

Saturday, April 7, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Scrambled Egg	399	30.42	11.568	3.91	0	2.86	26.02	421	801	276
4 eggs										
Baby Spinach	7	0.12	0.019	1.09	0.7	0.13	0.86	24	0	
1 cup										
Oscar Mayer Turkey Bacon (15g)	140	10	4	0	0	0	8	560		
4 x 1 slice, 60 g										
Market Pantry Finely Shredded Mexican Style Four-cheese Blend Cheese	100	8	6	1	0	0	7	170	25	
1/4 cup, 28 g										
Total	646	48.54	21.587	6	0.7	2.99	41.88	1175	826	276
Lunch										
Dinner										
Jennie-O Ground Turkey 93/7	340	16	5	0	0	0	42	160	160	
2 x 4 oz, 224 g										
Lucerne Shredded Mexican Four Cheese Blend	110	9	5	1	0	0	7	180	30	
1/4 cup , 28 g										
Jif Natural Creamy Peanut Butter	190	16	3	8	2	3	7	80	0	0
2 tbsp, 33 g										
Lindt Excellence 90% Cocoa Supreme Dark	60	5.5	3.25	3	1.25	0.75	1	2.5	0	
1/4 x 4 squares, 10 g										
Total	700	46.5	16.25	12	3.25	3.75	57	422.5	190	0
Snacks/Other										

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Quest Chocolate Brownie Protein Bar	170	7	1	22	15	1	20	260	5	260
1 bar, 60 g										
Jif Natural Creamy Peanut Butter	190	16	3	8	2	3	7	80	0	0
2 tbsp, 33 g										
Kirkland Signature Extra Fancy Unsalted Mixed Nuts	95	8	1	3.5	1	1	2.5	0	0	3.5
1/2 x 1/4 cup, 15 g										
Total	455	31	5	33.5	18	5	29.5	340	5	263.5
Total	1801	126.04	42.837	51.5	21.95	11.74	128.38	1937.5	1021	539.5