Tuesday, October 21, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Quest Strawberry Cheesecake Protein Bar	160	4.5	0	26	22	2	20	250	5	100
1 bar, 60 g										
Dannon Oikos Greek Nonfat Yogurt = Vanilla	190	0	0	29	0	27	17	70	10	200
1 cup, 225 g										
Quest Vanilla Almond Crunch	190	8	0.5	21	18	1	20	330	5	
1 bar, 60 g										
Land O'Lakes Light Butter	25	3	1.75	0	0	0	0	50	7.5	
1/2 x 1 tbsp, 7 g										
Gardein Chick'n Scallopini	180	4	0	8	4	0	28	660	0	
2 x 1 piece, 142 g										
Atkins Advantage Dark Chocolate Royale Shake	160	10	3	6	4	1	15	300	10	660
11 fl oz, 325 ml										
Quest Strawberry Cheesecake Protein Bar	160	4.5	0	26	22	2	20	250	5	100
1 bar, 60 g										
Green Giant Kitchen Sliced Green Beans	40	0	0	8	2	4	2	800	0	0
2 x 1/2 cup, 240 g										
Total	1105	34	5.25	124	72	37	122	2710	42.5	1060
Lunch										
Dinner										
Snacks/Other										
Total	1105	34	5.25	124	72	37	122	2710	42.5	1060