | 38 | 16 | 135 |
| 1 3 Musketeer ice cream bar (2 fl oz) | | | | | | | | | | |
| Publix Fried Chicken Tenders | 450 | 17 | | 30 | 2 | 0 | 30 | 865 | 70 | |
| 4 tenders, 230 g | | | | | | | | | | |
| Jewel-Osco Turkey Club Pinwheels | 840 | 36 | 12 | 84 | 12 | 12 | 36 | 2520 | 120 | |
| 12 x 1 pinwheel | | | | | | | | | | |
| Total | 1429 | 60.34 | 16.108 | 131.08 | 14.8 | 27.16 | 68.26 | 3423 | 206 | 135 |

**Snacks/Other**

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| Total | 3610 | 89.82 | 27.784 | 343.31 | 40 | 169.14 | 341.72 | 5796 | 924 | 6173 |