Monday, October 5, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Quest Nutrition Chocolate Chip Cookie Dough 1 bar	190	9		20	14		21			
Birds Eye Steamfresh Italian Blend 3 1/2 x 3/4 cup, 262.5 g	105	0	0	17.5	7	7	3.5	122.5	0	0
Velveta Cheese Slice 1 slice, 19 g	35	1.5		3			3			
Thomas' Whole Wheat English Muffin 1 muffin, 57 g	120	1	0	23	3	1	5	220	0	
Egg Beaters Egg Beaters - Original 38 g	27	0	0	0.82	0	0	4.92	98.4	0	76.26
Wegmans High Fiber Instant Oatmeal - Maple & Brown Sugar 1 packet, 45 g	160	2	0	34	10	7	4	260	0	110
MTS Nutrition Kara Cheesecake MTS Nutrition Cheesecake 2 x 1 slice, 2 g	248	4		16			36			
Total	885	17.5	0	114.32	34	15	77.42	700.9	0	186.26
Lunch										
Chicken Breast (Skin Not Eaten) 4 oz boneless (yield after cooking, skin removed)	105	2.27	0.641	0	0	0	19.69	253	54	163
Dinner										

Monday, October 5, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Ground Beef (95% Lean / 5% Fat)	153	5.6	2.52	0	0	0	23.98	74	69	388
4 oz										
Snacks/Other										
Kraft Blue Cheese Crumbles	55	4.5	3	1	0	0	3.5	215	15	
1/2 x 3 tbsp										
Alacer Corp Vitamin C Emergen C	25	0	0	6	0	5	0	60	0	200
1 package										
Dannon Light & Fit Greek - Raspberry	80	0	0	8	0	7	12	50	10	150
1 container, 113 g										
Apples	109	0.36	0.059	29	5	21.82	0.55	2	0	225
210 g										
Total	269	4.86	3.059	44	5	33.82	16.05	327	25	575
Total	**1412**	**30.23**	**6.22**	**158.32**	**39**	**48.82**	**137.14**	**1354.9**	**148**	**1312.26**