Thursday, December 11, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Dave's Killer Bread Good Seed Sprouted Wheat Bread 1 slice, 42 g	110	3	0	17	4	3	6	160	0	140
Cooked Egg White 3 large	51	0.17	0	0.72	0	0.7	10.75	317	0	160
Egg (Whole) 1 small	54	3.68	1.147	0.28	0	0.28	4.65	52	157	50
Total	215	6.85	1.147	18	4	3.98	21.4	529	157	350
Lunch										
Quest Chocolate Chip Cookie Dough Protein Bar 1 bar, 60 g	190	8	3	21	18	1	21	280	5	125
Dinner										
Orgain Organic Protein Plant Based Powder 2 rounded scoops, 46 g	150	4	0	13	5	1	21	125	0	60
Snacks/Other										
Total	**555**	**18.85**	**4.147**	**52**	**27**	**5.98**	**63.4**	**934**	**162**	**535**