Thursday, November 19, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
EAS 100% Whey Protein Powder - Vanilla	225	3	1.5	10.5	0	3	37.5	225	120	330
1 1/2 x 2 scoops, 58.5 g										
Coffee	7	0.14	0.014	0.28	0	0	0.85	14	0	334
3 mugs (8 fl oz)										
Hard-Boiled Egg	155	10.61	3.267	1.12	0	1.12	12.58	124	424	126
2 large										
Total	387	13.75	4.781	11.9	0	4.12	50.93	363	544	790
Lunch										
Hellmann's Light Mayonnaise	70	7	1	2	0	0	0	250	10	
2 x 1 tbsp, 30 g										
Sargento Reduced Fat Swiss Cheese Slices	60	4	2	1	0	0	7	30	15	
1 slice, 21 g										
Publix Smoked Tavern Ham with Natural Juices	120	4.5	1.5	0	0	0	16.5	675	52.5	
1 1/2 x 2 slices, 84 g										
Toufayan Bakeries Smart Pockets	75	0.75	0	12	1.5	0	5.25	67.5	0	
3/4 x 1 pocket, 26 g										
Total	325	16.25	4.5	15	1.5	0	28.75	1022.5	77.5	
Dinner										
Sonny's Bar-B-Q Mild Bar-B-Q Sauce	80	2	0	12	0	8	2	820	0	
2 x 2 tbsp										
Eggland's Best Hard-Cooked Peeled Medium Eggs	30	1.75	0.5	0			2.5	27.5	80	
1/2 x 1 egg, 22 g										

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Golden Corral Spinach Applewood Bacon Salad	150	11	2.5	7	2	3	7	340	90	
1 cup, 144 g										
Cooked Summer Squash and Onions (Fat Added in Cooking)	86	4.09	0.771	12.03	2.7	6.1	1.99	310	0	338
1 cup										
Pork Loin (Tenderloin)	463	18.4	6.362	0	0		69.88	167	225	1221
12 oz										
Total	809	37.24	10.133	31.03	4.7	17.1	83.37	1664.5	395	1559
Snacks/Other										
Kroger Waffle Cone	90	0.5	0	19	1	5	1	35	0	0
1 cone										
Nestle Kit Kat (Fun Size)	120	6	4	16	0	12	2	20	0	
2 x 2 bars, 24 g										
Kraft Cool Whip	100	6	6	8	0	4	0	0	0	
4 x 2 tbsp, 36 g										
Menchies Cake Batter Frozen Yogurt	390	3		84	0		12			
3 x 1/2 cup, 12 oz										
Quest Chocolate Chip Cookie Dough Protein Bar	380	18	5	40	28	2	42	420	10	230
2 x 1 bar, 120 g										
Total	1080	33.5	15	167	29	23	57	475	10	230
Total	**2601**	**100.74**	**34.414**	**224.93**	**35.2**	**44.22**	**220.05**	**3525**	**1026.5**	**2579**