

Saturday, April 14, 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
Egg White 10 oz	147	0.48	0	2.07	0	2.01	30.9	471	0	462
Market Pantry Finely Shredded Mexican Style Four-cheese Blend Cheese 1/4 cup, 28 g	100	8	6	1	0	0	7	170	25	
Quest Chocolate Brownie Protein Bar 1 bar, 60 g	170	7	1	22	15	1	20	260	5	260
Total	505	24.17	12.409	26.72	15	3.07	59.12	919	60	777
Lunch										
Eggplant 1/4 cup cubed	5	0.04	0.007	1.17	0.7	0.48	0.21	0	0	47
Asparagus 1/4 cup	7	0.04	0.015	1.3	0.7	0.63	0.74	1	0	68
Cooked Cauliflower (Fat Added in Cooking) 1/4 cup	20	1.36	0.249	1.8	1.2	0.57	0.79	137	0	63
Tumaro's Everything Wrap 2 x 1 wrap, 120 g	160	4	0	32	20	2	14	480	0	
Total	192	5.44	0.271	36.27	22.6	3.68	15.74	618	0	178
Dinner										
Tyson Foods Seasoned Steak Strips 1 1/2 x 3 oz, 126 g	210	9	4.5	1.5	0	0	27	750	82.5	

Saturday, April 14, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Saputo Crumbled Gorgonzola Cheese 1/4 cup, 28 g	100	8	5	1	0	1	7	260	25	
Ken's Steak House Light Options Raspberry Walnut Dressing 2 tbsp, 30 g	60	3.5	0.5	6	0	6	0	180	0	
Total	370	20.5	10	8.5	0	7	34	1190	107.5	
Snacks/Other										
Jif Natural Creamy Peanut Butter 2 x 2 tbsp, 66 g	380	32	6	16	4	6	14	160	0	0
Lindt Excellence 90% Cocoa Supreme Dark 4 squares, 40 g	240	22	13	12	5	3	4	10	0	
Quest Chocolate Brownie Protein Bar 1 bar, 60 g	170	7	1	22	15	1	20	260	5	260
Total	790	61	20	50	24	10	38	430	5	260
Total	1857	111.11	42.68	121.49	61.6	23.75	146.86	3157	172.5	1215