Saturday, December 2, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Power Crunch Protein Energy Bar - Peanut Butter Creme 1 bar, 40 g	200	12	5	10	1	5	13	100	0	
Lunch										
Pizza with Meat 1 piece (1/8 12" dia)	265	12.14	4.832	27.68	1.4	1.77	10.64	610	21	181
Dinner										
Benihana Hibachi Vegetables 1 serving, 4 oz	151	14		7	0	0	1	0	0	
Benihana Hibachi Chicken 1 meal, 7 oz	353	20		3	1	0	38	222	123	
Total	504	34		10	1	0	39	222	123	
Snacks/Other										
Bob Evans Banana Nut Bread 1 serving	161	5	1	29	1	16	2	219	0	
Premier Nutrition High Protein Shake - Vanilla 1 shake, 11 oz	160	3	1	4	1	1	30	270	25	310
Total	321	8	2	33	2	17	32	489	25	310
Total	**1290**	**66.14**	**11.832**	**80.68**	**5.4**	**23.77**	**94.64**	**1421**	**169**	**491**