

Thursday, April 12, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Quest Chocolate Brownie Protein Bar	170	7	1	22	15	1	20	260	5	260
1 bar, 60 g										
Lunch										
b.good chicken caesar salad	477	16	8	20	3	2	31	200	200	
1 serving										
Dinner										
Cooked Asparagus (from Fresh)	62	3.54	0.708	6.45	3	2.02	3.73	370	0	349
10 medium spears (5-1/4" to 7" long)										
Cooked Cauliflower (Fat Not Added in Cooking)	79	1.33	0.21	14.26	9.7	4.61	6.3	1022	0	504
2 cups										
Jalapeno Peppers	4	0.09	0.009	0.83	0.4	0.48	0.19	0	0	30
1 pepper										
Cooked Eggplant	66	3.89	0.73	8.39	2.4	3.05	0.8	493	0	118
1 cup cubed										
Lindt Excellence 90% Cocoa Supreme Dark	120	11	6.5	6	2.5	1.5	2	5	0	
1/2 x 4 squares, 20 g										
Jif Natural Creamy Peanut Butter	190	16	3	8	2	3	7	80	0	0
2 tbsp, 33 g										
Total	521	35.85	11.157	43.93	20	14.66	20.02	1970	0	1001
Snacks/Other										
Jimmy Dean Delights Frittatas Turkey Sausage & Veggies	240	17	5	10	2	4	12	760	230	

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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	490	34	15	29	11	4.5	27	980	260	0
Total	1658	92.85	35.157	114.93	49	22.16	98.02	3410	465	1261