Tuesday, May 17, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Optimum Nutrition Performance Whey 100% Isolate	140	1	0.5	3	0	1	30	170	15	0
1 scoop, 38 g										
Egg	220	14.91	4.648	1.16	0	1.16	18.87	210	634	201
3 large										
Smithfield Thick Cut Bacon	120	10	4	0	0	0	6	440	30	
2 x 1 fried slice, 26 g										
Total	480	25.91	9.148	4.16	0	2.16	54.87	820	679	201
Lunch										
KC Masterpiece Premium Original Barbecue Sauce	60	0	0	15	0	10	0	240	0	
2 tbsp , 36 g										
Sweet Potato	112	0.06	0.023	26.16	3.9	5.43	2.04	72	0	438
1 5" long										
Pork Loin (Tenderloin, Lean Only)	170	4.83	1.673	0	0	0	29.75	71	92	519
5 oz										
General Mills Cinnamon Toast Crunch Cereal	130	3	0.5	25	2	9	1	180	0	55
1 cup, 41 g										
Friendship Dairies 1% Lowfat Cottage Cheese (No Salt Added)	180	2	2	8	0	6	32	120	20	280
2 x 1/2 cup , 226 g										
Total	652	9.89	4.196	74.16	5.9	30.43	64.79	683	112	1292
Dinner										

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
My Essentials Natural 4 Cheese Mexican Blend Fancy Shredded Cheese	165	13.5	9	1.5	0	0	9	300	37.5	
1 1/2 x 1/4 cup, 42 g										
Corn	132	1.82	0.28	29.29	4.2	4.96	4.96	23	0	416
1 cup										
Laura's Lean Beef 96% Lean Ground Beef	140	4.5	2	0	0	0	24	85	60	
4 oz, 112 g										
Total	437	19.82	11.28	30.79	4.2	4.96	37.96	408	97.5	416
Snacks/Other										
CytoSport Monster Milk - Vanilla Creme	310	6	2	13	5	3	50	160	40	500
2 scoops, 78 g										
Jelly (All Flavors)	51	0	0.001	13.29	0.2	9.73	0.03	6	0	10
1 tbsp										
Bell Plantation PB2 Powdered Peanut Butter	45	1.5	0	5	2	1	5	94	0	
2 tbsp, 13 g										
Bimbo Soft White Bread	120	1	0	23	0	2	4	220	0	
2 slices, 57 g										
Total	526	8.5	2.001	54.29	7.2	15.73	59.03	480	40	510
Total	**2095**	**64.12**	**26.625**	**163.4**	**17.3**	**53.28**	**216.65**	**2391**	**928.5**	**2419**