

Monday, April 9, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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										
Total	468	24.69	13.409	29.65	2	6.06	33.22	418	50	155
Lunch										
Lettuce	8	0.08	0.01	1.63	0.7	0.97	0.5	6	0	78
1 cup shredded or chopped										
Ken's Steak House Light Options Raspberry Walnut Dressing	60	3.5	0.5	6	0	6	0	180	0	
2 tbsp, 30 g										
Trader Joe's Frozen Just Grilled Chicken Strips	225	3.75	0	2.5	0	0	40	850	100	
2 1/2 x 3 oz, 212.5 g										
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										
Total	368	13.33	4.26	10.88	0.7	7.72	45.75	1231	118.75	78
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)										
Skinless Chicken Breast	195	2.19	0.584	0	0	0	40.87	115	103	
3/4 breast, bone and skin removed										
Lindt Excellence 90% Cocoa Supreme Dark	60	5.5	3.25	3	1.25	0.75	1	2.5	0	

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1/4 x 4 squares, 10 g										
Jif Natural Creamy Peanut Butter	190	16	3	8	2	3	7	80	0	0
2 tbsp, 33 g										
Total	507	27.23	7.542	17.45	6.25	5.77	52.6	567.5	103	349
Snacks/Other										
Tumaro's Everything Wrap	80	2	0	16	10	1	7	240	0	
1 wrap, 60 g										
Tyson Foods Grilled & Ready Seasoned Steak Strips	280	12	6	2	0	0	36	1000	110	0
2 x 3 oz, 168 g										
Kroger Sriracha Mustard	5	0		0			0	105		
1 tsp, 5 g										
Red Cabbage	28	0.14	0.03	6.56	1.9	3.48	1.27	24	0	216
1 cup chopped										
Land O'Lakes Hot Pepper Cheese	100	8	5	2	0	2	6	430	25	
1 oz, 28 g										
Bridgford Turkey Pepperoni	60	3	0.75	0.75	0	0	6.75	510	26.25	
3/4 x 12 slices, 22 g										
Total	553	25.14	11.78	27.31	11.9	6.48	57.02	2309	161.25	216
Total	1896	90.39	36.991	85.29	20.85	26.03	188.59	4525.5	433	798