Sunday, October 12, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Spectrum Organic Virgin Coconut Oil	60	7	6	0	0	0	0	0	0	
1/2 x 1 tbsp, 7 g										
Fiber One Chewy Bars - Oats & Caramel	280	7	3	60	18	18	4	210	0	
2 x 1 bar, 80 g										
Green Mountain Coffee Breakfast Blend K-Cup	2	0	0	0	0	0	0	4	0	0
1 k-cup, 6 oz										
Silk Pure Almond Milk - Unsweetened Original	8	0.62	0	0.25	0.25	0	0.25	40	0	8.75
1/4 x 1 cup, 60 ml										
Total	350	14.62	9	60.25	18.25	18	4.25	254	0	8.75
Lunch										
Beef Chuck (Blade Roast, Trimmed to 1/4" Fat)	216	17.1	6.898	0	0		14.49	57	61	228
3 oz										
Dinner										
Cooked Carrots	285	13.11	2.474	42.23	15.3	17.6	3.91	1617	0	1200
3 1/2 cups sliced										
Roasted Potato	492	23.1	2.97	66.2	8.2	2.97	7.66	333	0	1594
3 small (1-3/4" to 2-1/4" dia, raw)										
Beef Chuck (Blade Roast, Trimmed to 1/4" Fat)	864	68.38	27.59	0	0		57.97	228	245	912
12 oz										
Total	1641	104.59	33.034	108.43	23.5	20.57	69.54	2178	245	3706
Snacks/Other										

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Pop Secret Popcorn Butter 100 Calorie Pop	400	12	4	64	12	0	8	880	0	
4 x 1 bag popped, 96 g										
Starbucks Cheesecake Brownie	750	45		80	5	57.5	10	400	200	
2 1/2 x 1 brownie, 200 g										
Total	1150	57	4	144	17	57.5	18	1280	200	
Total	3357	193.31	52.932	312.68	58.75	96.07	106.28	3769	506	3942.75