Saturday, April 4, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nonfat or Fat Free American or Cheddar Type Processed Cheese 1 slice, NFS (.75 oz)	31	0.17	0.106	2.81	0	2.09	4.72	321	2	60
Peanut Butter 1 tbsp	94	8.06	1.647	3.13	1	1.48	4.01	73	0	104
Designer Whey Chocolate Whey Protein Powder 1 scoop, 26 g	100	2	1	3	1	2	18	75	60	170
Black Beans (Canned) 1 1/4 cups	273	0.87	0.225	49.68	20.7		18.09	1152	0	
Total	498	11.1	2.978	58.62	22.7	5.57	44.82	1621	62	334
Lunch										
Peanut Butter 3 tbsps	282	24.19	4.94	9.39	2.9	4.43	12.04	220	0	312
Strawberries 1 cup halves	49	0.46	0.023	11.67	3	7.08	1.02	2	0	233
Great Value Mixed Nuts 1/4 cup, 1 oz	170	15	2	5	3	1	6	110	0	190
Spinach Salad 1 cup	107	4.82	1.402	11.2	1.4	1.28	5.11	227	77	232
Total	608	44.47	8.365	37.26	10.3	13.79	24.17	559	77	967
Dinner										
Pepperidge Farm Dark Pump Pumpernickel Bread 2 1/2 x 1 slice, 80 g	200	2.5		37.5	2.5	2.5	7.5	475	0	
Peanut Butter	141	12.09	2.47	4.69	1.4	2.21	6.02	110	0	156

Saturday, April 4, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 1/2 tbsps										
Skim or Nonfat Milk (Calcium Fortified)	130	0.67	0.433	17.97	0	17.97	12.6	193	7	615
1 1/2 cups										
Total	471	15.26	2.903	60.16	3.9	22.68	26.12	778	7	771
Snacks/Other										
Total	1577	70.83	14.246	156.04	36.9	42.04	95.11	2958	146	2072