# Wednesday, August 24, 2016

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Silk Pure Almond Milk - Unsweetened Original<br>1 1/4 x 1 cup, 300 ml | 38 | 3.12 | 0 | 1.25 | 1.25 | 0 | 1.25 | 200 | 0 | 43.75 |
| Egg (Whole)<br>1 large | 74 | 4.97 | 1.55 | 0.38 | 0 | 0.38 | 6.29 | 70 | 212 | 67 |
| Butterball Everyday Turkey Bacon<br>1 slice , 11 g | 25 | 2 | 0.5 | 0 | 0 | 0 | 2 | 135 | 10 | 0 |
| Simply Right Fish Oil<br>2 x 1 softgel | 10 | 1 | | 0 | | | 0 | | 10 | |
| Coffee<br>2 mugs (8 fl oz) | 5 | 0.09 | 0.009 | 0.19 | 0 | 0 | 0.57 | 9 | 0 | 223 |
| Optimum Nutrition Gold Standard 100% Whey - Rocky Road<br>1 scoop, 30.4 g | 120 | 1 | 0.5 | 3 | 0 | 1 | 24 | 130 | 30 | |
| Great Value 100% Liquid Egg Whites<br>3 x 3 tbsp, 138 oz | 75 | 0 | 0 | 3 | 0 | 0 | 15 | 225 | 0 | 180 |
| osteo bi flex Osteo Bi-Flex<br>2 caplets | 0 | 0 | | 0 | 0 | 0 | 0 | 30 | | 0 |
| Baby Spinach<br>1 oz | 7 | 0.11 | 0.018 | 1.03 | 0.6 | 0.12 | 0.81 | 22 | 0 | |
| BSN N.O.-Xplode<br>1 scoop, 20.5 g | 25 | 0 | 0 | 6 | 0 | 0 | 0 | 230 | 0 | 75 |
| sargento Sargento(R) Cheese Cheddar & Monterey Jack Diced & Shredded<br>1/2 x 1/4 cup, 14 g | 55 | 4.5 | | 0.5 | | | 3.5 | | | |
| **Total** | **434** | **16.79** | **2.577** | **15.35** | **1.85** | **1.5** | **53.42** | **1051** | **262** | **588.75** |

## Wednesday, August 24, 2016

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Lunch** | | | | | | | | | | |
| Marketside Premium Romaine<br>1/2 x 3 cups, 42.5 g | 8 | 0 | 0 | 1.5 | 0.5 | 1 | 0.5 | 7.5 | 0 | 0 |
| Dole Spring Mix Salad<br>1/2 x 3 cups, 42.5 g | 10 | 0 | 0 | 1.5 | 1 | 0 | 1 | 47.5 | 0 | 0 |
| Marketside Fresh Spinach (Marketside)<br>1/4 x 3 cups, 21 g | 5 | 0 | 0 | 0.75 | 0.5 | 0 | 0.5 | 16.25 | 0 | 0 |
| Newman's Own Olive Oil & Vinegar Dressing<br>2 tbsp, 30 g | 150 | 16 | 2.5 | 1 | 0 | 1 | 0 | 150 | 0 | 0 |
| Sargento Natural Blends - Colby-Pepper Jack Cheese Slices<br>1 slice, 19 g | 70 | 6 | 3.5 | 0 | 0 | 0 | 4 | 125 | 20 | 0 |
| Harvestland Boneless Skinless Chicken Breast<br>3/4 x 4 oz, 84 g | 90 | 0.75 | 0 | 0 | 0 | 0 | 19.5 | 56.25 | 48.75 | |
| Total | 333 | 22.75 | 6 | 4.75 | 2 | 2 | 25.5 | 402.5 | 68.75 | 0 |
| **Dinner** | | | | | | | | | | |
| **Snacks/Other** | | | | | | | | | | |
| Planters NUT-rition Heart Healthy Mix<br>1/2 x 1 pack, 15.3 g | 85 | 7.5 | 0.75 | 2.5 | 1.5 | 0.5 | 3 | 25 | 0 | 100 |
| Jack Link's Hickory Smoked Beef Jerky<br>1 1/2 x 1 oz, 42 g | 120 | 1.5 | 0 | 10.5 | 0 | 7.5 | 16.5 | 735 | 45 | |
| Quest Chocolate Peanut Butter Protein Bar<br>1 bar, 60 g | 170 | 7 | 2 | 23 | 14 | 1 | 20 | 200 | 5 | 180 |

## Wednesday, August 24, 2016

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Blue Diamond Whole Natural Almonds<br>1/2 x 24 nuts, 0.5 oz | 80 | 7 | 0.5 | 3 | 1.5 | 0.5 | 3 | 0 | 0 | 100 |
| Lipton Tea & Honey - Iced Green Tea, Blackberry Pomegranate<br>1/2 packet , 2 g | 5 | 0 | | 1 | | 1 | 0 | | | |
| Blueberries<br>1/4 cup | 21 | 0.12 | 0.01 | 5.25 | 0.9 | 3.61 | 0.27 | 0 | 0 | 28 |
| Fage Total 0% Greek Yogurt<br>1 cup, 227 g | 130 | 0 | 0 | 9 | 0 | 9 | 23 | 85 | 10 | 0 |
| Wrigley Eclipse Polar Ice Sugar Free Chewing Gum<br>6 x 1 piece, 18 g | 30 | 0 | | 12 | | 0 | 0 | 0 | | |
| e.g. METAMCL SS ORANGE SG-FR<br>2 x 16 oz | 40 | 0 | 0 | 10 | 10 | 0 | 0 | 10 | | 60 |
| Fuji Apples<br>1/2 medium (2-3/4" dia) (approx 3 per lb) | 36 | 0.12 | 0.02 | 9.53 | 1.7 | 7.17 | 0.18 | 1 | 0 | |
| Total | 717 | 23.24 | 3.28 | 85.78 | 29.6 | 30.28 | 65.95 | 1056 | 60 | 468 |
| **Total** | **1484** | **62.78** | **11.857** | **105.88** | **33.45** | **33.78** | **144.87** | **2509.5** | **390.75** | **1056.75** |