

## Saturday, April 7, 2018

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
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										
<b>Total</b>	<b>646</b>	<b>48.54</b>	<b>21.587</b>	<b>6</b>	<b>0.7</b>	<b>2.99</b>	<b>41.88</b>	<b>1175</b>	<b>826</b>	<b>276</b>
<b>Lunch</b>										
<b>Dinner</b>										
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										
<b>Total</b>	<b>700</b>	<b>46.5</b>	<b>16.25</b>	<b>12</b>	<b>3.25</b>	<b>3.75</b>	<b>57</b>	<b>422.5</b>	<b>190</b>	<b>0</b>
<b>Snacks/Other</b>										

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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										
<b>Total</b>	<b>455</b>	<b>31</b>	<b>5</b>	<b>33.5</b>	<b>18</b>	<b>5</b>	<b>29.5</b>	<b>340</b>	<b>5</b>	<b>263.5</b>
<b>Total</b>	<b>1801</b>	<b>126.04</b>	<b>42.837</b>	<b>51.5</b>	<b>21.95</b>	<b>11.74</b>	<b>128.38</b>	<b>1937.5</b>	<b>1021</b>	<b>539.5</b>