

## Monday, April 9, 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>										
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										
<b>Total</b>	<b>368</b>	<b>13.33</b>	<b>4.26</b>	<b>10.88</b>	<b>0.7</b>	<b>7.72</b>	<b>45.75</b>	<b>1231</b>	<b>118.75</b>	<b>78</b>
<b>Dinner</b>										
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										
<b>Total</b>	<b>507</b>	<b>27.23</b>	<b>7.542</b>	<b>17.45</b>	<b>6.25</b>	<b>5.77</b>	<b>52.6</b>	<b>567.5</b>	<b>103</b>	<b>349</b>
<b>Snacks/Other</b>										
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										
<b>Total</b>	<b>553</b>	<b>25.14</b>	<b>11.78</b>	<b>27.31</b>	<b>11.9</b>	<b>6.48</b>	<b>57.02</b>	<b>2309</b>	<b>161.25</b>	<b>216</b>
<b>Total</b>	<b>1896</b>	<b>90.39</b>	<b>36.991</b>	<b>85.29</b>	<b>20.85</b>	<b>26.03</b>	<b>188.59</b>	<b>4525.5</b>	<b>433</b>	<b>798</b>