

Tuesday, April 3, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Light Cream 3 tbsps	88	8.69	5.409	1.65	0	0.06	1.22	18	30	55
Quest Chocolate Brownie Protein Bar 1 bar, 60 g	170	7	1	22	15	1	20	260	5	260
Total	258	15.69	6.409	23.65	15	1.06	21.22	278	35	315
Lunch										
Rye Bread 2 large slices	166	2.11	0.401	30.91	3.7	2.46	5.44	422	0	106
Deli Turkey or Chicken Breast Meat 6 slices (1 oz)	177	2.82	0.816	7.16	0.9	5.97	29.04	1727	73	514
Swiss Cheese 2 slices (1 oz)	213	15.57	9.956	3.01	0	0.74	15.08	108	52	43
Total	556	20.5	11.173	41.08	4.6	9.17	49.56	2257	125	663
Dinner										
Egg White 3 large	51	0.17	0	0.72	0	0.7	10.79	164	0	161
Egg 3 large	220	14.91	4.648	1.16	0	1.16	18.87	210	634	201
Total	271	15.08	4.648	1.88	0	1.86	29.66	374	634	362
Snacks/Other										
Premier Nutrition Titan Protein Bar - Peanut Butter Crunch 1 bar, 72 g	300	10	5	24	3	9	30	450	0	220

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Total	1385	61.27	27.23	90.61	22.6	21.09	130.44	3359	794	1560