Thursday, March 12, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
MuscleTech 100% Premium Whey Protein Plus 1 scoop, 40 g	140	1.5	1	9	0.5	3	20	60	55	0
Coffee 2 1/2 mugs (8 fl oz)	6	0.12	0.012	0.24	0	0	0.71	12	0	278
Advocare Spark Energy Drink 1 1/2 x 1 slightly rounded scoop, 22.5 g	68	0	0	16.5	0	0	0	0	0	
Milk (2% Lowfat Without Added Vitamin A and Nonfat Solids) 2 cups	274	9.7	6.037	26.9	0		19.36	289	39	892
Granulated Sugar 2 1/2 tsps	41	0	0	10.5	0	10.49	0	0	0	0
Total	529	11.32	7.049	63.14	0.5	13.49	40.07	361	94	1170
Lunch										
Dinner										
Snacks/Other										
Total	529	11.32	7.049	63.14	0.5	13.49	40.07	361	94	1170