Sunday, May 3, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nonfat Greek Yogurt	70	0	0	4.5	0	4	12	45	7.5	175
1/2 x 1 container, 113.5 g										
Gluten Free Oatmeal	180	3	0.5	29	5	1	7			
1/2 cup, 45 g										
Almond Milk	45	1.88	0	6	0.75	5.25	0.75	112.5	0	135
3/4 x 1 cup, 6 oz										
Raspberries	12	0.15	0.004	2.72	1.5	1.01	0.27	0	0	34
12 raspberries										
Blueberries	19	0.11	0.01	4.93	0.8	3.39	0.25	0	0	26
25 berries										
Raw Organic Almond Butter	45	4	0.25	1.75	1	0.25	1.75	0	0	
1/4 x 2 tbsp, 8 g										
Finely Ground Flaxseed	20	1.25	0.12	1.25	1	0.25	0.75	1.25	0	
1/4 x 2 Tablespoon, 4 g										
Norwegian Salmon Oil	27	33		0			0		30	
1 1/2 x 2 soft gel capsules										
Total	418	43.39	0.884	50.15	10.05	15.15	22.77	158.75	37.5	370
Lunch										
Raw Organic Almond Butter	90	8	0.5	3.5	2	0.5	3.5	0	0	
1/2 x 2 tbsp, 16 g										
Apples	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
1 medium (2-3/4" dia) (approx 3 per lb)										
Lemon Yogurt	320	14	7	32	0	30	14	110	40	
8 oz, 227 g										
Total	482	22.23	7.539	54.56	5.3	44.84	17.86	111	40	148
Dinner										

Sunday, May 3, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Ribeye (16 oz)	1240	100		0			100			
1 steak, 16 oz										
Sweet Potato (with Butter)	250	8	5	48	8	10	3	110	10	503
1 sweet potato										
Steamed Vegetables	90	0	0	20	0	0	4	0	0	0
1 serving										
Total	1580	108	5	68	8	10	107	110	10	503
Snacks/Other										
Espresso Coffee	9	0.85	0.436	0	0	0	0.57	66	0	545
2 mugs (8 fl oz)										
Chewing Gum (Sugarless)	11	0.02	0.002	3.79	0.1	0	0	0	0	
2 pieces										
More Muscle	170	1	0	11	2	5	31	410	5	
2 scoops, 47 g										
Oranges	123	0.31	0.039	30.78	6.3	24.5	2.46	0	0	474
2 fruits (2-5/8" dia)										
Total	313	2.18	0.477	45.57	8.4	29.5	34.03	476	5	1019
Total	2793	175.8	13.9	218.28	31.75	99.49	181.66	855.75	92.5	2040