Sunday, July 6, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Madhava Light Agave Nectar 1/2 x 1 tbsp, 10.5 g	30	0	0	8	0	8	0	0	0	0
GNC Amplified Wheybolic Extreme 60 - Vanilla 1/2 x 3 scoops, 39.5 g	140	0.5	0.25	3.5	0.5	1	30	175	7.5	175
complete protein GNC PureEdge 1/2 x 2 scoops, 24.355 g	95	2.5	0.5	8	2.5	2.5	10	45	17.5	265
Dave's Killer Bread Good Seed Sprouted Wheat Bread 1 1/2 x 1 slice, 63 g	165	4.5	0	25.5	6	4.5	9	240	0	210
Egg (Whole) 1 small	54	3.68	1.147	0.28	0	0.28	4.65	52	157	50
Egg White 5 large	86	0.28	0	1.2	0	1.17	17.98	274	0	269
Total	570	11.46	1.897	46.48	9	17.45	71.63	786	182	969
Lunch										
Kalona Super Natural Organic Reduced Fat 2% Cottage Cheese 1/2 x 1/2 cup, 55 g	40	1.25	0.75	1.5	0	1.5	6.5	170	7.5	
Quest Chocolate Chip Cookie Dough Protein Bar 1 bar, 60 g	190	8	3	21	17	1	21	310	5	125
Total	230	9.25	3.75	22.5	17	2.5	27.5	480	12.5	125
Dinner										
Mashed Potato 1/2 cup	105	3.72	0.831	16.51	1.4	1.45	1.89	243	1	273

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Rye Bread 2 slices	166	2.11	0.401	30.91	3.7	2.46	5.44	422	0	106
Cooked Egg White 3 large	51	0.17	0	0.72	0	0.7	10.75	317	0	160
Total	322	6	1.232	48.14	5.1	4.61	18.08	982	1	539
Snacks/Other										
GNC Amplified Wheybolic Extreme 60 - Vanilla 28 g	99	0.35	0.18	2.48	0.35	0.71	21.24	123.9	5.31	123.9
isolate fuel pharma fuel 1 scoop, 65 g	115	1	0	2.5	2	0.5	24	100	0	0
Total	214	1.35	0.18	4.98	2.35	1.21	45.24	223.9	5.31	123.9
Total	1336	28.06	7.059	122.1	33.45	25.77	162.45	2471.9	200.81	1756.9