Friday, February 6, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Pepperidge Farm Dark Pump Pumpernickel Bread 1 slice, 32 g	80	1		15	1	1	3	190	0	
Egg 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
Parmesan Cheese (Shredded) 6 tbsps	124	8.2	5.211	1.02	0		11.36	509	22	29
Total	351	19.14	8.31	16.79	1	1.77	26.94	839	445	163
Lunch										
Mozzarella Cheese 2 slices (1 oz)	171	11.36	7.184	2.17	0	0.34	14.72	299	31	54
Black Beans (Canned) 1 cup	218	0.7	0.18	39.74	16.6		14.47	922	0	
Total	389	12.06	7.364	41.91	16.6	0.34	29.19	1221	31	54
Dinner										
Snacks/Other										
Peanut Butter 2 tbsps	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
Planters Deluxe Mixed Nuts 2 x 21 pieces, 56 g	340	28	4	14	4	2	10	160	0	400
Peanut Butter 2 tbsps	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
Total	716	60.24	10.586	26.52	7.8	7.9	26.06	454	0	816
Total	**1456**	**91.44**	**26.26**	**85.22**	**25.4**	**10.01**	**82.19**	**2514**	**476**	**1033**