

## Tuesday, April 10, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Robert Irvine's Fit Crunch - Chocolate Peanut Butter	380	16	8	28	2	6	32	400	20	100
2 x 1 bar, 92 g										
Light Cream	88	8.69	5.409	1.65	0	0.06	1.22	18	30	55
3 tbsps										
<b>Total</b>	<b>468</b>	<b>24.69</b>	<b>13.409</b>	<b>29.65</b>	<b>2</b>	<b>6.06</b>	<b>33.22</b>	<b>418</b>	<b>50</b>	<b>155</b>
<b>Lunch</b>										
Saputo Crumbled Gorgonzola Cheese	75	6	3.75	0.75	0	0.75	5.25	195	18.75	
3/4 x 1/4 cup, 21 g										
Trader Joe's Frozen Just Grilled Chicken Strips	135	2.25	0	1.5	0	0	24	510	60	
1 1/2 x 3 oz, 127.5 g										
Ken's Steak House Light Options Raspberry Walnut Dressing	60	3.5	0.5	6	0	6	0	180	0	
2 tbsp, 30 g										
Lettuce	8	0.08	0.01	1.63	0.7	0.97	0.5	6	0	78
1 cup shredded or chopped										
<b>Total</b>	<b>278</b>	<b>11.83</b>	<b>4.26</b>	<b>9.88</b>	<b>0.7</b>	<b>7.72</b>	<b>29.75</b>	<b>891</b>	<b>78.75</b>	<b>78</b>
<b>Dinner</b>										
Lindt Excellence 90% Cocoa Supreme Dark	240	22	13	12	5	3	4	10	0	
4 squares, 40 g										
Jif Natural Creamy Peanut Butter	190	16	3	8	2	3	7	80	0	0
2 tbsp, 33 g										
Chicken or Turkey Salad	208	15.75	2.831	1.27	0.4	0.49	14.74	144	50	159

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1/2 cup										
Chicken Breast	164	6.48	1.824	0	0	0	24.82	330	70	204
1/2 small (yield after cooking, bone removed)										
<b>Total</b>	<b>802</b>	<b>60.23</b>	<b>20.655</b>	<b>21.27</b>	<b>7.4</b>	<b>6.49</b>	<b>50.56</b>	<b>564</b>	<b>120</b>	<b>363</b>
<b>Snacks/Other</b>										
Tyson Foods Grilled & Ready Seasoned Steak Strips	140	6	3	1	0	0	18	500	55	0
3 oz, 84 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>240</b>	<b>14</b>	<b>9</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>25</b>	<b>670</b>	<b>80</b>	<b>0</b>
<b>Total</b>	<b>1788</b>	<b>110.75</b>	<b>47.324</b>	<b>62.8</b>	<b>10.1</b>	<b>20.27</b>	<b>138.53</b>	<b>2543</b>	<b>328.75</b>	<b>596</b>