Monday, July 6, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Azeite de Oliva Extra-Virgem 1 1/2 tsps	60	6.75	0.932	0	0	0	0	0	0	
Ovo (Inteiro) 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
Clara de Ovo 2 large	34	0.11	0	0.48	0	0.47	7.19	110	0	108
Regina Leite Zero Desnatado 1 porção, 200 ml	71	0.8	0.5	10			6	110		
Macaxeira Cozida 400 g	566	0.99	0.262	134.67	6.4	6.02	4.81	803	0	
Total	878	18.59	4.793	145.92	6.4	7.26	30.58	1163	423	242
Lunch										
Sadia Filé de Peito de Frango 200 g	202	2	0	0	0		46	148	84	
Suco de Abacaxi 1 serving (188 g)	100	0.23	0.015	24.2	0.4	18.76	0.68	4	0	244
Feijão Preto 120 g	109	0.35	0.09	19.87	8.3		7.24	461	0	
Salada de Alface com Vegetais Variados (com Tomates e/ou Cenouras) 1 serving (73 g)	12	0.12	0.022	2.77	1	1.66	0.63	14	0	145
Arroz Integral 110 g	121	0.98	0.197	25.06	2	0.39	2.82	331	0	47
Total	544	3.68	0.324	71.9	11.7	20.81	57.37	958	84	436
Dinner										

Monday, July 6, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Optimum Nutrition Whey Protein	120	1	0.5	3			24	130		
1 porção, 40 g										
Banana Prata	174	0.64	0.218	44.54	5.1	23.85	2.13	2	0	
3 servings (65 g per serve)										
Max Titanium Dextrose	184	0	0	46	0		0	0	0	
2 x 1 colher de sopa cheia, 50 g										
Quaker Aveia em Flocos	208	4.4	1	34	5.8		8.6	0		
2 x 2 colheres de sopa, 60 g										
Integralmedica BCAA Powder	17	0	0	0	0		2.2	5	0	
1 scoop, 5 g										
Total	703	6.04	1.718	127.54	10.9	23.85	36.93	137	0	
Total	**2125**	**28.31**	**6.835**	**345.36**	**29**	**51.92**	**124.88**	**2258**	**507**	**678**