Friday, October 14, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Isagenix IsaLean Shake - Creamy Vanilla 2 scoops, 59 g	240	5	1.5	24	8	11	24	240	45	330
Lunch										
RxBar Pumpkin Spice 1 bar, 52 g	210	8	1	23	3	15	12	150	0	300
Dinner										
Red Robin Simply Grilled Chicken Sandwich 3/4 x 1 sandwich	357	11.25	0	39	0.75	6	26.25	865.5	0	
Red Robin Steak Fries 2 x 1 serving, 340 g	742	34	8	98	26	0	10	448	2	
Total	1099	45.25	8	137	26.75	6	36.25	1313.5	2	
Snacks/Other										
Doctor Kracker Garlic Parmesan Crackers 1 1/4 x 9 crackers, 35 g	138	3.75	1.25	20	3.75	0	6.25	250	12.5	
Total	**1687**	**62**	**11.75**	**204**	**41.5**	**32**	**78.5**	**1953.5**	**59.5**	**630**