Wednesday, November 4, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
CSN 100% Pro Whey Standard 1 scoop, 32 g	115	1	0	2	0	1	24	35	30	
Wegmans Premium Orange Juice No Pulp 1 cup, 8 oz	110	0	0	29	0	22	2	0	0	450
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Total	330	1.39	0.132	57.95	3.1	37.43	27.29	36	30	872
Lunch										
Pollo Asado Bowl 1 serving	501	9.26	1.651	55.15	3.3	5.78	49.92	340	134	129
Dinner										
Bell's Amber Ale 1 bottle, 12 oz	190	0	0	15.7	0	0	0	0	0	
Ken's Steak House Lite Asian Sesame Dressing 2 tbsp, 34 g	70	4	0	8	0	7	0	450	0	
Pasta Roni Butter & Garlic 1 cup prepared, 56 g	250	8		39	2	4	8	690	5	
Wegmans Grilled Lemon Garlic Chicken Breast 4 oz, 113 g	190	12	2.5	1	0	1	22	190	60	
Total	700	24	2.5	63.7	2	12	30	1330	65	
Snacks/Other										
Ground Beef Enchilada Casserole	463	15.51	8.721	36.6	3.9	3.05	45.21	1210	93	

Wednesday, November 4, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 serving										
Breakfast Sandwhich on Bagel	474	8.5	1.75	63	2	11.5	36	1040	12	
1 serving										
CSN 100% Pro Whey Standard	115	1	0	2	0	1	24	35	30	
1 scoop, 32 g										
Wegmans 2% Low Fat Milk	130	5	3	13	0	12	8	125	20	
1 cup, 240 ml										
Total	1182	30.01	13.471	114.6	5.9	27.55	113.21	2410	155	
Total	2713	64.66	17.754	291.4	14.3	82.76	220.42	4116	384	1001