Tuesday, April 8, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Mrs. Butterworth's Sugar Free Syrup 1/4 cup, 60 ml	20	0	0	8	0	0	0	160	0	0
Bell Plantation PB2 Powdered Peanut Butter 2 tbsp, 13 g	45	1.5	0	5	2	1	5	94	0	
Navitas Naturals Cacao Sweet Nibs 12 g	64	4.29	2.57	6.01	2.14	3.86	1.29	49.34	0	
Egg 1 large	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
McCormick Pure Vanilla Extract 1 tsp	0	0	0	0	0	0	0	0	0	0
Bananas 99 g	88	0.33	0.111	22.61	2.6	12.11	1.08	1	0	354
Kroger Baking Powder 1/8 tsp, 0.6 g	0	0	0	0	0	0	0	520	0	
McCanns Irish quick cooking oatmeal 3/8 x 1 serving, 15 g	56	0.94	0.19	10.12	1.12	0	1.5	0	0	
Egg White 1 large	17	0.06	0	0.24	0	0.23	3.6	55	0	54
Bob's Red Mill Organic High Fiber Coconut Flour 1/2 x 2 tbsp, 7 g	30	1	1	4	2.5	0.5	1	15	0	
Total	394	13.09	5.421	56.36	10.36	18.08	19.76	964.34	212	475
Lunch										
Honey Mustard Dressing	50	2.7	0.334	6.96	0.1	6.76	0.15	90	0	10

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1 tbsp										
Skinny Pop Popcorn (Package)	100	6	0.5	9	2		2	30		
1 package , 18 g										
Skinless Chicken Breast	186	2.09	0.557	0	0	0	38.96	110	98	
1 1/4 cups cooked, diced										
Sweet Red Peppers	21	0.25	0.048	4.94	1.6	3.44	0.81	2	0	173
1/2 large (2-1/4 per lb, approx 3-3/4" long, 3" dia)										
Dole Romaine Lettuce	15	0	0	3	2	1	1	1	0	0
2 cups, 85 g										
Total	372	11.04	1.439	23.9	5.7	11.2	42.92	233	98	183
Dinner										
Snacks/Other										
Quest Cookies & Cream Protein Bar	180	7	3	22	17	1	21	310	5	95
1 bar, 60 g										
Optimum Nutrition 2:1:1 Recovery	210	0	0	35		18	17	110	5	
1 scoop, 56.5 g										
Total	390	7	3	57	17	19	38	420	10	95
Total	**1156**	**31.13**	**9.86**	**137.26**	**33.06**	**48.28**	**100.68**	**1617.34**	**320**	**753**