Monday, March 23, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Quaker Instant Oatmeal - High Fiber Cinnamon Swirl 1 packet, 45 g	160	2	0.5	34	10	7	4	220	0	115
Quest Nutrition Double Chunk Protein Bar 1 bar, 60 g	160	6	2.5	25	16	1	20	250		
Birds Eye Steamfresh Broccoli, Carrots, Sugar Snap Peas & Water Chestnuts 4 x 1 cup, 348 g	140	0	0	24	8	12	4	100	0	
MTS Nutrition Kara Cheesecake MTS Nutrition Cheesecake 2 x 1 slice, 2 g	248	4		16			36			
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	
Total	863	14.5	3	125	37	21	72	790	0	115
Lunch										
Kellogg's Pop-Tarts Gone Nutty - Chocolate Peanut Butter 1 pastry , 50 g	200	5	2	36	1	19	2	240	0	
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
Total	305	7.27	2.641	36	1	19	21.69	493	54	163

Monday, March 23, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Egg Beaters Egg Beaters - Original 189 g	135	0	0	4.1	0	0	24.59	491.76	0	381.11
Edy's Edy's Slow Churned Mint Chocolate Chip Ice Cream 2 x 1/2 cup	240	9		34	0	26	4	70	30	
Edy's Slow Churned Chocolate Light Ice Cream 3 x 1/2 cup, 180 g	300	10.5	6	45	0	39	9	90	60	
Egg Beaters Egg Beaters - Original 23 g	16	0	0	0.49	0	0	2.95	59.04	0	45.76
Total	691	19.5	6	83.59	0	65	40.54	710.8	90	426.87
Snacks/Other										
Dannon Light & Fit Greek - Caramel Macchiato 1 container, 150 g	80	0	0	9	0	7	12	45	10	170
Total	1939	41.27	11.641	253.59	38	112	146.23	2038.8	154	874.87