Thursday, August 11, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee 2 mugs (8 fl oz)	5	0.09	0.009	0.19	0	0	0.57	9	0	223
Egg (Whole) 1 large	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
Oscar Mayer Turkey Bacon (15g) 1 slice, 15 g	35	3	1	0	0	0	2	180	15	
Simply Right Fish Oil 2 x 1 softgel	10	1		0			0		10	
Silk Pure Almond Milk - Unsweetened Original 1/4 x 1 cup, 60 ml	8	0.62	0	0.25	0.25	0	0.25	40	0	8.75
BSN N.O.-Xplode 1 scoop, 20.5 g	25	0	0	6	0	0	0	230	0	75
Muscle Milk Chocolate Protein Powder 2 x 2 scoops, 140 g	300	12	4	18	4	4	32	160	20	600
osteo bi flex Osteo Bi-Flex 2 caplets	0	0		0	0	0	0	30		0
Great Value 100% Liquid Egg Whites 3 x 3 tbsp, 138 oz	75	0	0	3	0	0	15	225	0	180
Baby Spinach 1 oz	7	0.11	0.018	1.03	0.6	0.12	0.81	22	0	
sargento Sargento(R) Cheese Cheddar & Monterey Jack Diced & Shredded 1/2 x 1/4 cup, 14 g	55	4.5		0.5			3.5			
Total	594	26.29	6.577	29.35	4.85	4.5	60.42	966	257	1153.75

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Lunch										
Marketside Premium Romaine 1/2 x 3 cups, 42.5 g	8	0	0	1.5	0.5	1	0.5	7.5	0	0
Harvestland Boneless Skinless Chicken Breast 4 oz, 112 g	120	1	0	0	0	0	26	75	65	
Del Monte Whole Kernel Corn 81 g	20	0.33	0	4.26	0.98	0.98	0.66	98.4	0	55.76
Chi-Chi's Original Recipe Salsa (Mild) 2 tbsp, 30 g	10	0		2	0	1	0	150	0	
Newman's Own Olive Oil & Vinegar Dressing 2 tbsp, 30 g	150	16	2.5	1	0	1	0	150	0	0
Mission 100% Whole Wheat Flour Tortillas (70g) 1 tortilla , 70 g	210	5	2	34	5	3	6	450	0	
Dole Spring Mix Salad 1/2 x 3 cups, 42.5 g	10	0	0	1.5	1	0	1	47.5	0	0
Marketside Fresh Spinach (Marketside) 1/4 x 3 cups, 21 g	5	0	0	0.75	0.5	0	0.5	16.25	0	0
Sargento Natural Blends - Colby-Pepper Jack Cheese Slices 1 slice, 19 g	70	6	3.5	0	0	0	4	125	20	0
Total	603	28.33	8	45.01	7.98	6.98	38.66	1119.65	85	55.76
Dinner										
Snacks/Other										
Mangos	27	0.11	0.027	7.01	0.7	6.1	0.21	1	0	64

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1/4 cup sliced										
Blue Diamond Whole Natural Almonds	160	14	1	6	3	1	6	0	0	200
24 nuts, 1 oz										
Breakstone's 2% Milkfat Lowfat Cottage Cheese Small Curd	180	5	3	10	0	10	20	680	30	
2 x 1/2 cup, 248 g										
Lipton Tea & Honey - Iced Green Tea, Blackberry Pomegranate	5	0		1		1	0			
1/2 packet , 2 g										
Quest Mixed Berry Bliss	190	9	1	21	14	2	20	210	5	40
1 bar, 60 g										
Blueberries	21	0.12	0.01	5.25	0.9	3.61	0.27	0	0	28
1/4 cup										
Wrigley Eclipse Polar Ice Sugar Free Chewing Gum	30	0		12		0	0	0		
6 x 1 piece, 18 g										
e.g. METAMCL SS ORANGE SG-FR	40	0	0	10	10	0	0	10		60
2 x 16 oz										
StarKist Foods Solid White Albacore Tuna in Water	100	1	0	0	0	0	24	380	40	300
2 x 3 oz drained, 158 g										
Total	753	29.23	5.037	72.26	28.6	23.71	70.48	1281	75	692
Total	**1950**	**83.85**	**19.614**	**146.62**	**41.43**	**35.19**	**169.56**	**3366.65**	**417**	**1901.51**