

Thursday, April 19, 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
Fit Crunch Chocolate Chip Cookie Dough 1 bar, 88 g	380	16	8	27	2	6	30	320	20	100
Total	468	24.69	13.409	28.65	2	6.06	31.22	338	50	155
Lunch										
Grilled Chicken 2 cups diced	640	36.41	10.148	0	0	0	73.1	1092	236	
Feta Cheese 2 oz	150	12.07	8.474	2.32	0	2.32	8.06	633	50	35
Total	790	48.48	18.622	2.32	0	2.32	81.16	1725	286	35
Dinner										
Open Nature Fresh Lean Ground Turkey Patties 4 oz, 112 g	160	8	2	0	0	0	21	75	85	
Lindt Excellence 90% Cocoa Supreme Dark 1/2 x 4 squares, 20 g	120	11	6.5	6	2.5	1.5	2	5	0	
Jif Natural Creamy Peanut Butter 1/2 x 2 tbsp, 16.5 g	95	8	1.5	4	1	1.5	3.5	40	0	0
Total	375	27	10	10	3.5	3	26.5	120	85	0
Snacks/Other										
Strawberries 4 large (1-3/8" dia)	23	0.22	0.011	5.53	1.4	3.36	0.48	1	0	110

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Jimmy Dean Delights Frittatas Turkey Sausage & Veggies	240	17	5	10	2	4	12	760	230	
2 frittatas, 113 g										
Quest Chocolate Chip Protein Cookie	250	17	10	19	9	0.5	15	220	30	0
1 cookie, 59 g										
Total	513	34.22	15.011	34.53	12.4	7.86	27.48	981	260	110
Total	2146	134.39	57.042	75.5	17.9	19.24	166.36	3164	681	300