Monday, July 10, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
Nutiva Organic Extra Virgin Coconut Oil 1 tbsp, 15 ml	130	14	13	0	0	0	0	0	0	0
Alpine Valley Breads Multi grain with omega 3 bread 1 slice, 37 g	89	1	0	15	3	2	5	120	0	
Total	366	24.94	16.099	15.77	3	2.77	17.58	260	423	134
Lunch										
Dinner										
1% Fat Milk 4 cups	410	9.47	6.178	48.7	0	50.75	32.89	429	49	1464
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Orgain Organic Plant Based Protein Powder Chocolate Fudge 2 rounded scoops , 46 g	150	4	0	13	10	1	21	180	0	185
Bell Plantation PB2 Powdered Peanut Butter 2 tbsp, 13 g	45	1.5	0	5	2	1	5	94	0	
Total	710	15.36	6.31	93.65	15.1	67.18	60.18	704	49	2071
Snacks/Other										
Kirkland Signature Honey Roasted Turkey Breast 3 x 1 slice, 105 g	135	1.5	0	6	0	6	24	480	45	

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Perfect Foods Bar Cranberry Crunch 1 bar, 35 g	200	10	1	19	2	13	9	25	3.4	240
Apples 1 medium (2-3/4" dia) (approx 3 per lb)	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
1% Fat Milk 1/2 cup	51	1.18	0.772	6.09	0	6.34	4.11	54	6	183
Total	458	12.91	1.811	50.15	5.3	39.68	37.47	560	54.4	571
Total	1534	53.21	24.22	159.57	23.4	109.63	115.23	1524	526.4	2776