Tuesday, May 2, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Green Mountain Coffee Hazelnut K-Cup 1 k-cup	2	0		0	0	0	0	4	0	
Sugar in the Raw Stevia in the Raw 2 x 1 tsp, 1 g	0	0	0	1	0	1	0	0	0	0
Whole Foods Market Liquid Stevia Drops 2 x 2-4 drops	0	0		0	0	0	0	0	0	0
Green Mountain Coffee Caramel Vanilla Cream K-Cup 1 k-cup, 6 oz	2	0	0	0	0	0	0	4	0	0
Milk (Nonfat) 1/2 cup	43	0.22	0.143	5.94	0	6.24	4.18	64	2	203
Jimmy Dean Delights Turkey Sausage Breakfast Bowl 1 bowl, 198 g	230	10	3.5	17	2	1	18	640	35	
Total	**277**	**10.22**	**3.643**	**23.94**	**2**	**8.24**	**22.18**	**712**	**37**	**203**
Lunch										
Dole Light Caesar Salad Kit 1 1/2 cups, 100 g	90	6	1	8	2	2	2	330	10	
Skinless Chicken Breast 1/2 breast, bone and skin removed	130	1.46	0.389	0	0	0	27.25	77	68	
Total	**220**	**7.46**	**1.389**	**8**	**2**	**2**	**29.25**	**407**	**78**	
Dinner										
Mooyah Turkey Burger Patty 1 patty	200	10	3	0	0	0	28	410	100	

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Genuine Steak House Brand Beef Ribeye Steak 6 oz, 112 g	280	20	8	0	0	0	22	55	75	
Total	480	30	11	0	0	0	50	465	175	
Snacks/Other										
Max Muscle Emerge 2 x 1 scoop, 36 g	140	0		32	20	8	0	0	0	
Green Giant Fresh Baby Cut Carrots 1 1/2 x 10 carrots, 127.5 g	52	0	0	12	3	7.5	1.5	97.5	0	405
Total	192	0	0	44	23	15.5	1.5	97.5	0	405
Total	**1169**	**47.68**	**16.032**	**75.94**	**27**	**25.74**	**102.93**	**1681.5**	**290**	**608**